



Petition against Obesity and a Low Self-Esteem

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Petition for breaking free from the bondage of slavery to obesity / being overweight.

Father I come humbly before Your throne today with a declaration that there is no other God but You! You hold the universe in Your Hands.

Isaiah 44:6 says:

I am the First and I am the Last; besides Me there is no God.

I want to absolutely affirm this Word, there is none like You! There is no other Rock. It is on this Rock that my foundation is laid, and I want to build on this very strong foundation. Remove all false foundations based on trauma, hurt, fear and addictions, in the Name of Yeshua.

Thank You for the everlasting covenant I have with You, through the shed blood of Yeshua. I recognize that I am the weaker vessel in this covenant, but that You will fight for me, protect me, provide for me and set me free from the bondage of the enemy.

I would humbly remind You of the covenant You made with my Father Abraham in:

Genesis 17:7-8⁷

"I am establishing my covenant between Me and you, along with your descendants after you, generation after generation, as an everlasting covenant, to be God for you and for your descendants after you. ⁸ I will give you and your descendants after you the land in which you are now foreigners, all the land of Kena'an, as a permanent possession; and I will be their God."

Father, I would like to bring the below petition before Your Holy throne, and I implore You Father to consider my prayer and answer my petition. Father I pray for Yeshua to enter the courtrooms of heaven on my behalf as my representative, and that anything I leave out or mis-communicate will be covered by His intercession on my behalf. Thank You Father that I can call the Holy Spirit as my witness, and I ask Father that You remind the court today that whatever the accuser is bringing against me, has already been dealt with by the Blood of the Lamb.

Father, I remind You of Your Word that says:

Exodus 6:6 ⁶

"Therefore, say to the people of Isra'el: 'I am ADONAI. I will free you from the forced labor of the Egyptians, rescue you from their oppression, and redeem you with an outstretched arm and with great judgments.

&

Isaiah 61:1-2

61 The Spirit of Adonai ELOHIM is upon me,

because ADONAI has anointed me

to announce good news to the poor.

He has sent me to heal the broken-hearted;

to proclaim freedom to the captives,

to let out into light those bound in the dark;

² to proclaim the year of the favor of ADONAI

and the day of vengeance of our God;

to comfort all who mourn,

Father, Your son died to set the captives free. You are the one who promised to redeem me with an outstretched arm and with great judgements. Father I pray that You will release Your great judgements against the enemy that has held me captive for so many years. Father that You reach out your hand to me and rescue me from this forced addiction / forced labour that I am enslaved to, where this taskmaster is feeding off my abuse, off my being unhealthy and overweight, off my unhealthy relationship with food. Thank You Father that I can petition now that You supernaturally free me body, soul and spirit from this oppression and addiction.

Thank You that You also promise to heal the brokenness in me that is creating a void that I try to fill with food. Father forgive me for using food and beverages to fill a void that only You can fill. Father I repent for finding my comfort in other things, and in food, instead of running to You as my comfort. I pray that You bind up these wounds with the blood of Yeshua, bring healing Father. And set me free, shine Your light in the darkness that is keeping me stuck in this condition of obesity, shine Your light and drive away all darkness. I ask Father that You will comfort me even as I mourn that which I feel I have lost or missed



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out on due to being obese, and as You comfort me now, I choose to forgive myself, and to let go. And to trust You that everything will work out for the good of those who trust in You. I also declare Father, as I go into a new year of life, that this will be the year of the favour of ADONAI and that You will heal, comfort, save and bless me in this coming year.

2 Chronicles 7:14

¹⁴ then, if My people, who bear My name, will humble themselves, pray, seek My face and turn from their evil ways, I will hear from heaven, forgive their sin and heal their land.

Thank You Father for the opportunity to come humbly before You through the Blood of the Lamb to confess my own sins, as well as the sins of my forefathers that opened the door for addiction and obesity to come in. I would like to repent for the below, for myself, and on behalf of my bloodline on my mother and father's side, all the way back to Adam and Eve. And Father, if I leave anything out, please show it to me so that I may repent sincerely and be healed in the land that is my body, soul and spirit.

