

**Petition #12:**  
**A Prayer Regarding the Flu Virus**

**Scripture Reading:**  
Psalm 96, James 5:14-18

**Reflections of the Heart:**  
Although the world has declared that this is the cold and flu season, as children of the Most High God, our expectation is to walk in health and wholeness!

**Scriptural Prayer:**

Wonderful Father, we thank You for protecting us during the cold and flu season. Thank You for strong and healthy immune systems. Thank You for quick recovery for our friends and family members who are overcoming the flu. We bless and honor You, Father. You are glorious and more majestic than the everlasting mountains. We will praise You every day and forever. You are great and most worthy of praise! No one can measure Your greatness. Each generation will tell its children about Your mighty acts and proclaim Your power. We will meditate on Your majestic, glorious splendor and Your wonderful miracles.

Exalted Father, we declare that as we make You our refuge and our shelter, no evil will conquer us nor will any plague come near our homes. Your Word states that when we call on You, You will answer us; You will be with us in trouble and will rescue and honor us. With long life, You will satisfy us, and show us Your salvation. Father, we expect that Word to operate in our lives and the lives of our family members and friends during the flu season. We confess that because You are the same yesterday, today and forevermore, You are still healing every manner of disease today. We know that it is Your will that we prosper and be in health, even as our soul prospers. We decree that our immune systems are strong and healthy and no sickness or disease will overtake us. We confess that as a Church Family, we will do the practical things in the natural to protect ourselves including eating properly, getting the proper amount of rest and drinking plenty of water. We declare that we will take our vitamins and exercise so that our immune systems will not be compromised. We proclaim that we will wash our hands and teach our children good hygiene practices.

***Holy Spirit, show me what I need to do to help protect myself and my family during this flu season.***

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Holy Spirit, please strengthen the bodies of our Church Family members whose immune systems have been compromised due to previous health challenges. Show them the necessary steps they need to take to protect themselves and their loved ones. Please protect our expectant mothers so that both they and their unborn children will remain healthy. Please protect our children and keep them safe from sickness and disease. Please show teachers, day care center workers and parents how they can cut down on the transfer of cold and flu germs among their students. Remind our parents to teach their children good hygiene habits including washing their hands often.

Beloved Father, forgive us for not taking better care of our bodies. Forgive us for poor eating habits and lack of exercise which has resulted in compromised or diminished immune systems. Lord, forgive me for ***(list any sins that you have committed.)*** Holy Spirit, remind us all of those we need to forgive and help us to be quick to forgive. As for me, Holy Spirit, bring to my remembrance those I need to forgive. ***(Take a moment and ask the Holy Spirit to show you names or faces of people that you may need to forgive. As He shows you, say aloud, "I forgive name of person(s)." Now, trust the Lord to heal any wounds in your soul caused by unforgiveness.)***

Holy Spirit, help us all not to yield to temptation; but deliver us from the evil one.

Awesome King, You ride across the ancient heavens; Your mighty voice thunders from the sky. Your majesty shines down on Israel; Your strength is mighty in the heavens. You, glorious King, are awesome in Your sanctuary. In Jesus' Name, Amen.

**Scripture References for the Written Text:** Psalm 76:4, Psalm 145:1-5, Psalm 91:9-10, Psalm 91:15-16, Hebrews 13:8, Ill John 2, Matthew 6:13, Psalm 68:33-35

***Today, I will trust God to:***

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