

DAY

04

OF 43

The Lord's Prayer Became Edible

His Mouth · The Door of Covenant Ratification · Table Day 1 of 40

THIS CARRIES
HEALING.
THIS IS
THE CURE.

BEFORE · WHAT I NOTICE IN MY BODY RIGHT NOW

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

01 PREPARE

Bread and cup. Whatever you have at home. *The Lamb already was.*

02 BREATH PROMPT

INHALE

Receive this moment.

EXHALE

Release the begging.

INHALE

Seal the date.

03 TODAY

His Mouth. The door through which the new covenant is ratified.

04 THE BITTER YOU ARE BRINGING

What have I been begging God for that He has already provided through Christ? Peace · healing · wholeness · identity · provision · rest. Name it.

05 THE WORD

"After this manner therefore pray ye: Our Father... Give us this day our daily bread."

MATTHEW 6:9-11 · LUKE 11:3 · JOHN 6:35

06 THE TEACHING · LISTEN ON YOUTUBE

The Bread was standing there teaching them how to ask for Bread.

07 Take the Bread
Hold it. Then declare:

This is His body. The Bread that taught me to ask for Bread is the Bread I now receive. I do not beg for what Calvary already provided. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. I receive what Heaven already said yes to. What my spirit has discerned, let my body experience. Now drink.

09 · 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

10 · CARRY IT OUT

One thing I will carry with me today —

Bring somebody with you.