

DAY

32

OF 43

His Sinews

Tendons Restored · Ezekiel 37 · Table Day 29 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 Sinews. The dry bones did not stand alone. Sinew upon bone. Flesh upon sinew. Breath upon flesh.

04 THE BITTER YOU ARE BRINGING

What connections in my body — tendons, ligaments, joints — have weakened? What connections in my life have weakened that need restoration? Tendon injuries · ligament damage · joint pain · the connections in the body that have weakened · the relationships severed that need restoring. Name it.

05 THE WORD

"And I will lay sinews upon you, and will bring up flesh upon you, and cover you with skin, and put breath in you, and ye shall live."

EZEKIEL 37:6 · GENESIS 32:32

06 THE TEACHING · LISTEN ON YOUTUBE

Gid — sinew. The connections come back. Sinew upon bone. Flesh upon sinew. Breath upon flesh.

07 Take the Bread

Hold it. Then declare:

This is His body. The dry bones receive sinews. The connections come back. What was severed is rejoined. Now eat.

08 Take the Cup

Hold it. Then declare:

This is the new covenant in His blood. Breath upon flesh. The body that was disconnected is reconnected — to itself, to Him, to others. 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.