

DOSE 4 / DAY 4: PRAYER FOR DAILY WELL-BEING – PART 1

Holy Father, bless me not to complain.

Bless me not to feel sorry for myself.

Bless me to overcome my symptoms.

Bless me to forgive others and myself, confessing my offenses.

Father, bless me to always cultivate good actions, words, attitudes, thoughts, and feelings, which will attract well-being in each part of my being, body, soul, and spirit.

1 Thessalonians 5:23: *Now may the God of peace Himself sanctify^[a] you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.*

Philippians 4:8: *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

Galatians 5:22-23: *But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³ ^[a]gentleness, self-control. Against such there is no law.*

In the Name of Jesus Christ I pray, Amen.