

RIGHTEOUS DIET PRAYER

Dear Heavenly Father God, top of the morning to You! Smile. God, as we embark on today's agenda we take time to bow before You, in desperate need of Your awesome, kind, & protective lordship. Amen. (So be it).

Father, we confess that we have a heart for junk food, sweets, fried foods, butter, transfat, & other things that are health wise - bad for us. Like energy drinks & an addiction to coffee. Because of our bondage to these things, O Lord, we have caused Your temple (our bodies) to be at risk of being torn down/worn down/worn out! (that was a mouthful)! I can sense it in my God-given spirit, that this is not Christlike. See we know our bodies NEED food as fuel to live, You do too hence You sending Your people manna in the wilderness, at the same time You wouldn't have us to be greedy gluttons. Amen. (Exodus 16) Cause even back in the days of old, Your loving wisdom & awesome power wouldn't allow Your people to gather more food than was enough. If they did desire to pig out the excess manna would rot! utterly spoil before they had a chance to consume it. Amen. Praise God. Truly it is not Your will for food to have dominion over us. You will not have food be our "god" or our "lord & saviour" Amen. Because no Thanksgiving Day turkey ever died for our sins, or would even want to. He/she would rather be pardoned by the President. Amen.

So God we confess You are God alone, there is none like You. Thank You for caring deeply about every nook & cranny of our fragile short-lived lives. Amen.

God placing our hands over our stomachs we confess - collectively & individually - that You, Oh God are LORD OF MY STOMACH & MY APPETITE & MY TASTE BUDS. I confess an uncanny weakness to not only overeating, but a weakness to negative foods (we both know what they are) & feasting on food simply because of my previous training & conditioning of 3 plus meals a day. So much so when I miss a meal I tend to overcompensate at the next one. I know You be seeing me... I even have a tendency to eat simply because I'm bored. God I even love to over eat & when I do feel like I underate I cry foul, well actually I cry, "I'm hungry... I'm so hungry... What do we have to eat?... Feed me!!! Look like I am exceeding way more than the recommended 2,000 calories. Yikes. Sometimes I eat a meal when all I really needed was a snack or some water. God thank You for water & the sense of fullness it provides our earthly bodies. Amen Admittedly this supereating got me feeling sluggish & lethargic & slothful: lazy. God ain't no peace in that. I know I need to diet & exercise but that is the last thing I wanna do. Honestly. But praise God You are there to help me :) :) :) Smile. You delight to be LORD of my life, in all areas of it. Amen.

So God I confess I NEED You to bless the portions that I do eat to give me a sense of fullness, even if it's only a sandwich, a piece of fruit, some cookies, 1 piece of cake or bowl of ice cream, etc... God set a guard over my heart/lips that I might not give the devil a stronghold in my life. We both know I have a tendency to say/think as I sit down to sup, "This ain't gone fill me up..." God help me eat by faith not by sight. Yes, Lord Amen. Thank You.

I confess I know nothing of true starvation. Amen.

God I bow before You so that in Your victorious power & might You would lovingly on my behalf - rebuke the evil gluttonous spirit that's trying to get me to eat myself to death. (Proverbs 23:1-8,21, & Philippians 3:19) God swallow up this death (spirit of gluttony). Release Your resurrection power over my righteous appetite. Give me the strength & courage to eat positive foods, righteous foods. Amen. Bless me with the discipline to eat just enough food that is convenient for me (Proverbs 30:8,9) God I surrender my grocery list to You In Jesus name. Lead me down the aisles that house foods that will do my body good; abundantly great. God bless my taste buds to find the horrible tasting healthy foods, taste most delicious. Amen. If it taste like cardboard anoint it to taste like pizza, or something I delight to digest. Amen. Nothing is too hard for You. (Jeremiah 32:17,27 Genesis 18:14). God help me not to fall victim to the in store samples. Those taste test that lead me to shop impulsively.

Bless me with a sense of fullness so that I might not overeat. God lead me to abundant life at the dinner table. Amen. Help me say, "NO. Think I've had enough." Let those words minister to others that are present that they may respond, "WOW! That's not like you. What's to it?" God may I glorify You as the new diet that I'm successfully on. Amen. God we know the body needs food, but in the same breath our spirits don't eat. That's why Jesus said, "Man don't live by bread alone, but by every word that proceeds from the mouth of God." Amen. O God our souls crave this food. Cause truly our lives are not contingent on calories alone. Or McDonald's Burger King, Subway, etc. God we are in dire need of SPIRITUAL NOURISHMENT. Amen.

God sadly because we have made food our source of Comfort, we have neglected worshipping You - THE GOD OF ALL COMFORT (2 Corinthians 1) Even when we at church our worship is lackluster cause we have given the majority of our hearts to food. :(:(:(God we bow seeking deliverance from this false comfort, that still leaves us feeling empty inside.

God give me the spiritually blessed strength it takes to eat Your word for breakfast, lunch & dinner, & even a midnight snack. Yes being in Your word will help me start my day off right & most blessed. Yes in Your word I will encounter a sense of **FULLNESS** that will ultimately bless me with a desire to eat less. In Your presence is **FULLNESS OF JOY** (Psalm 16:11) Yes, Jesus is **LIVING BREAD** & whoever feast on quality time with Him shall never hunger. That's why Moses & others in the Bible could fast & pray as they feasted their eyes, hearts, souls, & minds on You. Amen. God Your words were found & I did eat them. Yes Your words are my **"DAILY BREAD"** Praise God. God thank You for Your **spiritual nourishment** & the fact that the words of the Bible are sweet as honey & birthday cake to my soul.

God as You have promised us abundant life I pray that You will bless me with an inkling in my spirit when You are desiring me to fast & pray. Yes, as I fast You will show me & allow me to experience Your truths that food is not the cure all. Amen. As I fast my soul & spirit will be **FREED** from foods dominion. Amen.

God thank You so very much for bringing my soul & stomach out of prison that I may praise Your glorious name. In Jesus Amen.