

DAY

13

OF 43

## The Eating Revelation

*The Covenant Reversal · The Mouth as Ratification · Table Day 10 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

**The Mouth.** Same table. Same eating. Same community. But the discernment is finally correct.

#### 04 THE BITTER YOU ARE BRINGING

*What lie did I eat in agreement with that broke something — and what truth am I now eating in agreement with that restores it?* The lie that I was disqualified · the lie that I had to earn it · the lie that I was alone · the lie that the table was for others. Name what you ate. Name what you are eating now.

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#### 05 THE WORD

*"This do in remembrance of me. For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come."*

1 CORINTHIANS 11:23-26 · LUKE 22:19-20 · HEBREWS 8:6

#### 06 THE TEACHING · LISTEN ON YOUTUBE

*Genesis 3: examine, find lack, take, lose everything. 1 Corinthians 11: examine, find Christ, receive, recover everything.*

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07 Take the Bread  
Hold it. Then declare:

*This is His body. The mouth that ratified the Fall now ratifies the new covenant. Same mechanism. Opposite outcome. I eat in agreement with Truth. Now eat.*

08 Take the Cup  
Hold it. Then declare:

*This is the new covenant in His blood. The reversal is complete. Phase One closes here. Tomorrow His head will be received. 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.**