

DAY

27

OF 43

His Heart

The Pierced Heart · Blood and Water · Table Day 24 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 Heart. Pierced. Blood and water poured out. A new heart of flesh given in exchange for the stone.

04 THE BITTER YOU ARE BRINGING

What has hardened my heart — what protection have I built around it that is now keeping me from being loved? Broken-heart syndrome · cardiovascular disease · the heart that has hardened around protection · the reproach that has broken it · the betrayal that taught it to close. Name it.

05 THE WORD

"A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh."

EZEKIEL 36:26 · JOHN 19:34 · PSALM 69:20

06 THE TEACHING · LISTEN ON YOUTUBE

Lev. Basar. Kardia. The pierced heart pours its life into mine. I receive the heart of flesh.

07 Take the Bread

Hold it. Then declare:

This is His body. The pierced heart pours into mine. The stone heart is taken away. The heart of flesh is given. Now eat.

08 Take the Cup

Hold it. Then declare:

This is the new covenant in His blood. Blood and water — the final outpouring. The heart that was reproached is the heart now restored. 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.