

DAY

31

OF 43

His Bones

Not One Broken · Etzem · Table Day 28 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 Bones. Bone of His bones. Not one broken. The structural identity of the self preserved at Calvary.

04 THE BITTER YOU ARE BRINGING

What in the structural identity of my self has been weakened — what foundational integrity has been compromised? Osteoporosis · fractures that did not heal · bone density loss · the structural weakness anywhere in the frame · the sense that the foundation of who I am has cracks in it. Name it.

05 THE WORD

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

PSALM 34:20 · JOHN 19:36 · GENESIS 2:23

06 THE TEACHING · LISTEN ON YOUTUBE

Etzem — bone, essence, the very substance. Atsmot — the structural self. Bone of His bones.

07 Take the Bread
Hold it. Then declare:

This is His body. Bone of His bones. The structure of His preserved frame becomes the structure of mine. Not one of His was broken — and none of mine that He claims will stay broken. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. The foundational integrity of who I am is His. The essence holds. 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.