

TEN SCRIPTURES TO PRAY *to Win the War Against Food*

1. Jesus, help me not live on bread alone, but on every word that comes from the mouth of God (Matt. 4:4).

2. Jesus, help me to taste and see that You, the Lord, are good; may I be blessed as one who takes refuge in You (Psalm 34:8).

3. Jesus, Help me to have self-control so I will not be like a city whose walls are broken through (Proverbs 25:28).

4. Jesus, help me to be strong in You, the Lord and in Your mighty power. Help me to put on your full armor so that I can take a stand against the devil's schemes (Ephesians 6:10).

5. Jesus, help me to see and know that whatever was to my profit is really loss for Your sake. May the surpassing greatness of knowing You as Lord and the power of Your resurrection be all that I need (Philippians 3:7-10).

6. Jesus, teach me what it means to be content whatever the circumstances, in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through You because You give me strength (Philippians 4:11-13).

7. Jesus, remind me that my body is the temple of the Holy Spirit, who is in me, whom I have received from You, God. I am not my own; I was bought at a price. Therefore, I will honor You, God, with my body (1 Corinthians 6:19-20).

8. Lord Jesus, help me not to live as an enemy of the cross of Christ. I do not want my destiny to be destruction or my god to be my stomach, or my glory to be my shame. Keep my mind from being set on earthly things. For my citizenship is in heaven. And I eagerly await a Savior from there, the Lord Jesus Christ, who, by the power that enables me to bring everything under His control, will transform my lowly body so that it will be like His glorious body. Philippians 3:18-21

9. Lord Jesus, since I am surrounded by such a great cloud of witnesses, help me to throw off everything that hinders and the sin that so easily entangles, and help me to run with perseverance the race marked out for me. Help me to fix my eyes on You, Jesus, the author and perfecter of my faith, who endured the cross, scorning its shame, and sat down at the right hand of God (Hebrews 12:1-2).

10. Lord, may my heart be devoted to Your ways; May I remove from the high places the idols in my life so You are the One on the throne (2 Chronicles 17:6).