I repent for:

- Not honouring my body and looking after it by eating healthy food, healthy portions and keeping active to keep my body in good condition.
- Eating unhealthy food that is a form of self-abuse
- Not having self-control when it comes to portion sizes or when it comes to making healthy decisions
- Lying about the type of food I eat or how much food I consume because of pride and not wanting others to judge me
- Eating in secret where no one can see me
- Finding comfort in eating, emotional eating, filling a void through food
- The sexual satisfaction that is often experienced through overeating or comfort eating
- Eating after sex outside of marriage, as another form of comfort
- Eating when I am happy or sad to celebrate or to console myself
- Worshipping food as an idol, and not You as my Creator and King
- Self-hate, self-abuse, judgement of self. Not being able to love and forgive myself. Hating my own body. Speaking words or thinking thoughts of self-hatred, contempt, self-abuse against myself and my body
- Saying I hate my body
- Saying I hate myself
- Saying I hate my voice
- Saying I hate my life



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- For looking at myself in the mirror and despising what I see
- Rejecting myself, forgive me Father, You created me in Your Image, and by dealing with myself in this way, with my words and behaviour, that was how I was treating the image of God. Oh Father, please forgive me.
- Desecrating Your temple with overeating and an unhealthy lifestyle.
- For coveting and for gluttony.
- For judging other people that are overweight, or for judging people that are healthy and have healthy bodies. Forgive me for the words and thoughts of judgement, I ask that You cancel those judgements and my own words, and turn every curse I spoke over myself and others into a blessing
- For eating of things that You expressly told us are not food. For eating animals that are not clean and for consuming unclean flesh.
- For eating foods dedicated or sacrificed to idols
- For allowing my cravings to control me, my emotions controlling the way I eat and what I eat, lusting after food, for allowing my fleshly desires to override my good judgement and my spirit.
- For the worship of food and drink
- For placing food above all else in my life
- For worshipping the enemy through unhealthy and addictive behaviour linked to food and any other addictions even in the bloodline.
- For worshipping the enemy through food on demonic holidays like Christmas, Easter, Valentines Day, Halloween, or any other ungodly ritual, feast or meal that I consumed that was worship.
- For being in rebellion, for doing what I want when I want it, knowing that it is not healthy.
- Forgive me for rebelling against healthy food and exercise.
- Forgive me for eating out of rebellion, or to “show you”
- Forgive me for manipulating others through my own eating habits

Father for all the above, and whatever I left out that is applicable, in my own life, and that of my bloodline, I humbly repent. I come broken before You LORD for these sins, transgressions and iniquities, and ask for Yeshua to cover it with His blood. And to cancel every curse that came over me because of the above mentioned.

Father, I choose now to reclaim the “land” in my body, soul and spirit that You gifted me with. Forgive me for giving this away freely through my own sins, actions, thoughts, emotions, etc. to the enemy. I remind You of Your Word that says:



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Deuteronomy 6:18-19

¹⁸ You are to do what is right and good in the sight of ADONAI, so that things will go well with you, and you will enter and possess the good land ADONAI swore to your ancestors, ¹⁹ expelling all your enemies ahead of you, as ADONAI said.

Father, empower me through Your Holy Spirit to do what is good and what is right in Your eyes. Help me to treat my temple the way You instruct us to treat it in Your word. And drive out the enemies that came to settle in my body, soul, thought patterns, emotions and spirit through my own sins, and the sins of my forefathers. Break down every mind stronghold that is keeping this addictive and self-destructive behaviour in place, in the Name of Yeshua.

1 Corinthians 6:19-20

¹⁹ Or don't you know that your body is a temple for the Ruach HaKodesh who lives inside you, whom you received from God? The fact is, you don't belong to yourselves; ²⁰ for you were bought at a price. So use your bodies to glorify God.

Father I repent for not looking after what You bought with a price, my body, that belongs to You, and that is supposed to be a living temple that is inhabited with Your Holy Spirit. Father forgive me for desecrating my temple and my altar with food, addictive behaviour, self-abusive behaviour, abusive words and thoughts. I repent Father. I ask that You now move through my temple with the broom of destruction and the Fire of the Holy Spirit and that You cleanse it now of all the defilement that my sins allowed into my temple. Father I repent where there has been sacrifices made on the altar of my temple; my mouth that speaks forth words of death, and also consumes death through overeating, eating things which You command us in Your Word not to eat and unhealthy eating habits. Father I pray that You apply the Blood of Yeshua now to my altar, that You redeem it and cleanse it and declare it holy again so that I may sacrifice on it to You. Father, forgive me for the worship that idols have received through my altar and my sins, silence the worship and sacrifices brought to idols with the Blood of Yeshua.

