

A woman with dark skin and short, styled hair is shown in profile, looking down at a table. She is wearing a white, off-the-shoulder dress and a large, ornate earring. Her hands are resting on the table, which is covered with a white cloth and holds several slices of white bread and some fruit, including a green apple and a yellow apple. In the background, other people are blurred, suggesting a church service. The entire image has a soft, warm, reddish-brown tint.

At His Table

**A 40-DAY JOURNEY
OF COMMUNION
WITH CHRIST**

PATRICE GERIDEAU

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Table of Contents

Week 1 — At His Table: A Place of Invitation

The Sinful Woman Anoints Jesus, Luke 7:36-50

Week 2 — At His Table: A Place of Grace

An Adulterous Woman Obtains Grace, John 8:1-11

Week 3 — At His Table: A Place of Restoration

The Crippled Woman Healed on the Sabbath, Luke 13:10-17

Week 4 — At His Table: A Place of Worship

The Poor Widow and Her Offering, Mark 12:41-44; Luke 21:1-4

Week 5 — At His Table: A Place of Faith

The Syrophenician Woman, Matthew 15:21-28; Mark 7:24-30

Week 6 — At His Table: A Place of Compassion

Jesus Weeps with Martha and Mary & Raises Lazarus (John 11:1-44)

Week 7 — At His Table: A Place of Purpose

Mary Anoints Jesus at Bethany, John 12:1-11

Week 8 — At His Table: A Place of Proclamation

Jesus Appears to Mary Magdalene, John 20:11-18

Week 9 — At His Table: A Place of Power

Jesus Commissions Women, John 20:11-18

Introduction

"At His Table" is part of the Sister Soul Care journey—a space created to help Black women heal, grow, and flourish in Christ Jesus. This guide invites you to experience soul care by pausing at Jesus' feet, reflecting on His love, and letting His truth renew your spirit.

Each day, you'll explore a prompt inspired by the stories of women in Scripture who encountered the transformative love of Christ. Like them, you are invited to bring your full self—your joys, your burdens, your questions—to His feet and discover how His love meets your story.

Over the next 40 days, you'll reflect on themes of invitation, learning, transformation, worship, faith, purpose, and proclamation. Whether you are seeking rest, healing, or direction, this journey is designed to help you pause, listen, and allow Jesus to minister to your heart.

You are not walking this journey alone. Together with countless others seeking to deepen their faith and find renewal, you are part of a sisterhood of believers resting in the presence of God.

Take a deep breath. Open your heart. Let the love of Jesus meet you right where you are.

Prayer for the Journey

God, please be with the one using this humble offering. Work through my words, cover its inadequacy and flaws. Bless her obedience to spend this time with you. Always remind her of who you have been, are, and will be in her life. In Jesus' name, Amen.

Ask God for What You Need

Take a few moments to ask God for what you need:

- What do I need God to give me during this journey?
- What do I need God to do for me during this journey?
- What do I need God to say to me during this journey?

“She stood behind him At His Table weeping, and began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.”

Luke 7:36-50

This week, we reflect on Jesus’ invitation to come as we are, no matter our story or burdens. Sitting At His Table, we discover the deep love and welcome He offers. Let these prompts help you accept His invitation to draw near.

Day 1

What does Jesus’ invitation to come to His feet mean to you today?

Day 2

What burdens are you carrying that you can bring to Jesus?

Day 3

How does Jesus’ love challenge feelings of unworthiness in your life?

Day 4

In what area of your life is Jesus saying, “Come as you are”?

Day 5

What would it look like to fully accept Jesus’ invitation this week?

Day 6

Who or what distracts you from sitting at Jesus’ feet, and how can you refocus?

Day 7

Write a prayer of gratitude for the ways Jesus welcomes and loves you.

Take a Moment

Pause, reflect, and listen to what God is saying through these prompts.

02 At His Table—A Place of Grace

“Neither do I condemn you,” Jesus declared. “Go now and leave your life of sin.”
John 8:11

At Jesus’ feet, the woman caught in adultery discovered the life-changing power of grace. It was not condemnation but love that freed her to live differently. This week, we reflect on how Jesus’ grace meets us, lifts our burdens, and invites us into a new way of living.

Day 1

How has Jesus’ grace lifted the weight of guilt or shame in your life?

Day 2

What burdens are you carrying that Jesus is inviting you to lay At His Table?

Day 3

What does “neither do I condemn you” teach you about the heart of Jesus?

Day 4

Where in your life is Jesus offering you grace to walk in freedom?

