

DAY
39
OF 43

His Legs

Pillars of Marble · Resurrection Legs · Table Day 36 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 Legs. Pillars of marble set upon sockets of fine gold. The Passover lamb eaten head to legs — in journey posture.

04 THE BITTER YOU ARE BRINGING

What journey am I being prepared for — what road requires the legs that this body has not been able to carry? Leg pain · circulatory issues · the legs that have not carried me far in years · the journey I have been afraid to take · the road I cannot see the end of. Name it.

05 THE WORD

"His legs are as pillars of marble, set upon sockets of fine gold: his countenance is as Lebanon, excellent as the cedars."

SONG OF SOLOMON 5:15 · PSALM 34:20 · DEUTERONOMY 8:4

06 THE TEACHING · LISTEN ON YOUTUBE

Israel's feet did not swell for forty years. The meal is not the destination — it is the preparation for the journey.

07 Take the Bread
Hold it. Then declare:

This is His body. Pillars of marble. Sockets of fine gold. The legs that carry me are the legs Calvary preserved. Loins girded. Shoes on feet. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. The journey ahead requires legs the meal is preparing me for. Euthys — immediately strong. 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.