Father, I ask that You redeem all my temple utensils out of Babylon, and cleanse it now with the Blood of Yeshua, restore it so that I may become a holy, functioning temple to You again.



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Father, in the Name of Yeshua I quantumly untangle myself from any demonic altars that I had to service through my eating habits and addiction, Father I repent for the worship and sacrifice that I gave on these demonic altars. I silence the worship and sacrifice with the Blood of Yeshua, and I ask Father that You shut the mouths of these altars now in the spirit realm, and I call Your judgement and the Fire of the Holy Spirit on these demonic altars, in the Name of Yeshua.

I renounce my calling as a priest / priestess that had to service these altars, that had to worship through being overweight and overeating. I divorce myself from every entity that received worship through me being overweight or through overeating. I cancel every oath, covenant, agreement and marriage to these entities and altars, in the Name of Yeshua. I ask Father that You identify every part of me and my bloodline that were stuck in temples of worship to these idols, and that You redeem it now through the Blood of Yeshua and return it cleansed to me in the Name of Yeshua.

Father I also ask that You uproot the root of obesity and being overweight from my body, soul, spirit, and energy body. Father I curse the tree, the branches, the roots, the fruit, and the seed of obesity in my life and body, in the Name of Yeshua. I ask Father that You release now from my:

- DNA
- RNA
- Epigenetic Markers
- Genes

all cellular memories, body memories, encryptions, codes, inherited memories, trauma, shock, or memories held in the waters of my cells. Wash all these away with Your Living Waters and cleanse it with the Blood of the Lamb. Father I ask that You release all generational trauma that is causing me to overeat, to be overweight, to be unhealthy. That You will switch off every Epigenetic Marker that would cause obesity, unhealthy behaviour, lack of exercise, inability to lose weight, holding onto weight and water in the body. Father I ask that You touch my genes now and heal them. Wipe every demonic download or trauma download from my body and my 11 body systems and download a heavenly upgrade to my body systems. I command my body in the Name of Yeshua to submit to the authority of YHWH Elohim, and to start functioning the way You created it to function.

Father touch my endocrine system and heal it please. I ask for a blood transfusion of the



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Blood of Yeshua, as His blood enters my body, I pray that it will heal every cell, every gland, every organ, in the Name of Yeshua. Father I ask that You balance the hormones in my body now, that You release all excess hormones that cause me to:

- Pick up weight
- Not be able to lose weight
- Be obese
- Be overweight
- Cause cravings

As You release these excess hormones now, I ask that any hormones that are deficient in my body now start to be released by the glands that are responsible for releasing of those hormones. I command my entire endocrine system to submit to the authority of YHWH Elohim and to start functioning now the way You created it to function, in the Name of Yeshua.

Father I also pray that You bless my healthy gut bacteria, that they will now grow and multiply and fill my gut to the point where there is a healthy gut system that forms the way You created it to function. I release all past traumas of fear and anxiety specifically from my gut now, in the Name of Yeshua.

Father I ask that You release all inflammation in my gut and in my cells. Quench the fires of inflammation with Your Living Waters. I break every curse of fever and inflammation over my body now, in the Name of Yeshua.

Father I ask that You now curse every one of the below pathogens in my body, I command these pathogens and the energy released by these pathogens to leave my body right now in the Name of Yeshua:

- Mould
- Fungus
- Parasites
- Bacteria
- Viruses
- Prions

Father, I declare all the above entered my body without my permission and I ask for a heavenly eviction order now of each of these pathogens in the Name of Yeshua.



