

Words of Inspiration

“Father,

You knew me before you knit me and my mother’s wound. You know my fears, my anxieties and my frustrations.

I so want to live a healthy, balanced life.

I offer my life to you as a living sacrifice.

Take my life Lord and pull up all the holes the enemy has had on my emotions.

Draw me closer to you when I feel depressed or afraid of my challenges.

I want to have a fruitful, power filled life that will glorify you.

Help me to choose on a moment by moment basis to trust you, obey you and choose to receive your best for me instead of what I may feel is best.”

*By Mary Cromwell
St. Peter Claver and St. Pius Catholic Church
Health and Wellness Initiative*

Proverbs 3:5 and 6 -Trust in the lord with all your heart; do not depend on your own understanding. Seek in all you do and he will direct your path.

Words of Inspiration

“Dear Heaven Father,

Today I choose to release everything that has tried to hold me back. I release the past; I release the bitterness; I release failures and missed opportunities. I release bonds of obesity, poor nutrition and lack of exercise.

Instead, I embrace your grace, mercy and power. Thank you Lord that I am able to look at myself with a less critical eye, and to know that I am powerfully and wonderfully made in your image. Thank you for the opportunity to stand here with this group today, with the mindset to use all the information on health and wellness to redirect me to a healthier lifestyle. To boldly move forward into the blessings you have for me.

In Jesus name, Amen

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“Dear Heaven Father,

We stand here today with a new mindset. Our hearts and eyes are fixed on you Lord. Today we release everything that has tried to hold us back. We embrace your grace, mercy and power Father. As Jesus was transformed at the river Jordan so we will be transformed through health and wellness. Watch over us Father as we continue to turn over the tables of poor nutrition and lack of exercise. In order to rebuild this temple that is powerfully and wonderfully made in your image. Guide us Father as we boldly move forward into the blessings you have for us.

In Jesus name, Amen

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