

DAY

22

OF 43

His Arms

The Everlasting Arms · Zeroa Outstretched · Table Day 19 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 Arms. Outstretched on the cross — the same arms that hold me now.

04 THE BITTER YOU ARE BRINGING

Where have I been aching from holding others up — where have my own arms not been held in a long time? Arm pain · the arms that hold babies and never get held back · the arms that have been bracing for years · the arms that ache from carrying what others put down. Name it.

05 THE WORD

"The eternal God is thy refuge, and underneath are the everlasting arms."

DEUTERONOMY 33:27 · ISAIAH 53:1 · LUKE 23:33

06 THE TEACHING · LISTEN ON YOUTUBE

The arms that were nailed open are the arms that hold me.

07 Take the Bread

Hold it. Then declare:

This is His body. The zeroa — the strong arm of the Lord — is outstretched for me. The arms that were nailed open are the arms holding me up. Now eat.

08 Take the Cup

Hold it. Then declare:

This is the new covenant in His blood. Underneath are the everlasting arms. I am held. I do not have to brace anymore. 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.