

DAY

05

OF 43

The Thirst Became a Well

His Taste · His Throat · Living Water · Table Day 2 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 Taste · His Throat. The Living Water made available within you.

04 THE BITTER YOU ARE BRINGING

What false well have I kept returning to that cannot satisfy? Relationships · approval · achievement · religion · busyness · being needed · being seen. Name it.

05 THE WORD

"Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."

JOHN 4:13-14 · ISAIAH 12:3 · JEREMIAH 2:13

06 THE TEACHING · LISTEN ON YOUTUBE

She came with a bucket. He came with a well.

07 Take the Bread
Hold it. Then declare:

This is His body. The children's bread. Not earned. Dōrea — gift. I receive His nature made available to mine. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the cup that becomes a well within me. The same Living Water He offered her, He pours into me. The thirst became a well. 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.