

DAY

16

OF 43

His Ears

Restored Hearing · Ephphatha — Be Opened · Table Day 13 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 Ears. The ears that heard every accusation, every hammer blow — so mine could be restored to hear the Father.

04 THE BITTER YOU ARE BRINGING

What voices have I been internalizing as truth — what dishonoring words have been replaying in my ears for years? The voice of the accuser · the parent who told you what you would never be · the teacher who said you were not smart enough · the ex who said you were not lovable · the inner voice that has merged with all of them. Name it.

05 THE WORD

"And looking up to heaven, he sighed, and saith unto him, Ephphatha, that is, Be opened."

MARK 7:34 · ISAIAH 50:5 · ROMANS 10:17

06 THE TEACHING · LISTEN ON YOUTUBE

Ephphatha. Be opened. Spoken once over a deaf man — spoken now over every ear that has been closed to the Father's voice.

07 Take the Bread
Hold it. Then declare:

This is His body. Ephphatha. The ears that heard the curse become the ears that hear the Father. Hearing loss, tinnitus, ringing, the accuser internalized — all of it discerned at this table. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. Akouō — I hear. The dishonoring voices lose their authority. The voice that calls me Beloved is the voice I hear now. 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.