

DAY

33

OF 43

His Gut · His Inward Parts

*Splanchnizomai · The Father Ran Like a Girl · Table Day 30 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 Gut. The Father ran like a girl down the road to beat the kezazah. The kiss landed before the apology was finished.

04 THE BITTER YOU ARE BRINGING

What anxiety, trauma, or grief has a physical address in my abdomen — what has my gut been holding? Gut issues · anxiety in the belly · trauma stored in the abdomen · the grief that landed in the gut · the IBS · the unnamed knot. Name it.

05 THE WORD

"And when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him."

LUKE 15:20 · JEREMIAH 31:20 · COLOSSIANS 3:12

06 THE TEACHING · LISTEN ON YOUTUBE

Splanchnizomai — gut-level compassion. The Father's gut moved every time toward suffering — and never moved without changing something.

07 Take the Bread

Hold it. Then declare:

This is His body. Hand on the abdomen. The Father ran. The kezazah cannot touch me. The table was set before I arrived. Now eat.

08 Take the Cup

Hold it. Then declare:

This is the new covenant in His blood. The kiss landed before the apology was finished. My gut releases. The Father's splanchna becomes peace in mine. 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.