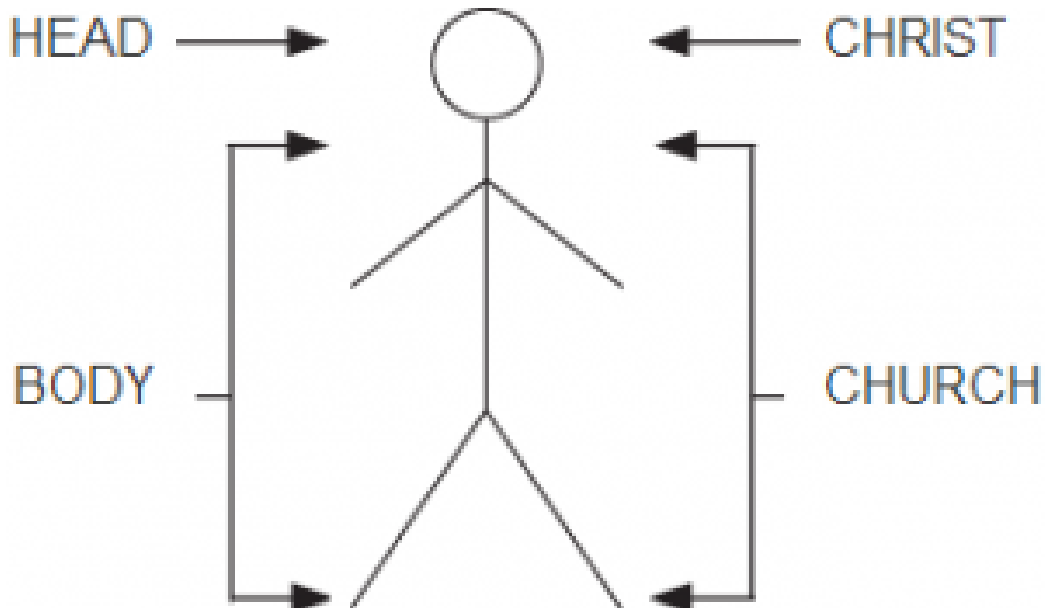


# Body Restoration Prayer

[takebackyourtemple.com/prayer-restoration-body/](http://takebackyourtemple.com/prayer-restoration-body/)

The word of the Lord in my heart now is “**Restoration.**”



The body of Christ has lost so much because of deception.

We have listened to the wrong voices for far too long.

Listening to wrong voices lead to wrong choices. Wrong choices lead to sorrow, pain, and regret.

However, God wants to restore His people. Restoration starts with one truth: The body of Christ does not work without the Head (see Ephesians 5:23).

Disconnection happens if we stop living according to the truth in God’s word. Remember, Jesus Himself is the living Word.

So you can’t say you belong to Jesus and reject His word:

Trust **in the Lord** with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths (Proverbs 3:5-6).”

“*Restoration Prayer*”

Please go to a quiet place and pray the following prayer from your heart. Let’s all join our faith together in believing that it will come to pass, according to the word of the Lord.

Father, I enter Your gates with thanksgiving and Your courts with praise. I am thankful for the life You have given to me. I am thankful that You've given me food for my hunger and water for my thirst.

I am thankful for all of your provision, Lord. You supply all my need according to Your riches in glory by Christ Jesus. Every Spiritual, mental, and physical need I have is covered in the promises in Your word. I have received everything I need pertaining to life and godliness.

I am thankful for salvation. You have given me the true Bread from heaven in your Son, Jesus Christ. O how I love Jesus! I love Him because He first loved me. I am thankful that He gave His life for me. In Him, I walk in newness of life. I am thankful that He lives in me. I am thankful for the hope of glory!

Through Him, I have the received the gift of Your Holy Spirit. Out of my belly flows rivers of Living Water. Revive me according to Your word, Lord! Through the fountain of living waters, I have a continuous source of strength, power, refreshment, renewal, and restoration. Let me never forget that. –“Restoration Prayer”

I repent of any hunger or thirst after worthless things. I am no longer a broken cistern. Broken cisterns can hold no water and I don't want to spill a drop of all that you have for me. I no longer seek comfort apart from You, Lord. By Jesus' stripes, I am healed. Jesus has healed my broken heart. He has bound up my wounds.

I am released from every weight that so easily besets me. I lay it aside, offering it as a sacrifice to you, Lord. In exchange, I shall receive Your peace.

If I have forsaken Your counsel in any area in my life Lord, I repent. I return back to You. I am thankful that You never leave me nor forsake me. I am thankful that You are ready to forgive. I am thankful that You are gracious and merciful. I am thankful that You are abundant in kindness.

Restore to me the years that my poor choices have eaten up. I was both deceived by outside influences and deceived myself through my own flesh.

I am thankful that You have given me Your good Spirit to instruct and lead me. I trust You and I no longer lean unto my own understanding. In all my ways, I acknowledge You and You shall direct my path. Your word is a lamp unto my feet and a light unto my path. From this day forward, Lord, I set my heart to walk according to the light of Your Word.

Fix my heart, Oh Lord. Help me to remember every day to take my delight in You. As I delight in You, You will conform my desires to Your desires. And I will be able to walk worthy of my high calling in You. I will walk as a wise and understanding person from now on, in every area of my life.

Give me ears to hear your word and a heart to obey. Use my life Lord, so that others will see my good works and glorify You. Restore to me the joy of Your salvation this day and I will sing Your praise.

In Jesus' name, Amen.

Be Blessed with Health, Healing, and Wholeness,

Kimberly Taylor

Author of the [Take Back Your Temple program](#)

P.S. Do you struggle with overeating sugar? If so, you are not alone!

Overcoming sugar addiction was a key factor on my weight loss journey; I lost 85 pounds and dropped from a size 22 to an 8.

In our [14-day Sugar Detox Challenge](#) online course (inside the Take Back Your Temple program), you'll get the same success strategies and support to gain peace in your eating habits and achieve lasting weight loss.

[Click here to learn more about the Take Back Your Temple program.](#)

"Prayer for Weight Loss"



About the author

### **Kimberly Taylor**

---

Kimberly Taylor is a certified Christian life coach and has a heart to help others struggling with emotional eating and weight loss. Once 240 pounds and a size 22, she can testify of God's goodness and healing power to overcome. She lost 85 pounds as a result of implementing techniques to overcome emotional eating and binge eating disorder.

Kim is the author of "The Take Back Your Temple Program," which teaches Christians how to take control of their weight God's way and the books "The Weight Loss Scriptures" and "The Weight Loss Prayers."

Kim has been featured in Prevention Magazine, Charisma Magazine and on CBN's 'The 700 Club' television program.