

DAY
37
OF 43

His Inward Womb-Region

Racham · The Womb of Mercy · Table Day 34 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 Inward Womb-Region. The Hebrew word for mercy and the Hebrew word for womb share the same root. Racham.

04 THE BITTER YOU ARE BRINGING

What in the most tender region of my body has carried what I could not name — what generational wound, what reproductive condition, what deep violation? Reproductive conditions · infertility · loss · violation · the generational wound · the place that has never been gently held. Bring it carefully.

05 THE WORD

"Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee."

ISAIAH 49:15 · PSALM 139:13 · JOHN 7:38

06 THE TEACHING · LISTEN ON YOUTUBE

Racham. Womb and mercy from the same Hebrew root. The womb of mercy meets the womb-region of the body.

07 Take the Bread
Hold it. Then declare:

This is His body. Handled with extreme care. The most tender region of my body is honored, held, and met by the One whose own body bore violation. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. Racham — womb-mercy. The deepest place is the place He covers. I am held with the tenderness of a mother. 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.