

DAY

09

OF 43

The Resurrection Table

His Resurrected Body · Anastasis · Table Day 6 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 Resurrected Body. Christ raised — not Christ recalled. The table is where He is recognized.

04 THE BITTER YOU ARE BRINGING

What grief or disappointment is holding my eyes captive so I cannot recognize Him with me right now? Unanswered prayer · the death of what I hoped for · the silence that felt like absence · the memory of being let down. Name it.

05 THE WORD

"And it came to pass, as he sat at meat with them, he took bread, and blessed it, and brake, and gave to them. And their eyes were opened, and they knew him; and he vanished out of their sight."

LUKE 24:30-31 · JOHN 11:25 · ROMANS 8:11

06 THE TEACHING · LISTEN ON YOUTUBE

Seven miles of grief held their eyes. Then He broke the bread, and they saw Him.

07 Take the Bread
Hold it. Then declare:

This is His body. Anastasis — standing up again. The Spirit that raised Him quickens my mortal body now. I receive Christ risen, not Christ recalled. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. My eyes are opened in the breaking. He is present with me at this table — not in memory, in reality. 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.