

DAY

12

OF 43

## What Paul Actually Said

Right Examination · The Diamond on the Table · Table Day 9 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*

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#### 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

**Right Examination.** The jeweler does not examine herself. She examines the diamond. The Lord's body is the diamond.

#### 04 THE BITTER YOU ARE BRINGING

*Where have I been examining myself instead of examining the diamond — making my worthiness the question instead of His finished work?* Self-condemnation · religious gatekeeping · 'I am not ready to take communion' · the inherited fear of taking it 'unworthily' · the manner of approach mistaken for the worthiness of the person. Name it.

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#### 05 THE WORD

*"But let a man examine himself, and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body."*

1 CORINTHIANS 11:28-29 · 1 PETER 1:19-20

#### 06 THE TEACHING · LISTEN ON YOUTUBE

*Anaxiōs is an adverb. The manner of approach — not the worthiness of the person. Pick up the diamond.*

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#### 07 Take the Bread

Hold it. Then declare:

*This is His body. I stop examining myself and I examine Him. Dokimazō — the jeweler's word. He is the diamond. He is perfect. The elements do not need to be — He already was. Now eat.*

#### 08 Take the Cup

Hold it. Then declare:

*This is the new covenant in His blood. Anamnesis — I make Him present. I receive what the Lamb already accomplished without dragging my own ledger to the table. 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 —*

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**Bring somebody with you.**