

Prayer for Healthy Eating

Father, I thank you that my desire for food have changed, I only eat that which is good and healthy for my body.

I present my body to God, my body is the temple of the Holy Spirit, which dwells within me. I am not my own, I am bought with a price, therefore in the name of Jesus, I refuse to overeat.

“Body”, settle down, in the name of Jesus and conform to the word of God. I mortify the desires of the body and command it to come in line with the Word of God. My body is becoming healthier and stronger every day.

FATHER I thank you that my body is normal for my height and build.

I declare that GOD THE FATHER gives me power and strength even when I do not have any of my own, therefore I am able to keep my body in control and not let it over eat or eat unhealthy foods. I always eat a healthy well balanced diet.

Therefore I look healthy and young and always have lots of energy.

As I spend time with the FATHER and His Word, I renew my strength, therefore I never feel run down or weary.

I am always listening to the HOLY SPIRIT of God, He guides me into all truth and leads me to victory, therefore I ALWAYS win.

I am more than a conqueror through the LORD JESUS CHRIST.



Trinity Community
Church

Scripture References

Romans 8:13-14 (AMP)

“for if you are living according to the [impulses of the] flesh, you are going to die. But if [you are living] by the [power of the Holy] Spirit you are habitually putting to death the sinful deeds of the body, you will [really] live forever. ¹⁴ For all who are allowing themselves to be led by the Spirit of God are sons of God.”

Romans 12:1 (AMP)

“Therefore I urge you, ^bbrothers and sisters, by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship.”

1 Corinthians 6:19 - 20 (AMP)

“Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God, and that you are not your own [property]? ²⁰ You were bought with a price [you were actually purchased with the precious blood of Jesus and made His own]. So then, honor and glorify God with your body.”

1 Corinthians 9:27 (AMP)

“But [like a boxer] I strictly discipline my body and make it my slave, so that, after I have preached [the gospel] to others, I myself will not somehow be disqualified [as unfit for service].”

Isaiah 40:29-31 (AMP)

“He gives strength to the weary, And to him who has no might He increases power. Even youths grow weary and tired, And vigorous young men stumble badly, But those who wait for the Lord [who expect, look for, and hope in Him] Will gain new strength and renew their power; They will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; They will run and not become weary, They will walk and not grow tired.”

Romans 8:37 (AMP)

Yet in all these things we are more than conquerors and gain an overwhelming victory through Him who loved us [so much that He died for us].

