

PROGRESSIVE LIFE MINISTRIES

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Welcomes you to



**40** DAYS

of **PRAYER**

& *Fasting*

**February 25th - April 5th**

**“Draw Near to God and He Will Draw Near to You” James 4:8**

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# FAST INFORMATION

Join us as we devote ourselves to 40 days of prayer and fasting.

**Start:** Wednesday, February 25th 4:00pm

**Complete:** Sunday, April 5th after Sunday Service

Set aside a dedicated time daily for prayer, worship, and reflection. Journal what the Lord speaks to you and expect transformation. Participate faithfully in corporate gatherings and encourage others throughout this 40-day journey.

## PLM Corporate Prayer times

- Monday - Friday 6am via Zoom
- Wednesdays 7pm at church
- Saturdays 12p-1p at church
- Tuesdays 7pm via Zoom

## Special Services/Events

- Passion of Christ Movie 4/1/26 @ 7pm
- Night of Worship & Foot Washing tba

## SUGGESTED FASTING OPTIONS

**IF YOU HAVE A PHYSICAL CONDITION, PLEASE CONSULT YOUR DOCTOR BEFORE STARTING THE FAST. THANK YOU.**

- Daniel Fast (vegetables, nuts, grains and water)
- Sunrise to Sunset Fast (no sugar, desserts, soda)
- One Meal Per Day (no sugar, desserts, soda)

## Scriptures on fasting

**Matthew 6:16** And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get.

**Joel 2:12** That is why the Lord says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning."

**Ezra 8:23** So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

**Daniel 1:12** "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.

**Daniel 10:2-3** When this vision came to me, I, Daniel, had been in mourning for three whole weeks. All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed.

# FOODS ALLOWED ON THE DANIEL FAST

**ALL Vegetables** All types are permitted.

**ALL Fruits** All types are permitted.

**Whole grains** all rice (wild & brown are best)

**Beans and lentils.** All types are permitted.

**Nuts and seeds.** All types are permitted, except those with added salt.

**RAW Honey is allowed only**

**Oils and fats.** Only these oils are allowed, and only such as to saute vegetables. Olive, avocado, peanut, coconut, grapeseed, canola, walnut, and sesame oil are all approved oils.

**Herbs and spices.** All fresh and dried herbs and spices are permitted and encouraged as flavor enhancers, though salt should be used sparingly. You can use lemons and limes to season.

**Water** 8-10 glasses daily (water should be your main beverage). You can add Raw Organic Apple Cider Vinegar or Fresh Lemon Juice to your water.

**Beverages** such as 100% unsweetened fruit juice are permitted in small amounts.

## FOODS NOT ALLOWED ON THE DANIEL FAST

**Meat,** poultry, fish, and eggs. Animal products are not permitted.

**Dairy products.** All dairy should be avoided, including milk, cheese, yogurt, and ice cream.

**Sugar and artificial sweeteners.** Table sugar, agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, malt syrup, molasses, raw sugar, and similar products should be avoided.

**Yeast.** Yeast and leavened bread products are not permitted.

**Refined grains.** White flour and white rice are not permitted.

**Processed foods.** Any food that is heavily processed or contains added colors, flavors, or preservatives should be avoided. Processed foods include chips, candy, chocolate, premade meals, takeout, granola bars, and more.

**Solid fats.** Butter, ghee, lard, margarine, and shortening should be avoided.

**Certain beverages.** Alcohol, coffee, tea, kombucha, soda, and sugar-sweetened beverages should be avoided.

**Fermented foods** (such as vinegar and soy sauce), processed veggie burgers, and tofu are usually avoided.

# *40 Day Prayer and Fasting Devotional*

Each day includes:

- A Scripture focus
- A prayer focus

# WEEK 1: CONSECRATION & REPENTANCE

## Day 1 – Search My Heart (Psalm 139:23–24)

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

**Prayer Focus:** Ask God to reveal anything that separates you from Him.

## Day 2 – True Repentance (1 John 1:9)

But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

**Prayer Focus:** Confess specific sins and receive His forgiveness.

## Day 3 – Clean Hands, Pure Heart (Psalm 24:3–4)

Who may climb the mountain of the LORD? Who may stand in his holy place? Only those whose hands and hearts are pure, who do not worship idols and never tell lies.

