

# Prayer for Healthy Appetites

I pray for a healthy appetite in the Name of Jesus Christ.  
I thank you Lord for my body which you have given me.  
Body and soul, I am wonderfully made. (Psalm 139:14)  
Thank You for the food You have provided for me.

I repent of any way I have mishandled the nurturance of my body.  
Thank You that I am absolutely forgiven.  
I take authority over all unhealthy desires now,  
in Your Name Jesus.

I bind every spirit of addiction to unhealthy appetites,  
including those that have come down through my family line.  
I command every dark spirit to go from my mind, thoughts, imagination,  
will, emotions, and my body.

Through the power of Your Blood, Jesus,  
I am now set free from all cravings, including unhealthy sugars and fats.  
I am delivered from destructive patterns  
through the power of the Blood of Jesus.  
I am delivered from every lie about myself.

I thank you Lord for sensitizing me to my need  
for life giving foods and beverages.  
Thank you for stimulating my appetite for water, healthy fats,  
fruit, vegetables, and all other foods that nurture to my body.  
Thank You that I am now delivered.  
Lord, thank You for healing my appetites.

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