

DAY

28

OF 43

His Lungs · His Breath

Neshamah · Pneuma · The Breath Restored · Table Day 25 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 Lungs. The breath that animated dust in Genesis is the breath the risen Christ breathed on the disciples — and on me now.

04 THE BITTER YOU ARE BRINGING

What has my breath been shallow from — what fear, what trauma, what years of bracing has kept me from a full inhale? Asthma · COPD · breathing difficulties · the shallow breath of survival · the breath that has not been fully taken in years · the chest that has not opened. Name it.

05 THE WORD

"And when he had said this, he breathed on them, and saith unto them, Receive ye the Holy Ghost."

JOHN 20:22 · GENESIS 2:7 · EZEKIEL 37:9

06 THE TEACHING · LISTEN ON YOUTUBE

The same breath that animated dust in Genesis is the breath that animates me at this table.

07 Take the Bread
Hold it. Then declare:

This is His body. Neshamah — breath of life. Pneuma — Spirit. I inhale slowly. He breathed on them. He breathes on me. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. Emphusaō — He breathed. I receive resurrection breath. The lungs surrendered at the cross are the lungs that fill mine now. 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.