**Prayer Focus:** Pray for integrity in private and public life.

## Day 4 – Renew a Right Spirit (Psalm 51:10)

Create in me a clean heart, O God. Renew a loyal spirit within me.

**Prayer Focus:** Spiritual renewal and fresh passion. Ask God to refresh your spirit and restore your joy.

## Day 5 – Turn From Wicked Ways (2 Chronicles 7:14)

Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

**Prayer Focus:** Humility and national healing.

## Day 6 – Living Sacrifice (Romans 12:1–2)

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

**Prayer Focus:** Total surrender to God's will.

## Day 7 – Hunger for Righteousness (Matthew 5:6)

God blesses those who hunger and thirst for justice, for they will be satisfied.

**Prayer Focus:** Increased hunger for God.

# WEEK 2: INTIMACY WITH GOD

## Day 8 – Abide in Me (John 15:4–5)

Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

**Prayer Focus:** Deeper daily fellowship with Christ.

## Day 9 – Be Still (Psalm 46:10)

“Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”

**Prayer Focus:** Quiet listening prayer.

## Day 10 – Seek First (Matthew 6:33)

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

**Prayer Focus:** Reordering priorities, putting God first.

## Day 11 – Rewarder of Seekers (Hebrews 11:6)

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

**Prayer Focus:** Strengthened faith.

## Day 12 – Delight in the Lord (Psalm 37:4)

Take delight in the LORD, and he will give you your heart’s desires.

**Prayer Focus:** As you delight in Him, your desires begin to reflect His heart..

## Day 13 – Prayer in Secret (Matthew 6:6)

Take delight in the LORD, and he will give you your heart’s desires.

**Prayer Focus:** Consistent private prayer life.

## Day 14 – Be Filled with the Spirit (Ephesians 5:18)

Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit,

**Prayer Focus:** Fresh infilling of the Holy Spirit, to live Holy and bold lives.

# WEEK 3: FAMILY & GENERATIONAL BREAKTHROUGH

## Day 15 – As for Me and My House (Joshua 24:15)

But if you refuse to serve the LORD, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? But as for me and my family, we will serve the LORD.”

**Prayer Focus:** Household salvation and declare spiritual leadership over your home.

## Day 16 – Double Restoration (Isaiah 61:7)

Instead of shame and dishonor, you will enjoy a double share of honor. You will possess a double portion of prosperity in your land, and everlasting joy will be yours.

**Prayer Focus:** Restoration in family relationships.

## Day 17 – Love Like Christ (Ephesians 5:25)

For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her

**Prayer Focus:** Strengthened marriages.

## Day 18 – Children Taught by the Lord (Isaiah 54:13)

I will teach all your children, and they will enjoy great peace.

**Prayer Focus:** Peace and protection over children.

## Day 19 – Redeemed from the Curse (Galatians 3:13)

But Christ has rescued us from the curse pronounced by the law. When he was hung on the cross, he took upon himself the curse for our wrongdoing. For it is written in the Scriptures, “Cursed is everyone who is hung on a tree.

**Prayer Focus:** Freedom from generational strongholds and cycles be broken.

## Day 20 – Wisdom Builds a House (Proverbs 24:3)

A house is built by wisdom and becomes strong through good sense

**Prayer Focus:** Godly wisdom for families.

## Day 21 – Restore the Years (Joel 2:25)

The LORD says, “I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you.

**Prayer Focus:** Recovery and healing.

# WEEK 4: THE CHURCH & LEADERSHIP

## Day 22 – One Accord (Acts 1:14)

They all met together and were constantly united in prayer, along with Mary the mother of Jesus, several other women, and the brothers of Jesus.

**Prayer Focus:** Prayer & Unity in the church body.

## Day 23 – The Blessing of Unity (Psalm 133:1)

How wonderful and pleasant it is when brothers live together in harmony!

