

DAY
36
OF 43

His Hips

Jacob at Peniel · Touched Into Blessing · Table Day 33 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 Hips. Jacob walked away with a limp — but he walked into blessing. The touch on the hip is the touch into inheritance.

04 THE BITTER YOU ARE BRINGING

What limp have I been carrying — what wound has shaped my walk for years that I have learned to compensate around? Hip pain · hip replacement · generative-region conditions · the limp I have not named · the wound that taught me how to walk · the trauma to the seat of generative power. Name it.

05 THE WORD

"And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him."

GENESIS 32:25 · HEBREWS 11:21

06 THE TEACHING · LISTEN ON YOUTUBE

Sometimes the wound is the doorway. Jacob walked away with a limp — but he walked away with the blessing.

07 Take the Bread
Hold it. Then declare:

This is His body. Yarek — the hip, the thigh, the seat of generative power. I receive the touch that turns the wound into the doorway. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. I may limp but I walk forward. The blessing is mine. The touch was for me. 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.