

# Exodus Strong: Exit the Old You!

## Exodus Prayer Guide

Take at least 2 minutes daily to pray out loud and meditate on these intentions and scriptures that complement the Exodus Premium Nutritional Supplement.

When praying these out loud you leverage your *sight, speech, and hearing* to engage multiple senses with God's Word and positive intentions for your health while the Exodus blend provides the internal *touch*.

### Monday:

Father, Thank you for the blessings found in the book of Exodus.

**Exodus 23:25-26** *"You shall serve (and worship) the Lord your God, and he will **bless your bread and your water**. I will **take sickness away from among you**. None shall miscarry or be barren in your land; I will **fulfill the number of your days**."*

I receive his promise of blessing my food and water, taking sickness away from me, and giving me a full life span. In the name of Jesus, Amen.

### Tuesday:

Lord, I will listen to the voice of God and do what is right in his eyes.

**Exodus 15:26** *"If you will diligently listen to the voice of the Lord your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, **for I am the Lord, your healer**."*

My Lord keeps me from disease and is my healer! I am so grateful, in the name of Jesus, Amen.

## Wednesday:

Father, my heart's desire is to be pleasing to you in every way. I ask for your wisdom to stay pure and to be in control of my body.

**1 Corinthians 6:19-20** *"Or do you not know that **your body is a temple** of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So **glorify God in your body.**"*

I will treat my body as a temple for God's glory! In the name of Jesus, Amen.

## Thursday:

Father, I bless you with all my soul and am grateful for your forgiveness and healing.

**Psa 103:2-5** *"Bless the Lord, O my soul,...who forgives all your iniquity, who **heals all your diseases...** who satisfies you with good so that your **youth is renewed** like the eagle's."*

I declare the Lord's healing and the renewal of my youth! In the name of Jesus, Amen.

## Friday:

Lord, Thank you for giving me peace and healing through the sacrifice of Jesus.

**Isaiah 53:5** *"But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that **brought us peace**, and **by his wounds we are healed.**"*

By his wounds, I declare peace and healing to my mind, body, and spirit! In the name of Jesus, Amen.

## Saturday:

Father, I will obey you and trust you vs. being anxious.

**Philippians 4:6-7:** *"**do not be anxious about anything**, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the **peace of God, which surpasses all understanding**, will guard your hearts and your minds in Christ Jesus."*

I declare God's peace that transcends all understanding in my life! In the name of Jesus, Amen.

### **Sunday:**

Father, Thank you for hearing and delivering me when I cry for help.

**Psalm 34:17-19** *"When the righteous cry for help, the Lord hears and **delivers them out of all their troubles**. The Lord is **near to the brokenhearted** and **saves the crushed in spirit...**"*

The Lord is near me and uplifts my spirit continually! In the name of Jesus, Amen.

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