**Prayer Focus:** Harmony among members.

## Day 24 – Boldness (Acts 4:29–31)

And now, O Lord, hear their threats, and give us, your servants, great boldness in preaching your word. Stretch out your hand with healing power; may miraculous signs and wonders be done through the name of your holy servant Jesus.” After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness.

**Prayer Focus:** Be a bold witness. Pray not for comfort—but courage.

## Day 25 – Shepherds After God’s Heart (Jeremiah 3:15)

And I will give you shepherds after my own heart, who will guide you with knowledge and understanding.

**Prayer Focus:** Pray strength and protection for leaders. Pray against distractions.

## Day 26 – Servant Leadership (Mark 10:45)

For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.”

**Prayer Focus:** Humble servants hearts.

## Day 27 – Spiritual Gifts (1 Corinthians 12:7)

A spiritual gift is given to each of us so we can help each other.

**Prayer Focus:** Activation of spiritual gifts.

## Day 28 – Revival Fire (2 Chronicles 7:1)

When Solomon finished praying, fire flashed down from heaven and burned up the burnt offerings and sacrifices, and the glorious presence of the LORD filled the Temple.

**Prayer Focus:** Revival in the church.

# WEEK 5: PURPOSE, PROVISION & IMPACT

## Day 29 – Write the Vision (Habakkuk 2:2)

Then the LORD said to me, “Write my answer plainly on tablets, so that a runner can carry the correct message to others.

**Prayer Focus:** Clear direction for the church.

## Day 30 – God Supplies (Philippians 4:19)

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

**Prayer Focus:** Financial provision. Trusting God as our source.

## Day 31 – Trust the Lord (Proverbs 3:5–6)

Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

**Prayer Focus:** Divine direction. Surrender your understanding and follow His guidance.

## Day 32 – Open Doors (Revelation 3:8)

“I know all the things you do, and I have opened a door for you that no one can close. You have little strength, yet you obeyed my word and did not deny me.

**Prayer Focus:** New opportunities. God opens doors no one can shut.

## Day 33 – Light of the World (Matthew 5:14)

“You are the light of the world—like a city on a hilltop that cannot be hidden.

**Prayer Focus:** Community impact.

## Day 34 – Make Disciples (Matthew 28:19–20)

Therefore, go and make disciples of all the nations,<sup>[a]</sup> baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”

**Prayer Focus:** Evangelism growth.

## Day 35 – Surrounded with Favor (Psalm 5:12)

For you bless the godly, O LORD; you surround them with your shield of love.

**Prayer Focus:** Supernatural favor.

# FINAL 5 DAYS: BREAKTHROUGH & OUTPOURING

## Day 36 – A New Thing (Isaiah 43:19)

For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.

**Prayer Focus:** Expectation of new beginnings.

## Day 37 – Suddenly (Acts 2:2)

Suddenly, there was a sound from heaven like the roaring of a mighty windstorm, and it filled the house where they were sitting.

**Prayer Focus:** Divine sudden moments and events. Unexpected breakthroughs.

## Day 38 – Exceedingly Abundantly (Ephesians 3:20)

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.

**Prayer Focus:** Big faith prayers. God exceeds our expectations.

## Day 39 – Stand Firm (1 Corinthians 16:13)

Be on guard. Stand firm in the faith. Be courageous. Be strong.

**Prayer Focus:** Spiritual endurance. Remain steadfast in faith.

## Day 40 – The Earth Filled with Glory (Habakkuk 2:14)

For as the waters fill the sea, the earth will be filled with an awareness of the glory of the LORD.

**Prayer Focus:** Our ultimate prayer is that God's glory fills the earth that we will have lasting transformations and testimonies.

# **CLOSING DECLARATION**

Lord, as we complete these 40 days, seal the work You have begun in us. Let revival start in our hearts, overflow into our homes, and impact our community for Your glory. In Jesus' name, Amen.

**Proverbs 16:3 Commit to the Lord whatever you do, and he will establish your plans**

**Phillipians 4:13 I can do all things through Christ who strengthens me**

## **PLM VISION**

We are end-time harvest (soul) gatherers for Christ empowered to rescue and restore the lost by transforming lives into Kingdom Citizens.

