

Prayer to Overcome Food Addiction

Father God, I ask You to heal me of the bondage of *food addiction*. I confess that there are things in my heart and mind that don't belong there, and I ask You to remove them. Transform me from the person I am today, into the person that You've called me to be. Please take away the thoughts and behaviors that have lead me into this bondage, and teach me to walk in the FREEDOM that Jesus died for me to have. I ask that You would heal me of all the emotional wounds that cause me to over eat. As a matter of will, I forgive every person who's ever hurt me, harmed me, or spoken against me right now in the name of Jesus Christ. I ask that You would cause that forgiveness to take root in my spirit, and that You would show me every person I have difficulty forgiving, through Your eyes. As I do this Father, in *obedience* to You, I ask that You would forgive me of every sin I've committed knowingly or unknowingly, and help me to forgive myself. Wash me clean in the blood of Jesus, and make me white as snow. Put my sin as far as the east is from the west, as I surrender my will and my life to You. Teach me to "hold every thought captive, to the obedience of Christ" as You have instructed us to do, and "*when the enemy comes in like a flood,*" hold up a standard against him. Lead me NOT into temptation, but deliver me from evil. Father God I ask that

You would draw closer to me than the air I breathe, and fill me with a peace that surpasses all understanding. I ask that You would wrap Your loving arms around me, and speak to me in ways I can clearly perceive. Forgive me for looking to *things of the world*, specifically food, to fulfill me in ways that only You can. Develop in me a hunger for *relationship* with You, and for meditating on ***Your Word***. I don't want to live this way anymore, so I lay my old life at the foot of the Cross today, and ask You to make me a *brand new creation* in Christ Jesus. Lord set me free from the bondage of food addiction, for it is written "Jesus came to destroy the works of the devil." Father fill me with Your Holy Spirit. Open the windows of Heaven and deploy Your warrior angels to encamp around me, and guard my steps as I come and as I go, both now and forever. I pray all these things in the mighty name of Jesus, Amen.