

DAY

38

OF 43

His Knees • Positioning*Anastēthi • Resurrection Spoken Into the Dead Place • Table Day 35 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 Knees. Peter spoke anastēthi — the same root as anastasis — into the dead place in the lame man's body. Resurrection spoken into the dead place in mine.

04 THE BITTER YOU ARE BRINGING

What dead place in my body have I learned to negotiate with instead of speaking resurrection into? Knee pain • joint conditions • the inability to kneel or stand • the dead place I have stopped expecting to come back online • the body part I have written off. Name it.

05 THE WORD

"Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk."

ACTS 3:6-7 • PHILIPPIANS 2:10 • ISAIAH 35:3

06 THE TEACHING • LISTEN ON YOUTUBE

Peter did not stop to interview paralysis. He spoke anastēthi. Light rebukes darkness by shining. Resurrection rebukes death by rising.

07 Take the Bread
Hold it. Then declare:

This is His body. Anastēthi. I stand up from the dead state I have been sitting in. The dead place in my body hears the resurrection imperative. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. Epitimaō — establishment is the rebuke. I assign the value Heaven assigned to 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.