

DAY

10

OF 43

The First Table

Discernment as Faculty · With Her · Table Day 7 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

Discernment. The faculty that failed at the first table is the faculty being restored at this one.

04 THE BITTER YOU ARE BRINGING

Where have I tried to come to this table alone — disconnected from the Body — when the reversal requires the same posture that broke it? Isolation · self-sufficiency · spiritual independence · believing I am the only one struggling with this · forgetting that the Fall was a corporate failure. Name it.

05 THE WORD

"And when the woman saw that the tree was good for food... she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat."

GENESIS 3:6 · ROMANS 5:12 · 1 CORINTHIANS 11:29

06 THE TEACHING · LISTEN ON YOUTUBE

With her. Adam was not somewhere else. There were two people at the first table. There must be two — or more — at this one.

07 Take the Bread
Hold it. Then declare:

This is His body. I discern Him rightly. I do not eat alone in my spirit — I eat as part of the Body. The same faculty that failed at the first table is healed at this one. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. What was lost together is restored together. The reversal of Eden requires the same corporate posture that broke it. 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.