

DAY

07

OF 43

Choose Life — The Remission

His Identity · The Two Trees · The Misses Sent Away · Table Day 4 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 Identity. Two trees, two agreements. The mouth opens to agree with Life.

04 THE BITTER YOU ARE BRINGING

What lie have I been eating in agreement with — what false identity have I called myself? "I am the failure" · "I am the broken one" · "I am too far gone" · "I am not enough" · whatever the old voice keeps repeating.

05 THE WORD

"This is my blood of the new testament, which is shed for many for the remission of sins."

MATTHEW 26:28 · DEUTERONOMY 30:19 · JOHN 8:32

06 THE TEACHING · LISTEN ON YOUTUBE

Remission is not God overlooking failure. It is the misses — aphasis — sent away.

07 Take the Bread
Hold it. Then declare:

This is His body. I release sin-as-identity. I receive Christ-as-identity. All of me is loved — including the parts that thought they were disqualified. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. The misses are sent away. Amen is now a bodily agreement with Life. 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.