

BLESSING YOUR BODY

The power of the blessing is immeasurable!! Just as we curse our bodies with negative comments, we can bless our bodies with words of health. It is important to bless yourself as you bless those around you with your words.

It is good to bless yourself!

I bless my hair, teeth, and nails to be healthy and strong.

I bless my skin to remain clear and free from 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 neuropath ways 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 thyroid and the entire endocrine and adrenal systems to supply the proper amounts 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 is damaged.

I bless my immune system to be strong and able to defeat all invading germs.

I speak health and blessing to my immune system.

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, ligaments and joints 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.

I acknowledge, O Lord, that you are the creator of my life and that I am fearfully and wonderfully made by your word.