Confession for a Healthy Lifestyle

In the Name of Jesus, I commit to living a healthy, balanced lifestyle. My body is the temple of the Holy Spirit, and I honor God by caring for it. I choose nourishing foods that strengthen and restore my body, and I exercise regularly to build strength, flexibility, and endurance.

I receive God's wisdom to make healthy choices, manage my time, and develop habits that support my well-being. I am free from destructive cravings and unhealthy patterns. My appetites do not control me; I walk in discipline and self-control.

I prioritize sufficient rest, quality sleep, and recreation to renew my strength and refresh my spirit. My body is strong, my mind is focused, and my life is balanced according to God's plan.

I see myself living in health, strength, and vitality, fully equipped to fulfill the vision and purpose God has placed in my heart. I walk in the Spirit, exercise wisdom, and honor God in how I live.

I am disciplined, I am strengthened, and I am committed to a healthy lifestyle for God's glory!

In Jesus' Name, Amen.