

DAY

08

OF 43

From Eating to Abiding

His Body · Trōgō · Sustained Participation · Table Day 5 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 Body. Communion is not an event. It is a posture — slow, deliberate, abiding.

04 THE BITTER YOU ARE BRINGING

Where have I been eating God on the run — observing instead of participating? Drive-thru communion · religious obligation · checking the box · believing without abiding · holding the bread without receiving the Body. Name it.

05 THE WORD

"Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day... He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him."

JOHN 6:53-56 · JOHN 15:4-5 · ROMANS 5:17

06 THE TEACHING · LISTEN ON YOUTUBE

Jesus shifted from phagō to trōgō. From eating to gnawing. Slow. Deliberate. Abiding.

07 Take the Bread
Hold it. Then declare:

This is His body. I do not gulp Him. I gnaw. I chew. I abide. Trōgō. The Bread becomes Life in the vessel. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. I dwell in Him as He dwells in me. The participation is mutual. The abiding is permanent. 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.