

DAY

03

OF 43

Clarity Breaking Through

Day 3 of the Clearing · The Body Is Made Ready

THIS CARRIES
HEALING.
THIS IS
THE CURE.

BEFORE · WHAT I NOTICE IN MY BODY RIGHT NOW

☐ tight chest ☐ racing thoughts ☐ hunger ☐ headache ☐ sadness ☐ peace ☐ fatigue ☐ shallow breath ☐ heaviness *other*

01 PREPARE

Water close by. The fast form you have chosen — water only or the Daniel approach. *Choose what your body can hold safely.*

02 BREATH PROMPT

INHALE

Receive Him as the air.

EXHALE

Release the broadcast.

INHALE

Seal the date.

03 TODAY

The Clearing. Positioning the body to dine with the risen Christ.

04 THE WORD

"Thy words were heard from the first day that thou didst set thine heart to understand."

DANIEL 10:12

05 WHAT TO EXPECT TODAY

Day 3 often brings clarity. The mind quiets. The body softens. Senses come back online. You begin to recognize, deep in your body, that something is being made ready. By the end of today, you have not earned anything. You have positioned your body to dine.

06 TODAY'S DECLARATION

"My body is being prepared to dine with the resurrected Christ. The clearing is the doorway. Tomorrow the table opens."

07 · The Diary — What Is Coming Up in My Nervous System

How does my body feel today compared to Day 1? What is clearer? What is quieter? What is louder? What am I noticing that I have not noticed in a long time? What am I bringing into Day 4?

08 · SEAL

Tetelestai. It is finished.

He ever lives to make intercession for me — to the uttermost.

HEBREWS 7:25

Forget not all His benefits.

PSALM 103:2

09 · END OF DAY — WHAT I WANT TO REMEMBER

One thing — one phrase, one sensation, one thing Papa whispered —

Bring somebody with you.