# 40 DAY READING PLAN THROUGH THE GOSPELS

As we study the words of Jesus Christ, we will understand how to be like Him.

*“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. John 14:12*

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\*\*\*The reading plan is suggested only, feel free to read any book in the Bible you feel led to read. The point is to get in the WORD of GOD.

*Psalm 119:11 I have hidden your word in my heart, that I might not sin against you.*

*Psalm 107:20 He sent His word and healed them, And delivered them from their destructions.*

*Matthew 4:4 Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”*

# PRAYERS

## A Prayer For God's Will to be Done in our Country/Government

*"Your kingdom come, your will be done, on earth as it is in heaven." - Matthew 6:10*

Heavenly Father, As decisions are made in our world, we ask that your will be done here as it is in heaven. By grace, would you bring into place policies, decisions, and actions that honor you? Bring conviction where there is evil. Bring change where there has been corruption. Bring clarity where there is confusion. Let your light shine through our leaders. For those who don't know you, draw them close to you so they might follow your ways. For those who know you, guide and help them to be a part of bringing heaven down to earth.  
Amen.

### Personal Prayer Request:

What do you want from God for yourself during this fast?

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What do **you** want God to do for your family during this fast?

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Optional: Journal daily what God is speaking to you.

# Deliverance Prayer

Heavenly Father I come to you now in Jesus' name, to repent of all the sins in my life and also in the lives of my ancestors, that may have resulted in a curse. I repent of all disobedience, rebellion, mistreatment of others, lying, cheating, using or slandering your name in vain. I repent of all perversion, lust, incest, fornication, adultery, idolatry, all witchcraft, murder, and any occult involvement.

Heavenly Father, I **ask for your forgiveness and cleansing through the blood of your Son, the Lord Jesus Christ.**

Lord Jesus I now **take the authority** you have given me and ask that you anoint me now as I command all demonic spirits of anger, rage, fear, depression, destruction, torment, guilt, bondage, vagabond, rejection, unforgiveness, bitterness, mind-control, double-mindedness, confusion, passivity, sickness, diseases, pain, fetter and all addictions to food, alcohol, drugs, sex, pornography, gambling, or nicotine to come out in the name of Jesus.

No demonic spirit is welcome in this holy temple!

I **break all spoken curses and spells** that may have been performed over my life and any curses resulting from involvement with Ouija board, Psychics, tarot cards, Horoscopes, secular music, or through TV, movies or pornography.

I **break all curses off my family, marriage, children and relatives.** I break every shackle, chain, cord, habit, craving, debt, soul-ties and any spirit that has tried to rob, kill, or destroy my life.

I command my family to be set free. I break every demonic assignment over my family. Satan, loose them now! In Jesus' name! According to Galatians 3:13, Christ has redeemed us from the curse of the law. **Jesus Christ is the Way, the Truth, and the Life.** I am now God's child and through my Lord Jesus, I am able to cast down all demonic powers and spirits that come against me or in my family's lives.

**I am not cursed, but blessed!** I am blessed coming in and blessed going out. I am above and not beneath. I am the head and not the tail. I am blessed and what God has blessed cannot be cursed. I am free, and I am saved. I have now **exercised my faith and know that confession is made unto salvation** (Romans 10:9,10). **All of my sins have been remitted, and I am loosed from the curse** that came as a result of disobedience and rebellion to the Word of God.

**Thank you Heavenly Father,** thank you Lord Jesus, thank you Holy Spirit for forgiving me and loving me. Thank you for setting me free from every curse and spirit that has operated in my life. Father God, I pray for discernment and for a new vision to help me recognize and resist all evil and all fleshly, worldly ways. I am anointed through the Lord Jesus Christ, and I thank you Jesus for your guidance and discipline as I continue to be a victorious soldier and holy child. AMEN. Author unknown.