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Proverbs 23:20-21

²⁰ Don't be one of those who guzzle wine

or of those who eat meat to excess,

**²¹ for both drunkard and glutton will become poor —
drowsiness will clothe them with rags.**

Father forgive me and my forefathers for being a glutton or a drunkard. For consuming alcohol and food in excess. Father, please break the curse of slumber and drowsiness that came over me because of this sin and remove the rags that I have been clothed with, replace it with Your mantle of righteousness. Break the curse of poverty (physical, spiritual, emotional, etc.) over me in the Name of Yeshua.

Philippians 3:19

¹⁹ They are headed for destruction! Their god is the belly; they are proud of what they ought to be ashamed of, since they are concerned about the things of the world.

Father, forgive me where my belly has been my god, forgive me for allowing my fleshly appetites and lust to rule me and my behaviour, forgive me for all pride that was even coated in false humility, and forgive me for being so driven by the things of the flesh and the things of this world. Father, please break the curse of destruction that came over me because of this. Where my eating habits are literally destroying my body, please reverse this curse now and turn it into a blessing of life, in the Name of Yeshua.

Galatians 5:16

¹⁶ But I say, walk *habitually* in the [Holy] Spirit [seek Him and be responsive to His guidance], and then you will certainly not carry out the desire of the sinful nature [which responds impulsively without regard for God and His precepts].

Father, forgive me for walking in my flesh, and for not being responsive to the guidance of Your Holy Spirit. Forgive me for submitting to my own desires and sinful nature, and not honouring my body as Your temple, as You command me to do. Forgive me for allowing my



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soulish / fleshly desires to rule over my spirit. I ask that You fill me now with the seven manifestations of Your Holy Spirit and please help me to overcome my impulsivity, desires, cravings and lusts. Help me to create new habits of responding to Your Holy Spirit, instead of responding to my cravings and desires.

3 John 1:2

² Beloved, I pray that in every way you may succeed and prosper and be in good health [physically], just as [I know] your soul prospers [spiritually]

Father, I pray that You will come and heal the wounds in my soul and spirit that are contributing to my body acting out all the trauma and hurt. As You heal me from the inside, I pray that my body will begin to return to a state of good health.

Isaiah 55:1-2

55 "All you who are thirsty, come to the water!

You without money, come, buy, and eat!

Yes, come! Buy wine and milk

without money — it's free!

² Why spend money for what isn't food,

your wages for what doesn't satisfy?

Listen carefully to me, and you will eat well,

you will enjoy the fat of the land.

Father, forgive me for drinking and eating physical things to fill a void that only You can fill. I ask that You fill me with Your Living Waters, that You fill me with Your wine, milk and the Bread of Life. That I will not try to fill a spiritual void anymore by consuming physical food. That You will satisfy this hunger and thirst inside me through Your Word and Your Holy Spirit.

Judges 3:17



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17 Then he presented the tribute to 'Eglon king of Mo'av. Now 'Eglon was a very fat man.

Father, in the Name of Yeshua, I divorce myself from Eglon the king of Moab. I declare a divorce in the spirit realm, I quantumly untangle myself from the spirit of Eglon, I cancel all oaths, covenants, agreements and marriages with the spirit of Eglon in the Name of Yeshua. I cancel every salt covenant with the spirit of Eglon. I command the spirit of Eglon to leave me now in the Name of Yeshua, and I ask that this spirit be pierced through with the Sword of the Spirit, in the Name of Yeshua. I declare now that I will no longer serve as a storehouse for the spirit of Eglon, in the Name of Yeshua.

In the Name of Yeshua I also declare a divorce between myself and Beelzebub, and myself and Behemoth. Where Beelzebub is over gluttony, and Behemoth over overindulgence, I repent Father where I have worshipped them with my deeds, and I ask that You cancel that worship now with the Blood of Yeshua. I declare:

Beelzebub – YHWH Elohim Rebuke you

Behemoth - YHWH Elohim Rebuke you

I renounce all gifts, anointing, callings, destinies, clothing, jewellery or anything else that I received from Behemoth and Beelzebub, I ask Father that You remove it now and destroy it with the Fire of the Holy Spirit, in the Name of Yeshua.

In the name of Yeshua I command all spirits of:

- Obesity
- Excessive amount of body fat
- Heart disease
- Diabetes
- High Blood Pressure
- Mood disorders
- Eating disorders
- Reproductive disorders
- Liver Disease
- Hypertension
- Dyslipidaemia
- All cancer



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to leave my body now in the Name of Yeshua!

