

DAY

19

OF 43

His Smell • His Face

Sweet Savor • Restored Countenance • Table Day 16 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 Smell • His Face. The face that was marred more than any so mine could be lifted.

04 THE BITTER YOU ARE BRINGING

What shame lives in my face — the averted eyes, the lowered head, the inability to receive a compliment or look someone in the eye?

The slap I never recovered from • the beard plucked • the face spat upon • the inability to be seen • the fear of being looked at. Name it.

05 THE WORD

"I gave my back to the smiters, and my cheeks to them that plucked off the hair: I hid not my face from shame and spitting."

ISAIAH 50:6-7 • 2 CORINTHIANS 2:15 • NUMBERS 6:25

06 THE TEACHING • LISTEN ON YOUTUBE

His face was set like flint toward Jerusalem. His face was marred so mine could be lifted.

07 Take the Bread
Hold it. Then declare:

This is His body. The face that bore the shame so mine could be lifted. I am a sweet savor — euōdia — to the Father because of what He carried. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. The Lord lift up His countenance upon me — because His was bowed for me. I am seen with delight. 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.