## **Prayers for Deliverance and Renunciation of Sexual Sin** by John Eckhardt

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I renounce all sexual sin that I have been involved with in the past, including fornication, masturbation, pornography, perversion, fantasy, and adultery in the name of Jesus.

I break all curses of adultery, perversion, fornication, lust, incest, rape, molestation, illegitimacy, harlotry, and polygamy in the name of Jesus.

I command all spirits of lust and perversion to come out of my stomach, genitals, eyes, mind, mouth, hands, and blood in the name of Jesus.

I present my body to the Lord as a living sacrifice ([Romans 12:1](#)).

My members are the members of Christ. I will not let them be the members of a harlot ([1 Corinthians 6:15](#)).

I release the fire of God to burn out all unclean lust from my life in the name of Jesus.

I break all ungodly soul ties with former lovers and sexual partners in the name of Jesus.

I cast out all spirits of loneliness that would drive me to ungodly sexual relationships in the name of Jesus.

I command all spirits of hereditary lusts from my ancestors to come out in the name of Jesus.

I command all spirits of witchcraft that work with lust to leave in the name of Jesus.

I take authority over my thoughts and bind all spirits of fantasy and lustful thinking in the name of Jesus.

I cast out all marriage-breaking spirits of lust that would break covenant in the name of Jesus.

I cast out and loose myself from any spirit spouses and spirits of incubus and succubus in the name of Jesus.

I cast out all spirits of perversion, including Moabite and Ammonite spirits of lust, in the name of Jesus.

I receive the spirit of holiness in my life to walk in sexual purity in the name of Jesus ([Romans 1:4](#)).

I loose myself from the spirit of the world, the lust of the flesh, the lust of the eyes, and the pride of life. I overcome the world through the power of the Holy Spirit ([1 John 2:16](#)).

I am crucified with Christ. I mortify my members. I do not let sin reign in my body, and I will not obey its lust ([Romans 6:6–12](#)).

## **Prayers for Healing and Health:** by John Eckhardt

I am healed by the stripes of Jesus ([Isaiah 53:5](#)).

Jesus carried my sickness and infirmities ([Matthew 8:17](#)).

I cast out all spirits of infirmity that would attack my body in the name of Jesus.

I break, rebuke, and cast out any spirit of cancer that would attempt to establish itself in my lungs, bones, breast, throat, back, spine, liver, kidneys, pancreas, skin, or stomach in the name of Jesus.

I rebuke and cast out all spirits causing diabetes, high blood pressure, low blood pressure, heart attack, stroke, kidney failure, leukaemia, blood disease, breathing problems, arthritis, lupus, Alzheimer's, or insomnia in the name of Jesus.

I speak healing and strength to my bones, muscles, joints, organs, head, eyes, throat, glands, blood, marrow, lungs, kidneys, liver, spleen, spine, pancreas, eyes, bladder, ears, nose, sinuses, mouth, tongue, and feet in the name of Jesus.

I loose myself from all heart attacks rooted in fear, and I command all spirits of fear to leave in Jesus' name ([Luke 21:26](#)).

I loose myself from all diabetes rooted in rejection, self-hatred, inheritance, and guilt, and I command these spirits to come out in the name of Jesus.

I loose myself from all cancer rooted in bitterness, unforgiveness, resentment, and slander of the tongue, and I command these spirits to come out in the name of Jesus.

I loose myself from lupus rooted in self-rejection, self-hatred, and guilt, and I cast these spirits out in the name of Jesus.

I loose myself from all multiple sclerosis rooted in self-hatred, guilt, and rejection from the father, and I cast these spirits out in the name of Jesus.

I loose myself from rheumatoid arthritis that is rooted in self-hatred and low self-esteem, and I command these spirits to come out in the name of Jesus.

I loose myself from high cholesterol that is rooted in anger and hostility and command these spirits to come out in the name of Jesus.

I loose myself from all sinus problems rooted in fear and anxiety, and I command these spirits to come out in the name of Jesus.

I loose myself from all high blood pressure rooted in fear and anxiety, and I command these spirits to come out in the name of Jesus.

I loose myself from asthma rooted in fear concerning relationships in the name of Jesus.