I rebuke all genetic, behavioural, metabolic and hormonal influences on my body weight that result in being obese or overweight.

I rebuke all unhealthy food cravings! Lord, give me power over these, in Yeshua's name!

I break the curses of all eating disorders, self-hatred, low self-esteem Prader-Willi syndrome, and Cushing syndrome in the Name of Yeshua. Go, never to return!

I break every word curse I spoke over myself and my body, I call for the seed and fruit of those words to be miscarried and to fall to the ground and die, in the Name of Yeshua.

I speak to my thyroid... any slowness or disorder I command it to go now in the Name of Yeshua, and I command it to start operating in the proper order which the Lord intended it to operate in. I speak LIFE over my body in the Name of Yeshua.

Father in the Name of Yeshua I curse all excess fat cells, I ask that You break down all excess fat in my body and release it now, in the Name of Yeshua. I ask that You touch my adrenal glands, and that You now calm them down, and release all:

- Panic
- Fear
- Anxiety
- Stress
- Worry
- Trauma
- Cellular Memories
- Body Memories
- Generational Trauma

that is keeping it stuck so that my adrenals are working overtime. I speak to my adrenals now in the Name of Yeshua and I tell my body that you are safe, you are loved, you can relax, you do not have to be in the fight, flight or freeze mode all the time. You can let go. I ask Father that You quantumly untangle me from all time and space of trauma that I am stuck in, that You redeem me now through the Blood of Yeshua and bring me back to the current time and space.



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I ask that You release all excess cortisol in my body now, wash it away with Your Living Waters. Where cortisol needs fat cells to be stored in, I now tell my body in the Name of Yeshua to stop producing extra fat cells, you do not need the cortisol, as the cortisol is releasing now out of my body, I ask that all the excess fat cells be released now as well, in the Name of Yeshua.

Father where fat creates cravings and creates hunger, I ask now that You silence the frequency and resonance released by my fat cells. I strike my fat cells with silence, in the Name of Yeshua, and I ask that You break the curse of being hungry all the time, break the curse of craving sugar, starch and processed food, in the Name of Yeshua.

2 Timothy 1:7

⁷ For God gave us a Spirit who produces not timidity, but power, love and self-discipline.

Father, forgive me for lacking self-discipline and lacking self-control, I ask that You now bless me with this spirit of power, love and self-discipline, in the Name of Yeshua.

1 Corinthians 10:31

³¹ Well, whatever you do, whether it's eating or drinking or anything else, do it all so as to bring glory to God.

Father, forgive me where my eating and drinking has been for the glory of idols, help me Father to change my mindset and relationship towards food, so that I may eat and drink to bring You glory. Remind me through Your Holy Spirit to always pause before I consume something, to reflect on how the consumption of this may bring You glory.

1 Corinthians 10:13

¹³ No temptation has seized you beyond what people normally experience, and God can be trusted not to allow you to be tempted beyond what you can bear. On the contrary, along



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with the temptation He will also provide the way out, so that you will be able to endure.

Father, forgive me for being weak in the past and for submitting to temptation when Your Word clearly states that I will not be tempted beyond what I can bear. I ask that You empower me and remind me of this, so that I may overcome every temptation in the Name of Yeshua.

Matthew 4:4

⁴ But he answered, "The Tanakh says,

'Man does not live on bread alone,

but on every word that comes from the mouth of ADONAI'"

Father, forgive me that for so long I have been driven and focussed only on my physical needs, and neglected to feed my spirit. I ask that You turn this around, that my cravings that were used against me to sin, will be turned into a spiritual craving for Your Word and that I will feed on it day and night and be filled.

Father, heal me from abuse and victimization of the past. Silence all words of slander, abuse, gossip, bullying, name-calling, labelling, etc, that I had to endure due to being overweight. Every curse that was spoken over me by myself or others, I repent of Father and ask that You turn every curse now into a blessing, in the Name of Yeshua.

I take off the mantles and labels of shame, humiliation, being a victim, of abuse – I ask that You destroy these mantles with the fire of the Holy Spirit. Thank You that You cloak me in a mantle of righteousness.

