

DAY
25
OF 43

His Spine

33 Vertebrae for 33 Years · Table Day 22 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 Spine. 33 vertebrae held at Calvary. Not one bone broken. Every year of His life accounted for in mine.

04 THE BITTER YOU ARE BRINGING

What spinal or structural condition have I been carrying — what is pressing on the vertebrae of my body? Spinal stenosis · herniated disc · scoliosis · nerve damage · the structural weakness anywhere in the frame · the body that feels like it is collapsing under itself. Name it.

05 THE WORD

"He keepeth all his bones: not one of them is broken."

PSALM 34:20 · JOHN 19:36 · EXODUS 12:46

06 THE TEACHING · LISTEN ON YOUTUBE

Thirty-three vertebrae for thirty-three years. Every year held. Every year accounted for.

07 Take the Bread
Hold it. Then declare:

This is His body. His spine held at Calvary so mine could be restored. Vertebra by vertebra. The structural integrity He preserved becomes mine. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. Not one bone broken. The structure of His preserved frame becomes the structure of 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.