I loose myself from a weakened immune system that is rooted in a broken spirit or broken heart, and I command these spirits to come out in the name of Jesus.

I loose myself from all strokes rooted in self-rejection, self-bitterness, and self-hatred, and I command these spirits to come out in the name of Jesus.

I loose myself from all bone diseases rooted in envy and jealousy, and I command these spirits to come out in the name of Jesus ([Proverbs 14:30](#)).

Forgive me, Lord, for allowing any fear, guilt, self-rejection, self-hatred, unforgiveness, bitterness, sin, pride, or rebellion to open the door to any sickness or infirmity. I renounce these things in the name of Jesus.

I cast out any spirit of infirmity that came into my life through pride in the name of Jesus.

I cast out any spirit of infirmity that came into my life through trauma or accidents in the name of Jesus.

I cast out any spirit of infirmity that came into my life through rejection in the name of Jesus.

I cast out any spirit of infirmity that came into my life through witchcraft in the name of Jesus.

Give me a sound heart, which is the life of my flesh.

Remove from my heart any evil or sinful attitude.

Lord, remove any darts from my liver ([Proverbs 7:23](#)).

Heal and deliver me from all my pains in the name of Jesus.

I rebuke any sickness that would come to eat up my flesh, including cancer, in the name of Jesus ([Psalm 27:2](#)).

Let no evil diseases (things of Belial) cleave to my body ([Psalm 41:8](#)).

I break all curses of sickness and disease, and I command all hereditary spirits of sickness to come out ([Galatians 3:13](#)).

I break all curses of premature death and destruction in the name of Jesus.

I prosper and walk in health even as my soul prospers ([3 John 2](#)).

I receive the Word of God, which is health to my flesh ([Proverbs 4:22](#)).

Lord, bless my bread and water, and take sickness away from me ([Exodus 23:25](#)).

I command every organ in my body to function the way God intended ([Psalm 139:14](#)).

My bones are fat because I receive the good report of the gospel ([Proverbs 15:30](#)).

Lord, keep all my bones ([Psalms 34:20](#)).

Let every tumour or evil growth melt at the presence of God ([Psalm 97:5](#)).

Let any infection in my body be burned by the fire of God. I release myself from all allergies and sinus problems in the name of Jesus.

I pray for my arteries and blood vessels to be opened and my circulatory system to function properly in the name of Jesus.

I rebuke all fevers in the name of Jesus ([Luke 4:39](#)).

My flesh shall be fresher than a child's, and I will return to the days of my youth ([Job 33:25](#)).

I pray for my immune system to be strengthened in the name of Jesus ([Psalm 119:28](#)).

Lord, renew my youth like the eagle's ([Psalm 103:5](#)).

I will live and not die, and I will proclaim the name of the Lord ([Psalm 118:17](#)).

My beauty shall be as the olive tree ([Hosea 14:6](#)).

Lord, You heal all of my diseases ([Psalm 103:3](#)).

Lord, You are the health of my countenance ([Psalm 43:5](#)).

Heal me, O Lord, and I shall be healed ([Jeremiah 17:14](#)).

Let Your virtue touch my life and heal me ([Luke 6:19](#)).

I release the fire of God to burn out any sickness or disease that would operate in my body in the name of Jesus.

No sickness or plague will come near my dwelling ([Psalm 91:10](#)).

Jesus, arise over my life with healing in Your wings ([Malachi 4:2](#)).

The Lord is the strength of my life ([Psalm 27:1](#)).

I command every germ or sickness that touches my body to die in the name of Jesus.

I take the shield of faith and quench every fiery dart of the enemy ([Ephesians 6:16](#)).

I am redeemed from sickness and disease ([Galatians 3:13](#)).

Every plague is stopped when it comes near me through the atonement of Jesus Christ ([Numbers 16:50](#)).

I loose myself from every infirmity ([Luke 13:12](#)).

Jesus Christ makes me whole ([Acts 9:34](#)).

I am fearfully and wonderfully made. Let my body function in the wonderful way You designed it to function ([Psalm 139:14](#)).