I divorce the spirits of abuse and victimization that have been assigned to me through the bloodline or during the course my own life. I command them now to leave me in the Name of Yeshua! I declare that YHWH Elohim rebuke you!

Father, I ask that You bind up all wounds of abuse and self-abuse, touch it with the Blood of



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Yeshua and the balm of Gilead and bring healing to those wounds, in the Name of Yeshua. If there is any generational trauma linked to famine, being in a concentration camp, not having enough food to eat, etc. Father I ask that You release these cellular and body memories now in the Name of Yeshua.

Father I repent for not loving myself, for looking in the mirror and finding fault with myself and my body and hating what I see. Help me to anchor my identity on the rock that is

Yeshua. Father to see me as You see me, and to see the full potential I hold in You and in the work that Yeshua did on the cross. Help me to heal from low self-esteem, and to find joy in the life that You gifted me with. Forgive me for wishing that I was someone else, had someone else's body or personality or gifts or life. I am so sorry Father, who I am is who You made me to be. Forgive me for rejecting this beautiful gift You gave me! Help me to love myself, fill me with a Godly, heavenly love for myself.

Father in the Name of Yeshua I now divorce the water tower that was raised up inside my body to hold back water, so that my body can be used as a conduit and power source for the enemy. I cut myself loose: body, soul and spirit from this water tower, I quantumly untangle myself from this water tower, and I ask that You shut down this water tower inside my body now in the Name of Yeshua.

I sever any connections to and cancel all dedications, oaths, covenants and agreements with:

- Any water spirits or water entities
- Other water towers
- Water highways
- Underground waters
- Waters on the earth
- Waters in the 2nd heaven
- Waters in the air
- Water Grids
- The underwater kingdom of Satan
- Atlantis or any underwater cities I was connected to
- Leviathan
- The hippopotamus spirit
- The water snake or Hydra constellation



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- Any other water related systems or spirits applicable but not mentioned

Father I ask that You release every part of me from the above mentioned now in the Name of Yeshua. I cancel the demonic assignment over my body and life to serve these, in the Name of Yeshua.

Proverbs 5:15-18

¹⁵ Drink the water from your own cistern,

fresh water from your own well.

¹⁶ Let what your springs produce be dispersed outside,

streams of water flowing in the streets;

¹⁷ but let them be for you alone

and not for strangers with you.

¹⁸ Let your fountain, the wife of your youth,

be blessed; find joy in her —

Father, where my inner fountain has been defiled by demonic water, or by sexual molestation, sexual abuse, sex outside of marriage, adultery or fornication, I pray that You now wash the fountain You placed inside of me clean with Your Living Waters. I command all defiled water, demonic water, and excess water built up in my cells, to leave my body now in the Name of Yeshua.

John 4:14

Complete Jewish Bible

¹⁴ but whoever drinks the water I will give him will never be thirsty again! On the contrary, the water I give him will become a spring of water inside him, welling up into eternal life!"

Father I pray that You will fill me with Your Living water and that it will well up inside of me and produce streams of Living Water that will flow into my life.

James 1:5



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⁵ Now if any of you lacks wisdom, let him ask God, who gives to all generously and without reproach; and it will be given to him.

Father, You said in Your word that if anyone lacks wisdom, they can ask You and You will give them wisdom liberally and without reproach. I come to You in the name of Yeshua asking for wisdom. My desire is to care for my body as Your temple so that I may glorify You in my body and my spirit.

***Psalm 107:20
Complete Jewish Bible***

***²⁰ He sent His word and healed them,
He delivered them from destruction.***

Thank You Father that You sent Your word to heal me and deliver me from destruction. Your Word brings health and healing and reveals to me the abundance of peace and truth. Give me the desire to make food choices that bring life, energy, and vitality to my body and clarity to my mind. Help me to judge wisely and focus on proper nutrition and healthy eating each day that benefits my body's form and function.

***1 Corinthians 6:12
Complete Jewish Bible***

¹² You say, "For me, everything is permitted"? Maybe, but not everything is helpful. "For me, everything is permitted"? Maybe, but as far as I am concerned, I am not going to let anything gain control over me.

