

DAY

20

OF 43

His Neck

The Yoke Easy · Oref Made Tender · Table Day 17 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 Neck. Bore every yoke at Calvary — religious, political, generational — so mine could carry only His easy one.

04 THE BITTER YOU ARE BRINGING

What yoke have I been carrying for so long it feels like part of my body — what burden has been hardening my neck for years? Neck pain · thyroid conditions · stiff-neckedness · the family yoke · the religious yoke · the work yoke · the inherited expectation. Name it.

05 THE WORD

"Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

MATTHEW 11:29-30 · ISAIAH 9:4 · JEREMIAH 27:8

06 THE TEACHING · LISTEN ON YOUTUBE

The neck joins the head to the body. His neck bore yokes that were never mine to carry.

07 Take the Bread

Hold it. Then declare:

This is His body. I take off every yoke that is not His. Stiff-neckedness is exchanged for tenderness. Oref made yielded. Now eat.

08 Take the Cup

Hold it. Then declare:

This is the new covenant in His blood. His yoke is easy. His burden is light. The weight I have been carrying drops here. 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.