

The Prayer That Can Result in Drastic Change for Your Body

If you are worrying about your weight or your health right now, then I've got a short prayer that can change everything for you.

Many years ago, God told me the true meaning of the name "Take Back Your Temple." The very name is a prayer.

This prayer asks God to take control of your body and your life so He can use them for His purpose and agenda. You recognize that you are trying to live in your own strength and *it just isn't working*.

Because you recognize that your body is God's temple, you invite Him in to guide you in caring for it. You rely on His strength, not your own.

If you are struggling with your weight right now, then simply ask God to: "Take Back Your Temple."

If you are struggling with destructive habits, simply pray to the Lord in the midst of it: "Take Back Your Temple."

If you are struggling with fear, doubt, depression, stress, worry or anxiety then invite God into the situation: "Take Back Your Temple."

If you pray that simple, powerful four-word prayer with a sincere heart each day to start your day, then it will be answered because it is based on God's own word that our bodies are His temples, and we therefore are to glorify Him in our bodies and in our spirits (1 Cor. 6:19-20).

Once you pray that prayer with faith, knowing that it has been answered, say "Thank you Lord, I believe that I receive [say whatever you believe is your level of optimal health]

according to Mark 11:24.” Actually repeat this until you feel the joy of receiving the gift bubbling up inside of you.

Now, here is the next step. Many people miss this and so do not obtain what they ask for in prayer. **Listen** as the Holy Spirit speaks to you and guides you, giving you wisdom regarding how to obtain what you asked for in prayer.

Whatever He tells you to do, do it. Walk out His strategy step-by-step, day-by-day. Write it down and review it every day. Don't delay. God wants you blessed in health even more than you do.

*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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