

DAY

41

OF 43

His Lineage · His DNA

The Seed Carried · The Body as Assignment · Table Day 38 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 Lineage. The named line includes Tamar, Rahab, Ruth, Bathsheba, Mary. Scandalous stories written deliberately into the genealogy.

04 THE BITTER YOU ARE BRINGING

What in my lineage has been spoken over me as fate — what inherited pattern, what family curse, what DNA-level expectation have I accepted as identity? Genetic conditions · inherited patterns · the family curse spoken aloud over years · the generational wound · the assignment that has not been refused. Name it.

05 THE WORD

"The book of the generation of Jesus Christ, the son of David, the son of Abraham..."

MATTHEW 1:1-17 · GALATIANS 3:16 · ROMANS 1:3

06 THE TEACHING · LISTEN ON YOUTUBE

Five women named in Matthew 1. Four with scandalous stories. The lineage of the Last Adam was written deliberately through what the world would have excluded.

07 Take the Bread
Hold it. Then declare:

This is His body. Zera — seed. Sperma — seed. My lineage is grafted into His. What was inherited is not what is destined. Now eat.

08 Take the Cup
Hold it. Then declare:

This is the new covenant in His blood. The named line includes the scandalous. I am no exception. The DNA of Christ writes over the DNA of fear. 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.