Day 5

What steps can you take this week to live more fully in the freedom of grace?

Day 6

How can experiencing Jesus’ grace shape the way you extend grace to others?

Day 7

Write a prayer of gratitude for the ways Jesus has shown you grace.

Take a Moment

Pause, reflect, and listen to what God is saying through these prompts.

03 A Place of Restoration

“When Jesus saw her, He called her forward and said to her, ‘Woman, you are set free from your infirmity.’”

Luke 13:10-17

Jesus meets us in our brokenness, offering healing and freedom. This week, we reflect on His power to transform the places where we feel bent over or burdened. Let His love bring renewal and hope to your story.

Day 1

What area of your life feels “bent over” or weighed down?

Day 2

What part of your story is Jesus inviting you to stand tall and live in freedom?

Day 3

How has Jesus transformed you in the past?

Day 4

What would it look like to trust Jesus with your broken places?

Day 5

Who in your life reminds you of Jesus’ transformative power?

Day 6

What’s one small step you can take toward healing or change this week?

Day 7

Write a prayer thanking Jesus for His power to transform you.

Take a Moment

Pause, reflect, and listen to what God is saying through these prompts.

04 A Place of Worship

“She gave out of her poverty; but she, out of her poverty, put in everything—all she had to live on.”

Mark 12:44

Worship flows from trust and surrender. Like the poor widow, we are invited to give Jesus our “all,” no matter how small it may seem. This week’s prompts help you reflect on how worship is woven into your daily life.

Day 1

What does worship mean to you beyond songs or Sunday service?

Day 2

What does the poor widow’s offering teach you about trust in God?

Day 3

What is something “small” in your life that you can offer to Jesus?

Day 4

How can you worship Jesus with your time, talents, or resources today?

Day 5

When has trusting God with little led to unexpected blessings?

Day 6

How can gratitude become part of your worship this week?

Day 7

Write a prayer of worship, honoring Jesus for His faithfulness.

Take a Moment

Pause, reflect, and listen to what God is saying through these prompts.

05 A Place of Faith

“‘Yes, Lord,’ she said. ‘Even the dogs eat the crumbs that fall from their master’s table.’ Then Jesus said to her, ‘Woman, you have great faith! Your request is granted.’”

Matthew 15:27-28

The Canaanite woman’s bold faith reminds us to persist in trusting Jesus, even when the answers seem unclear. This week, we reflect on faith that boldly approaches Jesus and believes in His power and compassion. Let these prompts inspire deeper trust in His love.

Day 1

What bold prayer have you been hesitant to bring to Jesus?

Day 2

How does the Canaanite woman’s story inspire your faith?

Day 3

What barriers—internal or external—challenge your trust in Jesus?

Day 4

When have you seen persistence in prayer lead to God’s provision?

Day 5

What would it look like to trust Jesus completely in this season?

Day 6

How does Jesus’ response to faith deepen your relationship with Him?

Day 7

Write a prayer asking Jesus to strengthen your faith.

Take a Moment

Pause, reflect, and listen to what God is saying through these prompts.

06 A Place of Compassion

The dead man came out, his hands and feet wrapped with strips of linen, and a cloth round his face. Jesus said to them, ‘Take off the grave clothes and let him go.’
John 11:44

When pain and loss feel overwhelming, Jesus meets us with tears, tenderness, and resurrection hope. In this sacred moment at the tomb of Lazarus, we witness a Savior who doesn’t rush past grief—but enters it with us. We reflect on the compassionate heart of Jesus and the healing that happens when we allow ourselves to weep, hope, and be held.

Day 1

Where do you feel overwhelmed or unseen in your grief or struggle?

Day 2

What does it mean to you that Jesus wept with Mary and Martha?

Day 3

How does Jesus’ compassion meet you in a personal way today?

Day 4

What part of your story still needs the healing presence of Christ?

Day 5

When have you felt the comfort of God’s presence in a season of loss?

Day 6

What might resurrection look like for you—not someday, but right now?

Day 7

Write a prayer inviting Jesus to meet you in your grief with compassion and resurrection power.

Take a Moment

Pause, reflect, and listen to what God is saying through these prompts.

06 A Place of Purpose

“Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus’ feet and wiped His feet with her hair.”

John 12:3

Mary’s act of anointing Jesus was an expression of love and purpose, preparing Him for what lay ahead. This week, we explore how sitting at Jesus’ feet reveals our own God-given purpose. Let these prompts guide you to pour out your life for Him.

Day 1

What does “pouring out your life for Jesus” mean to you?

