

A Prayer for Body Restoration

The word of the Lord in my heart now is “restoration.” The body of Christ has lost so much because of deception. We have listened to the wrong voices for far too long.

Listening to wrong voices lead to wrong choices. Wrong choices lead to sorrow, pain, and regret.

However, God wants to restore His people. Restoration starts with one truth: The body of Christ does not work without the head (see Eph. 5:23).

Disconnection happens if we stop living according to the truth in God’s Word. Remember, Jesus Himself is the living word. So you can’t say you belong to Jesus and reject His Word:

“Trust in the Lord with all your heart, And lean not on your own understanding; in all your ways acknowledge Him, And He will direct your paths” (Prov. 3:5-6).

Please go to a quiet place and pray the following prayer from your heart. Let’s all join our faith together in believing that it will come to pass, according to the word of the Lord.

Father, I enter Your gates with thanksgiving and Your courts with praise. I am thankful for the life You have given to me. I am thankful You’ve given me food for my hunger and water for my thirst.

I am thankful for all of your provision, Lord. You supply all my need according to Your riches in glory by Christ Jesus. Every spiritual, mental and physical need I have is covered in the promises in Your word. I have received everything I need pertaining to life and godliness.

I am thankful for salvation. You have given me the true bread from heaven in your Son, Jesus Christ. O, how I love Jesus! I love Him because He first loved me. I am thankful He gave His

life for me. In Him, I walk in newness of life. I am thankful that He lives in me. I am thankful for the hope of glory!

Through Him, I have received the gift of Your Holy Spirit. Out of my belly flow rivers of living water. Revive me according to Your word, Lord. Through the fountain of living waters, I have a continuous source of strength, power, refreshment, renewal and restoration. Let me never forget that.

I renounce any hunger or thirst after worthless things. I am no longer a broken cistern. Broken cisterns can hold no water, and I don't want to spill a drop of all that you have for me. I no longer seek comfort apart from You, Lord. By Jesus' stripes, I am healed. Jesus has healed my broken heart. He has bound up my wounds.

I am released from every weight that so easily besets me. I lay it aside, offering it as a sacrifice to you, Lord. In exchange, I shall receive Your peace.

If I have forsaken Your counsel in any area in my life Lord, I repent. I return back to You. I am thankful You never leave me nor forsake me. I am thankful You are ready to forgive. I am thankful You are gracious and merciful. I am thankful You are abundant in kindness.

You promised in Your Word, "If My people, who are called by My name, will humble themselves and pray, and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and will heal their land" (2 Chron. 7:14).

I am called by Your name, Lord. I humble myself under Your mighty hand. I am praying and seeking Your face right now, Lord. I turn from any wicked way in my life. Hallelujah! I know You have heard this prayer according to Your Word. I praise You that I am forgiven and healed.

Restore to me the years that my poor choices have eaten up. I was both deceived by outside influences and deceived myself through my own flesh.

I repent of any pride that tells me I can live this life for Your glory without hearing Your voice every day and don't need to read or apply your Word. Create in me a clean heart and renew your steadfast Spirit within me. Help me to reject any voice that does not agree with Yours. It was for liberty Christ came to set me free, and I will not be entangled again in a yoke of bondage.

I am thankful You have given me Your good Spirit to instruct and lead me. I trust You, and I no longer lean unto my own understanding. In all my ways, I acknowledge You, and You shall direct my path. Your Word is a lamp unto my feet and a light unto my path. From this day forward, Lord, I set my heart to walk according to the light of Your Word.

Fix my heart, Oh Lord. Help me to remember every day to take my delight in You. As I delight in You, You will conform my desires to Your desires. And I will be able to walk worthy of my high calling in You. I will walk as a wise and understanding person from now on in every area of my life.

Give me ears to hear your word and a heart to obey. Use my life, Lord, so others will see my good works and glorify You. Restore to me the joy of Your salvation this day, and I will sing Your praise. In Jesus' name, Amen." {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God's healing power to end binge eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.*

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