

DAY

18

OF 43

His Tongue

Tongue of the Learned · Limmud · Table Day 15 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 Tongue. The instrument of every healing word — stilled at Calvary, gathered for Tetelestai, given to me.

04 THE BITTER YOU ARE BRINGING

What has my tongue been speaking over my own life — what death have I been agreeing with in my own mouth? 'I always mess this up' · 'I am never going to change' · 'I am too much' · 'I am not enough' · the casual self-curses that became prophecies. Name what you have been saying.

05 THE WORD

"The Lord God hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary."

ISAIAH 50:4 · PSALM 22:15 · JOHN 19:28

06 THE TEACHING · LISTEN ON YOUTUBE

Limmud — taught, instructed. The tongue trained in Heaven. The instrument given for the weary.

07 Take the Bread
Hold it. Then declare:

This is His body. The tongue that said Lazarus come forth is the tongue now in me. I receive a tongue of the learned — taught, instructed, trained for the weary. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. I stop speaking death over myself. I speak life — His life — in the mouth He gave me. 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.