

DAY
21
OF 43

His Shoulders

The Government Upon His Shoulders · Table Day 18 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 Shoulders. Bore the government, the cross beam, the lost sheep — everything mine were never designed to carry.

04 THE BITTER YOU ARE BRINGING

What weight have I been carrying on my shoulders that was never meant for me — what role of provider, protector, fixer have I taken on? Shoulder pain · frozen shoulder · the burden of always being the one · the weight of provision · the weight of holding everyone else together. Name it.

05 THE WORD

"And the government shall be upon his shoulder... For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder."

ISAIAH 9:6 · MATTHEW 11:28 · LUKE 15:5

06 THE TEACHING · LISTEN ON YOUTUBE

The shoulders that bore the cross beam are the shoulders that carry the lost sheep home.

07 Take the Bread
Hold it. Then declare:

This is His body. I roll the weight onto Him. The government of my life is on His shoulders, not mine. I am carried. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. Misrah — dominion — belongs to Him. I rest. The shoulders that carry me are stronger than mine. 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.