

## *Blessing Your Body*

“Thank you God for creating me and placing me on earth at this time to bring glory to Your Name. I praise You, for I am fearfully and wonderfully made.” (Psalms. 139:14)

I bless my hair, teeth and nails to be healthy and strong.  
I bless my skin to remain clear and free of wrinkles or disease.

I bless my brain and memory to remain clear and sharp.  
I bless my dendrites to grow and multiply and be healthy.

I bless my hypothalamus to stay in physical, mental,  
emotional and spiritual homeostasis.

I bless my limbic and synapses systems to re-route the neuro pathway  
of memory to line up with God’s thoughts and attitudes.

I bless my fighter cells to seek out, attack and destroy the  
abnormal cells in my body.

I bless my ears to hear clearly physically and spiritually.

I bless my eyes to see clearly physically and spiritually.

I bless my sinuses to remain clear and free of blockage or hypersensitivity.

I bless my tongue to speak kind and encouraging words.

I bless my spinal cord, vertebrae and discs to remain in perfect alignment.

I speak healing to those areas of my back that have pain.

I bless my heart, arteries and veins to remain strong and free of blockage.

I bless my lungs to function at maximum capacity.

I bless my endocrine and adrenal systems to supply the proper amount of hormones  
my body needs for this stage of my life.

I bless my circulatory system to send the right amounts of oxygen  
and blood to my extremities.

I bless my reproductive system. Thank you God for making me (male/female)  
to fulfill the purposes you have planned for me.

I bless my nervous system to fire properly throughout my body. I speak healing to  
those areas where my nervous system has been damaged.

I bless my digestive system to function smoothly. I speak healing to those  
areas weakened by the effects of stress.

I bless my muscles, tendons and ligaments to be strong and flexible.

I bless my bones and cartilage to remain healthy and support my body.

I bless my body to be a healthy weight and desire only the nutritious food it needs.

I bless my lymphatic system to rid itself of any toxins in my body.

Thank you God for creating me in Your image. I am fearfully  
and wonderfully made, wonderful are Your works,  
I know this very well. Amen.”

