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## QUIET TIME PRAYER AND CONFESSION

### -Divine Health-

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#### **POWER VERSE:**

#### **Jeremiah 30:17 New Living Translation (NLT)**

*17 "I will give you back your health and heal your wounds, says the Lord..."*

Weakness, pain, tiredness—I speak to you in the Name of Jesus and command you to leave and never come near my body again.

You have no place in God's temple.

God fills my life with good things and my youth is renewed like the eagle's. (Psalms 103:5)

I can do all things through Christ who strengthens me. (Psalm 103:5; Philippians 4:13)

I am led by the Spirit of God about how to approach whole-life health.

I don't allow the world dictate how I care for my body, but I totally depend on You Lord in making the proper food choices and exercise decisions. (Romans 8:14)

You promised to satisfy me with long life, so, I declare and decree in Jesus' Name that I will live long and strong on the earth.

Like Moses, my eyesight will not grow dim.

Like the Israelites, I will not be feeble; I will not decrease in strength and memory.

I am getting stronger and healthier even as I speak! (Psalm 91:16; Deuteronomy 34:7)

Your Name, Lord is highly exalted far above all sickness and disease, and each must bow to the voice of Your Word. (Philippians 2:9)

So, I declare and decree in Jesus' Name, that I am healthy and strong.

I declare and decree in Jesus' Name that today, I have healthy eating habits.

I declare and decree in Jesus' Name that Your strength had been made perfect in my weakness when it comes to diet and exercise. (2 Corinthians 12:9)

I thank You for the full manifestation of my prayers and confessions, in Jesus' Name.