

I, [your name] am living in the Blessing of Abraham. My bloodline is renewed and my lineage is Jesus of Nazareth. My body is the temple of the Holy Ghost and I am an excellent keeper of His presence. It is decreasing in size and increasing in strength. I eat nutritiously and am not bound to any bad habits. My tongue is trained to love healthy food and rejects that which is harmful to my body. My bones are strong, my muscles are well nourished and flexible, and all of my organs function to full capacity. My skin is free from foreign growth and maintains elasticity, softness, and beauty. My hair follicles produce long, voluminous strands which will never suffer loss. My eyesight is better than 20/20, and my vision is sharp from all distances. Every day I make righteous choices of eating and exercise because I honor God with my body, presenting it as a living sacrifice- It is holy and acceptable to Him.