

DAY

26

OF 43

## His Nervous System

Two Governing Laws · Romans 8:2 · Table Day 23 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*

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#### 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 Nervous System.** The airplane does not fight gravity — it steps into a higher governing law. I step into the law of the Spirit of life.

#### 04 THE BITTER YOU ARE BRINGING

*What broadcast has my nervous system been running for years — what chronic pattern of fight, flight, freeze, or fawn is wired into me?*

Autonomic dysregulation · chronic anxiety · dissociation · hypervigilance · the survival wiring that fires before my conscious mind registers · the broadcast that has been mistaken for my personality. Name it.

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#### 05 THE WORD

*"For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death."*

ROMANS 8:2 · 2 CORINTHIANS 3:6 · GALATIANS 5:25

#### 06 THE TEACHING · LISTEN ON YOUTUBE

*Not by force. By alignment. I step into the higher law — and the body recalibrates beneath it.*

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#### 07 Take the Bread

Hold it. Then declare:

*This is His body. I step into the law of the Spirit of life. Pneuma — Spirit, breath. Zōē — life. The lower jurisdiction has no claim on me. Now eat.*

#### 08 Take the Cup

Hold it. Then declare:

*This is the new covenant in His blood. The broadcast is being changed. The nomos that governed my body is being replaced by the nomos that gave Him resurrection. 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 —*

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**Bring somebody with you.**