

DAY

23

OF 43

His Hands

Eating God · The Hard Saying · Koinonia · Table Day 20 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 Hands. Pierced for me. The hard saying — eat My flesh, drink My blood — becomes the easiest thing when I receive it.

04 THE BITTER YOU ARE BRINGING

What have my hands been clenching — what have they been doing for years that they cannot stop doing? Neuropathy · arthritis · tremors · hands that grip too tightly · hands that have forgotten how to receive · hands that pour out and never get poured into. Name it.

05 THE WORD

"Whoso eateth my flesh, and drinketh my blood, hath eternal life... he that eateth me, even he shall live by me."

JOHN 6:54-57 · 1 CORINTHIANS 10:16 · PSALM 22:16

06 THE TEACHING · LISTEN ON YOUTUBE

The hard saying is only hard until you receive it. Then it becomes the most natural thing in the world.

07 Take the Bread
Hold it. Then declare:

This is His body. Koinonia — union, participation. What is transferred at this table is zōē, dunamis, wealth, authority. His pierced hands open mine. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. I unclench. I receive. The hands that were nailed are the hands that hand Me everything I need. 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.