Father, forgive me for allowing food, cravings, desires and lust gain control over me! Out of Your goodness, You have given me many foods to enjoy. Give me a heart and mind to choose those foods that are healthy for my body. Give me strength to heed the wisdom in Your word. I realize that some foods, particularly junk food, are not helpful to me. They hijack my brain so that I lose self-control, making me feel like a slave to food at times. However, I realize that self-control is a fruit of Your Spirit. Like fruit cannot grow unless it is connected to the vine, so I cannot grow in self-control without connection with You. Fill me with Your Holy Spirit, I pray, so that I may start to bear the Fruit of Your Spirit.



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Romans 12:1-2

12 I exhort you, therefore, brothers, in view of God's mercies, to offer yourselves as a sacrifice, living and set apart for God. This will please Him; it is the logical "Temple worship" for you. ² In other words, do not let yourselves be conformed to the standards of the 'olam hazeh. Instead, keep letting yourselves be transformed by the renewing of your minds; so that you will know what God wants and will agree that what He wants is good, satisfying and able to succeed.

Father today I present my body to You as a living sacrifice, holy, acceptable and pleasing to You, which is my reasonable service. Help me daily to renew my mind according to Your word so that I may be transformed! And help me to align with what You want so that You will bless my journey of weight loss and that it will succeed, in the Name of Yeshua.

Psalm 139:13-16

**¹³ For You fashioned my inmost being,
You knit me together in my mother's womb.**

**¹⁴ I thank You because I am awesomely made,
wonderfully; Your works are wonders —
I know this very well.**

**¹⁵ My bones were not hidden from You
when I was being made in secret,
intricately woven in the depths of the earth.**

**¹⁶ Your eyes could see me as an embryo,
but in Your book all my days were already written;
my days had been shaped
before any of them existed.**

Thank You, Father that You have created my body fearfully and wonderfully. My body is a walking miracle. Give me enthusiasm to exercise and eat healthy so that I may strengthen my body and have the energy to do the things You call me to do.



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Most of all, Lord, give me wisdom to put You first in my life because You have said that if I seek first Your kingdom and its righteousness, all things will be added to me.

Proverbs 18:21

²¹ The tongue has power over life and death;

those who indulge it must eat its fruit.

Now that I have dealt with all the fruit of death, I choose life today. I choose today to speak life and to speak the truth of Your word over my body and my life. I choose today to submit my thoughts to You, to renew my mind, to take my thoughts captive to Your word and Your truth. I ask You Father that You bridle my tongue and place a guard in front of my mouth so that the mediations of my heart and the words of my mouth may be pleasing to You and may bring forth life.

I declare today, in the Name of Yeshua:

- I love myself
- I accept myself
- I love and accept myself just as I am right now, knowing that I have the potential to lose weight and to eat healthy and to make healthy choices, but my love and acceptance of myself is not based on my weight, or on how I look, but on the image of God that I am made in.
- I choose to focus on the Image of God that I am made in, and I realize that to do otherwise is sinning against You my Father.
- I refuse to speak words of death, destruction, rejection, self-doubt, ridicule, disgust, hatred over myself anymore, that is in the past, I am a new creation in Yeshua!
- I choose to renew my mind
- I choose to love myself enough to stop my abusive behaviour and to focus on acting in a way that is respectful towards myself in my body, soul and spirit
- I choose to respect myself
- I choose to only speak words of life, and to indulge in the fruit of the words of life that I speak over myself

Father, I ask that You fill up all the old, harmful neurological pathways with the Blood of Yeshua, and that You help me to create new neurological pathways that will lead to a healthy body and a healthy lifestyle.

Father I now seal off this prayer with the Blood of Yeshua in every realm, dimension, world,



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reality and universe, in all time and space. I break every trigger mechanism, inverted curse, vortex curse, reversals, regenerators, reset hooks, infinity loops, flipped curses, clones or duplicated backup systems in backup systems in backup systems that was supposed to bring the curse back, in Yeshua's name. I ask that You not allow any backlash, whiplash, punishment or judgement for anything contained in this petition, in the Name of Yeshua.

Thank You Father for Your mercy that is new every day.

I pray all of this in the Name of Yeshua. Amen.



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