

OBESITY

*A Healing Prayer for You to Use When
You Are Struggling With Obesity*

Healing Promise: *“Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed”* (1 Peter 2:24).

Healing Prayer: Wonderful Father, I come to you now, in the name of Jesus, asking you to help me overcome obesity. Show me what I need to do in order to defeat this adversary in my life. Thank you for the stripes of Jesus which are bringing healing to me as I pray.¹ Heal my soul and my body of all causes and effects of obesity. You are the Lord that heals me.²

I will sing unto as long as I live. I will sing praise to you while I have my being. My meditation of you shall be sweet, and I shall be glad in you.³ Fill me afresh with the Holy Spirit,⁴ that I may experience His quickening power within me.⁵

It is my earnest desire, dear God, to walk after the Spirit and not after the flesh.⁶ Therefore, I ask you to help me control my appetite at all times. Let the fruit of the Holy Spirit, especially self-control, guide my every choice.⁷

Help me to resist and endure temptation. Thank you so much for your wonderful promise that you will be faithful to me and will provide a way for me to escape from temptation and this affliction.⁸ Through your grace I know both how to be abased, and I know how to abound. Everywhere and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.⁹

Thank you for your instruction in my life, and thank you for your promise to meet my every need in Christ Jesus, my Lord.¹⁰ I rejoice in your promise that I can do all things through Christ who strengthens me.¹¹ Thank you for His promise, which I now claim, that He has come to give me life more abundantly.¹²

Father, thank you for the gift of joy. I realize that your joy is my strength in this battle against obesity.¹³ Thank you making me joyful and giving me strength. I now know that I am on the pathway of full recovery from obesity. Thank you, Almighty Father. In Jesus' mighty name I pray, Amen.¹⁴

Scripture References: (1) *I Peter 2:24*; (2) *Exodus 15:26*; (3) *Psalms 104:33-34*; (4) *Ephesians 5:18*; (5) *Romans 8:11*; (6) *Galatians 5:16*; (7) *Galatians 5:23*; (8) *I Corinthians 10:13*; (9) *Philippians 4:12*; (10) *Philippians 4:19*; (11) *Philippians 4:13*; (12) *John 10:10*; (13) *Nehemiah 8:10*; (14) *John 15:16*

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