

# Dieter's Prayer

## Model Prayer of Matthew 6: 9-13

***Intimate Praise and Worship: Our Father which art in heaven, Hallowed by thy name.***

Our Heavenly Father, <sup>a</sup> You are my creator and the creator of every beast of the fields, and every fowl of the air, and every fish of the sea, and every creeping thing that creeps upon the earth. <sup>b</sup> You are the creator of our body; a vessel designed to be Your temple with the Spirit of God dwelling in us. We come to You with thanksgiving for You are the great God and the great King above all gods. <sup>c</sup> We thank You for every beast of the earth, every fowl of the air, and every green herb grown as meat to nourish our body temple. We thank You for the creation of the universe to set balance on earth as a place for Your earth-bound kingdom children to dwell and marvel with wonders.

***Praying God's Will: Thy Kingdom come, Thy will be done in earth, as it is in heaven.***

Father, <sup>d</sup> we confess that instead of worldly use, we will allow You to use our body as a temple to perform Your will on Earth just as Your will is done in Heaven. We confess to use our authority to keep our bodies in good health by consuming food grown from the earth, and keeping our bodies in motion. <sup>e</sup> We confess to calling upon Your name for strength and guidance to live a long life.

***Praying for your Needs: Give us this day our daily bread.***

Holy Spirit, help us to transform our mind and understand we are the administrator of this body and not the owner. <sup>f</sup> As the administrator of this body, we need the proper finance to obtain live foods. <sup>g</sup> We need the wisdom to understand the nutritional labels created by the manufacturers. We need the power to change and eliminate the use of pesticides, insecticides and the use of genetically modified foods. We need to walk in a healed body to help make changes in our family as well as our community and country.

***Forgiveness: And forgive us our debts, as we forgive our debtors.***

Father, forgive us of our sins. Forgive us for repeated patterns resulting in health failures such as: walking in unforgiveness, maintaining toxic relationships, speaking failure & death in other people's life as well as in our own life, eating dead foods including fried & processed foods, & foods high in fat and carbohydrates, drinking alcohol, smoking cigarettes, taking drugs, lack of exercise, lack of rest for our body & mind, and most of all not feeding our bodies with Your Word daily. <sup>h</sup> Father we forgive those that deceive us with false "healthy" advertisement for the foods we purchase to feed our families. We forgive the medical & pharmaceutical industry for concealing the healing powers of your land as a mean to stay healthy. We forgive those responsible for passing laws and making mandates on how food is manufactured and grown causing a slow death to our bodies. Father we forgive all those that cause an offense to us and our families; known offenses and the unknown offenses.

***Pray for Protection: And lead us not into temptation but deliver us from evil.***

<sup>i</sup> Father, we authorize you to order our steps and teach us how to control our tongue. We thank you for the legion of angels that dwell with us 24/7. Father we thank you for supernatural protection, favor, discernment of spirit and deliverance from any and all evil actions against us; known and unknown.

***Kingdom Praise & Worship: For thine is the kingdom, and the power and the glory, forever Amen.***

You are the creator of earth, and You are the King. You are God & King of Heaven and earth. You will reign forever throughout eternity. We adore You as our One True God & King. In Jesus' name, Amen!

<sup>a</sup> Genesis 1:21 <sup>b</sup> Genesis 1:26-27 <sup>c</sup> Genesis 1: 29-30 <sup>d</sup> 2 Corinthians 6:16 <sup>e</sup> Psalms 91: 15-16

<sup>f</sup> Deuteronomy 8: 18 <sup>g</sup> Proverbs 2:6, Ecclesiastes 7:12 & James 1:5 <sup>h</sup> Matthew 6:14-15

<sup>i</sup> Psalm 37:23-27 & Psalm 119: 133-134