

DAY

34

OF 43

His Skin

The Robe of Righteousness · Or · Table Day 31 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 Skin. The first death in Scripture provided coats of skin. The robe of righteousness covers what was exposed.

04 THE BITTER YOU ARE BRINGING

What skin condition or body-boundary issue have I been carrying — what part of my body has been inflamed, reactive, exposed?

Eczema · psoriasis · skin conditions · the body's boundary inflamed · the rash that flares with stress · the exposure that never feels covered. Name it.

05 THE WORD

"I will greatly rejoice in the Lord, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness."

ISAIAH 61:10 · GENESIS 3:21 · LUKE 15:22

06 THE TEACHING · LISTEN ON YOUTUBE

The father threw his own robe around the rags before the village could see what the son had been wearing.

07 Take the Bread
Hold it. Then declare:

This is His body. The skin that was scourged is the skin that clothes me now. Me'il tzedakah — the robe of righteousness. The rags are covered. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. The boundary of my body is honored. The covering is permanent. The robe is thrown around me before anyone sees the rags. 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.