

Health & Holiness in Body

Declare the Word of God over your Life:

I am a child of God, born-again, filled with the Holy Spirit, redeemed by the blood of the Lamb. I do not live by bread alone but by every Rhema Word that comes out of the mouth of God. **John 1:12; 3:3,7; Ephesians 5:18; Revelation 5:9; 1 Peter 1:18,19; Deuteronomy 8:3; Matthew 4:4; Luke 4:4**

I will not be conformed to this world, but I will be transformed by the renewing of my mind so that I can prove the good and acceptable and perfect will of God. **Romans 12:2**

I will overcome the devil by the blood of the Lamb, by the word of my testimony and by not loving my own little even unto death. **Revelation 12:11**

"Man shall not live by bread alone but by every Rhema Word that proceeds from the mouth of God." Matthew 4:4 "Let it be to me according to your Rhema Word." **Luke 1:38**

"Faith comes by hearing and hearing by the Rhema Word of God." **Romans 10:17**

"And take up the sword of the Spirit which is the Rhema Word of God." **Ephesians 6:17**

"Let these words be your weapons as you fight." **1 Timothy 1:18 (Today's English Version)**

Some Scriptures are paraphrased into prayers.

Our bodies are the temple of the Holy Spirit and meant to be guarded and kept for the sanctified purposes of the Kingdom of God.

I am Healthy, I Declare:

Health

- My body is the temple of the Holy Spirit who is in me, and I am not my own. I was bought at a price; therefore I will glorify God in my body and in my spirit, which are God's. **1 Corinthians 6:19, 20**
- I will serve the Lord my God, and He will bless my bread and my water. And He will take away sickness from the midst of me. **Exodus 23:25**
- The Lord will take away from me all sickness, and will not afflict me with the terrible diseases of Egypt. **Deuteronomy 7:15**

- My spirit will sustain me in sickness. **Proverbs 18:14**
- You heal all who are sick. **Matthew 8:16**
- I will recover from my sickness. **Mark 16:18**
- The prayer of faith will save me when I am sick. **James 5:15**
- I will examine myself, judge myself and therefore be strong, healthy and live long. **1 Corinthians 11:28-31**
- He Himself bore my sins in His own body on the tree, by whose stripes I was healed. **1 Peter 2:24**
- I will give attention to His words; for they are life to me when I find them, and health to all my flesh. **Proverbs 4:20-22**
- I will propose in all things and be in health, just as my soul prospers. **3 John 1:2**
- For bodily exercise profits me a little, and godliness is profitable for all things, having promise of the life that now is and of that which is to come. **1 Timothy 4:8**
- I present my body a living sacrifice, holy, acceptable to God, which is my reasonable service. **Romans 12:1**
- May Christ be magnified in my body, whether by life or by death. **Philippians 1:20**
- The Lord will restore health to me and heal me. **Jeremiah 30:17**
- The Lord will bring me health and healing; He will heal me and reveal to me the abundance of peace and truth. **Jeremiah 33:6**
- A sound heart is life to my body, but envy is rottenness to my bones. **Proverbs 14:30**
- The lamp of my body is my eye. If therefore my eye is good, my whole body will be full of light. **Matthew 6:21**
- I will not be wise in my own eyes; I will fear the Lord and depart from evil. It will be health to my flesh, and strength to my bones. **Proverbs 3:7-8**

Holiness

- I will not let sin reign in my mortal body, that I should obey it in its lusts. **Romans 6:11**
- And I will not present the members of my body as instruments of unrighteousness to sin, but I will present myself to God as being alive from the

dead, and my members as instruments of righteousness to God. **Romans 6:12, 13**

- If I live according to the flesh, I will die; but if by the Spirit I put to death the deeds of the body, I will live. **Romans 8:13**
- Now my body is not for sexual immorality but for the Lord, and the Lord for my body. And God both raised up the Lord and will also raise me up by His power. **1 Corinthians 6:13, 14**
- I will flee sexual immorality. Every sin that I commit is outside my body, but if I commit sexual immorality, I sin against my own body. **1 Corinthians 6:18**
- I will care about the things of the Lord, that I may be holy both in body and in spirit, and that I may serve the Lord without distraction. **1 Corinthians 7:34-35**
- I will one day appear at the judgement seat of Christ, that I may receive the things done in my body, according to what I have done, whether good or bad. **2 Corinthians 5:9**
- Now may the God of peace Himself sanctify me completely; and may my whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls me is faithful, who also will do it. **1 Thessalonians 5:23-24**
- I will draw near with a true heart in full assurance of faith, having my heart sprinkled from an evil conscience and my body washed with pure water. **Hebrews 10:22**
- I will present my body a living sacrifice, holy, acceptable to God, which is my reasonable service. **Romans 12:1-2**
- I will not be deceived, for God is not mocked; whatever I sow, I will also reap. For if I sow to my flesh, I will reap corruption, but if I sow to the Spirit, I will reap everlasting life. **Galatians 6:7-8**
- Because I am Christ's, I have crucified the flesh with its passions and desires. **Galatians 5:24-25**
- If I walk in the Spirit, I will not fulfill the lust of the flesh. **Galatians 5:16**
- I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me and gave Himself for me. **Galatians 2:20**
- For though I walk in the flesh, I do not war according to the flesh. For the weapons of my warfare are not carnal, but mighty in God for pulling down strongholds. **2 Corinthians 10:3-4**
- Therefore, having these promises, I will cleanse myself from all filthiness of the flesh and spirit, perfecting holiness in the fear of God. **2 Corinthians 7:1**

- I will put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. **Romans 13:14**
- To set my mind on the flesh is death, but to set my mind on the Spirit is life and peace. So then, if I am in the flesh, I cannot please God. But I am not in the flesh but in the Spirit, if indeed the Spirit of God dwells in me. **Romans 8:5-8**
- I will remove sorrow from my heart, and I will put away evil from my flesh, for childhood and youth are vanity. **Ecclesiastes 11:10**
- My soul longs, yes, even faints for the courts of the Lord. My heart and flesh cry out for the living God. **Psalms 84:2**
- God, You are my God. Early will I seek You. My soul thirsts for You. My flesh longs for You in a dry and thirsty land where there is no water. **Psalms 63:1**
- As long as He who called me is holy, I also will be holy in all my conduct. **1 Peter 1:15**
- I will pursue peace with all men, and holiness, without which no one will see the Lord. **Hebrews 12:14**
- I will put on the new man, which was created according to God, in true righteousness and holiness. **Ephesians 4:24**
- But now having been set free from sin, and having become a slave of God, I have my fruit to holiness, and the end, everlasting life. **Romans 6:22**
- Just as I presented the members of my body as slaves of uncleanness, and of lawlessness leading to more lawlessness, so now I will present my members as slaves of righteousness for holiness. **Romans 6:19**
- For my citizenship is in heaven, from which I also eagerly wait for the Savior, the Lord Jesus Christ, who will transform my lowly body that it may be conformed to His glorious body, according to the working by which He is able even to subdue all things to Himself. **Philippians 3:20-21**
- I have this treasure in an earthen vessel, that the excellence of the power may be of God and not of me. **2 Corinthians 4:7**