

DAY

15

OF 43

His Mind

The Mind of Christ · Resurrection Clarity · Table Day 12 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 Mind. The mind that knew Gethsemane's pressure and Calvary's darkness is the mind now offered to mine.

04 THE BITTER YOU ARE BRINGING

What mental patterns have been governing me — what looping thoughts, what intrusive voices, what darkness has been calling itself my mind? Anxiety · confusion · mental fog · intrusive thoughts · the racing mind that cannot rest · the inner critic · the catastrophic forecasting. Name it.

05 THE WORD

"For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ."

1 CORINTHIANS 2:16 · PHILIPPIANS 2:5 · ROMANS 8:6

06 THE TEACHING · LISTEN ON YOUTUBE

Nous — the faculty of perception. Phronēma — the governing thought. Both have been given to me, not asked of me.

07 Take the Bread
Hold it. Then declare:

This is His body. I receive the mind that came through Gethsemane and Calvary into resurrection clarity. His nous becomes my nous. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. The governing thought of my life is no longer fear-management. It is union. The mind of Christ is now my mind. 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.