

Weight Loss Prayer

I declare in the Name of Jesus, that my body weighs a healthy, lean, energetic, vibrant, glowing, strong _____lbs. calling forth things that are not as though they are, in accordance with [Romans 4:17](#). I command every cell to function in wholeness. Every bio-genetic curse of addiction is broken. My DNA is correct and functions in line with God's word. *(Every generational curse of obesity and all other curses affecting my weight and health are broken.*

I command every spirit of gluttony, sugar addiction, over-indulgence, compulsion, addiction, craving, lack of self control, anxiety, depression, anger, unworthiness, deformity, unbelief, oppression, self hatred, hatred of my body, ugliness, rejection, rebellion, inconsistency, deception, failure, fear, intimidation, loneliness, addiction and all other connected and related spirits not of the Lord Jesus Christ to come out now in the name and by the Blood of Jesus Christ. You are not allowed to dwell in, around or attach to me in any way, shape, form or fashion. It is finished. Be gone, now.)

My body is whole and healthy. I eat healthy food. I exercise physically, mentally, spiritually and emotionally on a level of maximum efficiency. I am not moved by what I see for faith is the substance of things hoped for but not yet seen. I can do all things through Christ who strengthens me. I love and respect my body and call it holy as the Lord my God is holy.

My metabolism, blood sugar levels, respiratory, cardiovascular, glandular, reproductive, digestive, neuro-muscular, and all other systems of my body, and every cell and every organ function as they were created to function, in perfect harmony and balance. I walk in the wholeness of Jesus Christ. I have outward and inward beauty. The beauty of Christ radiates from my very presence. The Jesus that is in me is beautiful and the fragrance of the Lord follows me wherever I go. I am the bride of Christ, pure, spotless and blameless before Him.

The favor of the Lord rests upon me and is unconditionally abounding toward me in every situation and circumstance. Jesus has plans and a hope for my future, and I will fulfill every inch, every centimeter of what he has for me. Satan is bound from interfering with the divine path of destiny the Lord Jesus Christ has called me to. I will no longer let fear, intimidation, rejection or any other thing stand in my way. I run the race with a victor's

crown on my head and feet that are swift to reach the high calling God has placed upon my life. I walk on high places in the power of the Holy Spirit who resides big in me.

(I am violently and forcefully taking back everything the enemy has stolen from me. All of Satan's plans and assignments are canceled. I am fully equipped and equipping others in the art of warfare. The high praises of God are upon my lips. I stand with a two-edged sword in my hand slicing into and pushing back the forces of darkness. The weapons of my warfare are not carnal but mighty through God to the pulling down of strongholds. I am sharpened as iron sharpens iron.)

I have the mind of Christ and the thoughts, feelings and intentions of His heart. I take every thought captive to the obedience of Christ Jesus my Lord. Every fiery dart directed at my mind is quenched by the shield of faith. I do not entertain vain imaginations. I think only on glorious and lovely things. All God's promises are yes and amen!¹

To this prayer, add the following scriptural declarations:

According to [Psalm 34:10](#) I declare that though the lions may grow weak and hungry, I, who seek the LORD, will lack no good thing.

According to [Psalm 42:11](#) I declare that I will put my hope in God, for I will yet praise him, my Savior and my God.

According to [Psalm 55:18](#) I declare that God ransoms me unharmed from the battle waged against me, even though many oppose me.

According to [Psalm 97:10](#) I declare that as one who loves the LORD, I hate evil, and so God will guard my life as His faithful one, and deliver me from the hand of the wicked.

According to [Psalm 103:5](#) I declare that God satisfies my desires with good things so that my youth is renewed like the eagle's.

According to [Psalm 145:18](#) I declare that the LORD is near to to me as one who calls on Him, as one who calls on him in truth.

¹ Modified prayer that I found on the Internet. Author unknown. If you are, or know the author, please let me know so I can properly credit him/her.

According to [Proverbs 18:20](#) I declare that my stomach is filled from the fruit of His mouth; with the harvest from His lips I am satisfied.

According to [Proverbs 25:27-28](#) I declare that I will NOT be like a city whose walls are broken down because I lack self-control.

According to [Proverbs 30:8](#) I declare that I want neither poverty or riches, but simply my daily bread.

According to [Isaiah 26:3](#) I declare that You will keep me in perfect peace, because I choose to focus my mind on You.

According to [Isaiah 40:29](#) I declare that You give strength to me when I am weary and You increase the power of the weak.

According to [Philippians 4:7](#) I declare that the peace of God, which transcends all understanding, will guard my heart and my mind in Christ Jesus.

According to [Hebrews 10:35](#) I declare that I will not throw away my confidence; it will be richly rewarded.²

² This list of verses is from "[Scripture Keys for Kingdom Living](#)" by June Newman Davis. I have reworded them and based them on the Scripture taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. Copyright © 1973, 1978, 1984 Biblica. Used by permission of Zondervan. All rights reserved. The "NIV" and "New International Version" trademarks are registered in the United States Patent and Trademark Office by Biblica. Use of either trademark requires the permission of Biblica.