

Health

Although the world is full of suffering, it is also full of the overcoming of it. - Helen Keller

1. I take good care of my body. I eat right, I look good, I feel good, and I weigh what God wants me to weigh



2. God renews my youth from the inside out, like the eagle; I grow younger, stronger, and healthier every day

3. I have sharp hearing, vision and memory; My brain cells grow stronger everyday

4. Sickness and pain cannot successfully come against my body because Jesus bore it all on the cross

5. Healing belongs to me; I refuse to accept sickness

6. Every cell in my body exudes health and vitality

7. Every day my body is filled with incredible energy and vitality

8. I am blessed with strength, wholeness, and longevity

9. God will satisfy me with a long life

10. I am whole from the inside out

11. _____

12. _____



References: Psalm 103:3, Psalm 103:5, Matthew 8:17, 1 Peter 2:24, Psalm 91.16, III John 2

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