

DAY

24

OF 43

His Back • His Stripes*Chabburah • By His Stripes • Table Day 21 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 Back. Received the scourge. Each stripe purchased specific territory. The wound that binds.

04 THE BITTER YOU ARE BRINGING

What chronic condition has been pressing on my back for years — what weight has settled along my spine that I have learned to call normal? Back pain • the chronic condition I have stopped naming • the weight I carry that no one sees • the diagnosis that became my identity. Name it.

05 THE WORD

"But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."

ISAIAH 53:5 • 1 PETER 2:24 • PSALM 129:3**06 THE TEACHING • LISTEN ON YOUTUBE**

Chabburah — the wound that binds. The very breaking knits the binding.

07 Take the Bread
Hold it. Then declare:

This is His body. The plowers plowed upon His back — so mine could be made whole. Each stripe a purchase. I receive the territory those stripes secured. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. By His stripes I was healed. Past tense. Perfect tense. Already done. I drink in agreement with what is already accomplished. 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.