

DAY

42

OF 43

His Authority in the Storm

Sōtēria Meal · Communion in Chaos · Table Day 39 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 Authority. Paul stood up in the middle of the shipwreck and took communion. The storm was still raging. The ship was still breaking.

04 THE BITTER YOU ARE BRINGING

What storm am I in right now — what contradiction is still raging that I have been waiting to end before I come to the table? The diagnosis still standing · the relationship still broken · the financial pressure still pressing · the ship still breaking · the chaos that has not stopped. Name it.

05 THE WORD

"And while the day was coming on, Paul besought them all to take meat... And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken it, he began to eat."

ACTS 27:33-35 · MARK 4:39

06 THE TEACHING · LISTEN ON YOUTUBE

Storm not over. Ship not docked. Establish Heaven's agreement in the middle of contradiction. Establishment is the rebuke.

07 Take the Bread

Hold it. Then declare:

This is His body. Sōtēria meal — salvation meal. I take the bread anyway. The storm does not have authority over the table. Now eat.

08 Take the Cup

Hold it. Then declare:

This is the new covenant in His blood. Peace, be still. The covenant is established while the chaos is still happening. The men of good cheer ate first. 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.