

**Prayer Topic #10:**  
**A Prayer for Healthy Lifestyles**

**Scripture Reading:**  
Psalm 135:1-7, Daniel 1:8-16

**Reflections of the Heart:**

If we are to accomplish all that the Lord has for us to do, we must take care of our physical bodies. Make a commitment to live a lifestyle that includes healthy eating, exercise and the proper amounts of rest, so you can be the best you can be!

**Scriptural Prayer:**

Glorious Father, we thank You for life. Thank You for granting each member of our Church Family sound minds and bodies. Thank You for giving us the wisdom on how to live healthy lifestyles. We give thanks because You are near. People everywhere will tell of Your wonderful deeds. Lord, You are good and Your unfailing love endures forever. You are great and You perform wonderful deeds. You alone are God. How great are Your signs and how powerful are Your wonders. Your Kingdom will last forever, Your rule through all generations. Lord, You are high above all the nations. Your glory is higher than the heavens. Who can be compared with You, our God, who is enthroned on high.

Triumphant Father, as a Church Family, we declare that our bodies are the temple of the Holy Spirit who lives in us and was given to us by You. We confess that we will be good stewards over the bodies that You have given to us. Lord, because we realize that the food we put in our bodies can impact our mental, emotional, physical and spiritual capabilities, we declare that we will improve our eating habits and we will include exercise in our daily activities. Father, we declare that we will not increase our blood pressure through worry and anxiety. We decree that we will not worry about anything; instead we will pray about everything. We will tell You what we need and thank You for all that You have already done for us. Then, we will experience Your peace which will guard our hearts and minds as we live in Christ Jesus. Lord, we proclaim that each Church Family member will get the proper amount of rest each night when they lie down to sleep. They will sleep in peace; for You alone will keep them safe. We boldly declare that every member of Windsor Village United Methodist Church will live the rich and satisfying life that Christ Jesus came to give them.

***Holy Spirit, show me what lifestyle changes I need to make and help me to yield control to You, so I can accomplish these changes:***

---

---

---

Holy Spirit, please help us to prioritize our days so that we can include exercise. God's Word tells us that a cheerful heart is good medicine, but a broken spirit saps a person's strength. Please help each of us to develop a cheerful disposition. Help us to enjoy life and laugh more. Help each Church Family member to find healthy, holy activities that will help them to relax. Remind each of us to eat our fruits and vegetables and to drink plenty of water daily.

Merciful Father, forgive us for not taking care of our bodies. Forgive us for activities and habits that have been detrimental to our health including smoking, excessive drinking, poor eating habits, not exercising, not drinking water and not getting enough sleep. Forgive us for worrying about the cares of life instead of trusting You to care for us. Forgive us for causing physical harm to our bodies by walking in unforgiveness and bitterness. Forgive us for passing unhealthy lifestyles on to the generations after us. Lord, forgive me for ***(list any sins that you have committed.)*** Holy Spirit, remind each of us of those we need to forgive 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 to not yield to temptation; but deliver us from the evil one.

Eternal Lord, You are the only true God. You are the living God and the everlasting King! You made the earth by Your power and preserve it by Your wisdom. In Jesus' Name, Amen.

**Scripture References for the Written Text:** Psalm 75:1, Psalm 136:1, Psalm 86:10, Daniel 4:3, Psalm 113:4-5, I Corinthians 6:19, Philippians 4:6-7, Psalm 4:8, John 10:10, Proverbs 17:22, Psalm 55:22, Matthew 6:13, Jeremiah 10:10,12

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

---

---

---