Day 2

How can Mary’s act of anointing Jesus inspire your purpose?

Day 3

What gifts or talents can you offer to Jesus this week?

Day 4

How does knowing your purpose give you strength and focus?

Day 5

What fears or doubts keep you from stepping into your purpose?

Day 6

Who has helped you discover or walk in your God-given purpose?

Day 7

Write a prayer dedicating your purpose to Jesus.

Take a Moment

Pause, reflect, and listen to what God is saying through these prompts.

“Mary Magdalene went to the disciples with the news ‘I have seen the Lord!’”

John 20:18

Mary Magdalene’s encounter with the risen Jesus transformed her into a bold proclaimer of the Good News. This final week, reflect on how Jesus’ love empowers you to share your story and proclaim His hope to the world.

Day 1

What part of your story can proclaim God’s love to others?

Day 2

How does Mary Magdalene’s encounter with the risen Jesus encourage you?

Day 3

Who in your life needs to hear about Jesus’ love today?

Day 4

What fears or hesitations hold you back from sharing your faith?

Day 5

How has this Lenten journey transformed your relationship with Jesus?

Day 6

What does it mean to you to proclaim the Good News in everyday life?

Day 7

Write a prayer of gratitude, proclaiming what Jesus has done for you.

Take a Moment

Pause, reflect, and listen to what God is saying through these prompts.

08 A Place of Power

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."

John 20:18

At His Table, we receive the power and authority to fulfill Jesus' Great Commission. The resurrection is not just a moment of joy but also a moment of empowerment, as Jesus calls both men and women to share His love and truth with the world.

Day 1

What does it mean to you that all authority in heaven and on earth belongs to Jesus?

Day 2

How does Jesus' power and authority give you confidence in your faith journey?

Day 3

What specific areas of your life is Jesus inviting you to walk in His power?

Day 4

How can you embrace the mission of making disciples in your everyday life?

Day 5

What does it mean to you that Jesus' Great Commission includes both men and women?

Day 6

When have you experienced the power of the Holy Spirit equipping you to share the Gospel?

Day 7

Write a prayer asking Jesus to help you walk boldly in His power and live out His mission.

Take a Moment

Pause, reflect, and listen to what God is saying through these prompts.

For the Journey Ahead

Take a moment to gather all the graces you received on this journey. Sit with God and just allow the Holy Spirit to bring to mind all that has transpired, not because of my words, but because of your desire to experience God. I do hope you received all you expected and more.

Take some time to review what God has done

- What did God give me during this journey?
- What did God do for me during this journey?
- What did God say to me during this journey?

Conclusion

Sister,

Congratulations on completing "At His Table: A 40-Day Journey of Reflection."

As you reflect on the past 40 days, consider how Jesus has met you At His Table. What burdens have you released? What truths have you learned? What transformations have taken place in your heart? Through moments of prayer, rest, and reflection, you've experienced the depth of His love and the power of His presence.

But this is not the end of your journey. Sitting at Jesus' feet is a daily invitation to rest in His love and walk in His purpose. The story He is writing in your life is far from over, and each step forward is an opportunity to proclaim His goodness to the world.

Thank you for allowing this guide to be part of your spiritual journey. May you continue to grow in boldness, balance, and belovedness as a daughter of God. Wherever life takes you, may you always find yourself At His Table, where love meets your story.

This 40-day journey is just one step in a life of healing and wholeness. Sister Soul Care is here to walk with you, offering resources and community for Black Christian women seeking to rest in God's love and live boldly as His beloved daughters. Join us at Sister Soul Care as we continue this sacred journey together.

With love and blessings,

Patrice Gerideau

Thank You!

Sister,

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:
Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

Patrice

What's Next?

Deepen Your Experience with the Book

Discover practical tools and powerful stories to help you release the weight of “doing too much” and step into God’s grace. Grab your copy of *From Stressed to Sabbath Rest* to take this journey deeper.

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If this prayer guide blessed you and you’d like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at [patriceonline.com/give](https://www.patriceonline.com/give) or click below.

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Meet Patrice



About Me

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the *Sister Soul Care* Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Shero, lay down the weight, and step into God's healing grace.

Rev. Dr. Patrice Gerideau
Founder, Sister Soul Care

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Blessings for the Journey



Dear God...

Thank You for meeting us in this sacred time of reflection. We trust You with our past, our present, and our future. Help us to walk boldly in faith, rooted in Your love and guided by Your truth. May this year be one of growth, healing, and flourishing as Your bold, balanced, and beloved daughters. In Jesus' Name, Amen.

Until Next Time...

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.

