

DAY

14

OF 43

Rightly Discerning the Head of Christ

His Head · The Governing Faculty · Table Day 11 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 Head. The crown of thorns crowned His head with the curse so mine could be lifted from it.

04 THE BITTER YOU ARE BRINGING

What has been weighing on my head — what crown of pressure am I bringing to be lifted today? Headaches · migraines · mental fog · identity confusion · the weight of leadership · the pressure of always knowing the answer · the inherited curse spoken over the family. Name it.

05 THE WORD

"And when they had platted a crown of thorns, they put it upon his head, and a reed in his right hand: and they bowed the knee before him, and mocked him."

MATTHEW 27:29 · COLOSSIANS 1:18 · 1 PETER 1:19-20

06 THE TEACHING · LISTEN ON YOUTUBE

The Lamb was foreknown before the foundation of the world. The thorns were not a surprise. They were a transaction.

07 Take the Bread
Hold it. Then declare:

This is His body. I hold the bread over my head. The curse pressed into His brow is lifted from mine. The Lamb was prepared before I was ready. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. He is the Head of the Body — and I am part of the Body. His headship covers mine. The weight is His to carry. 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.