

Confession for Eating Habits and Healthy Eating

In the Name of Jesus, I will always eat healthy and wisely. My Spirit man rules my appetite. I resist all junk food, processed foods and sugar that weakens my body, robbing me of energy and strength. Because I belong to Jesus, my flesh, with its passions and desires are crucified. I walk in the Spirit and do not carry out the desires of the flesh. I'm disciplined to only eat healthy foods. I overcome all temptation to eat junk food. I exhibit self-control, diligence, wisdom and patience regarding what I eat. In the Name of Jesus, my body is the temple of the Holy Ghost and I will glorify God with it. The life of God flows through my spirit, soul and body and brings healing to every fiber of my being. Jesus is Lord over my eating habits. I do not have to have snacks, sweets and junk food between meals. I will be satisfied with long life. I refuse to overeat or eat so much that I become overweight.

James 3:2 (NASB) - For we all stumble in many ways If anyone does not stumble in what he says, he is a perfect man, able to bridle the whole body as well.

Proverbs 23:2-3 (NASB) - And put a knife to your throat If you are a man of great appetite. Do not desire his delicacies, For it is deceptive food.

Romans 16:18 (NASB) - For such men are slaves, not of our Lord Christ but of their own appetites; and by their smooth and flattering speech they deceive the hearts of the unsuspecting.

Psalms 141:3-4 (NASB) - Set a guard, O LORD, over my mouth; Keep watch over the door of my lips. Do not incline my heart to any evil thing, To practice deeds of wickedness With men who do iniquity; And do not let me eat of their delicacies.

Daniel 1:8 (NASB) - But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank; so he sought permission from the commander of the officials that he might not defile himself.

Daniel 1:15 (NASB) - At the end of ten days their appearance seemed better and they were fatter than all the youths who had been eating the king's choice food.