

## Week 1 Prayer

Loving God, I give you thanks for who you are. Everything exists because of your thoughts and your actions that come from you.

You have put your plan of eternal life within me, yet you give me the free will choice to respond to your plan and your ways.

God you hold all things in the palm of your hand. Nothing can exist, I would not exist, if you did not will it according to the principles of life that you established as part of your Divine plan.

Therefore my health works according to your plan and the principles of life that you establish that live within me. You give me charge of my physical, mental and spiritual health. I alone am responsible.

I come to you in these beginning days of this new new journey and I ask your help to be healthy within my body, within my mind and within my spirit.

Lord God, help me in my health to be the person that you know I should be right now.

You know me. You know my history. You know why I am the way I am. You know where I am strong and you know where I am weak. I have no secrets from you. None.

Give me discipline over my actions, strength in my thoughts and the courage to do what I need to do concerning my diet and exercise, concerning my thoughts and desires, concerning my relationship with you and your will for me.

I am made unique by you.  
I am a one-of-a-kind.  
No one is like me.

You are my designer and creator.

Thank you that you will help me on this journey. Remind me often that I do not do this alone but with you and with the aid of your strength.

God, I commit this journey of health to you and I thank you for the success that will come.