

GOD'S VITAMINS¹ (FOR OTHER BELIEVERS)

DIRECTIONS: *Mix completely with faith and authority. These vitamins are medicine that is to be taken by word of mouth as often as is necessary to maintain health and life. They can be taken to prevent sickness in spirit, soul, and body or to combat sicknesses that have already developed. One, several, or all the doses can be taken at once.*

DOSE 1 / DAY 1: ENFORCING LIFE

I speak the Word of Faith to the body(/the bodies) of _____ in the name of Jesus Christ. I command every internal organ to carry out a perfect work in the body(/the bodies) of _____ because the body(/the bodies) of _____ are the temple(s) of the HOLY SPIRIT; therefore, I charge in the name of the Lord Jesus and by the authority of His Holy Word that the body(/the bodies) of _____ be healed and made whole. **Proverbs 12:18:** *There is one who speaks like the piercings of a sword, But the tongue of the wise promotes health.*

Father, I resist the enemy in every form in which he comes against _____ in Jesus Christ's name. I require that the body/bodies of _____ be strong and healthy, and I enforce that with Your Word. I reject curses, and I enforce life on the body(/the bodies) of _____ in the name of Jesus Christ. **James 4:7:** *Therefore submit to God. Resist the devil and he will flee from you.*

Due to the work of Jesus Christ in the life of _____, he/she(/they) will not die but live and declare the works of the Lord. **Psalms 118:17:** *I shall not die, but live, And declare the works of the LORD.*

Due to the work of Jesus Christ in the life of _____, God has forgiven all his/her(/their) iniquities; You have healed all his/her(/their) sickness; You have redeemed his/her(/their) life from destruction; You have satisfied his/her(/their) mouth with good things so that his/her(/their) youth will be renewed like that of the eagles. **Psalms 103:2-5:** *Bless the LORD, O my soul, And forget not all His benefits: ³ Who forgives all your iniquities, Who heals all your diseases, ⁴ Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, ⁵ Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.*

Lord, You have blessed the food and water of _____, and You have taken away his/her(they) sickness. Therefore, he/she(they) will complete the number of his/her(they) days in health. **Exodus 23:25-26** *“So you shall serve the LORD your God, and He will bless your bread and your water. And I will take sickness away from the midst of you. ²⁶ No one shall suffer miscarriage or be barren in your land; I will fulfill the number of your days.*

In the name of Jesus Christ I ask and declare all these things. Amen.

DOSE 2 / DAY 2: PRAYER FOR HEALTH AND DAILY HEALING – PART 1

The first thing I say is:

Due to the work of Jesus Christ in the life of _____, he/she(they) will live.

He/she(they) will have a normal life, a life that is even more than abundant.

He/she(they) will live...by every word that proceeds from Your mouth, Your Word. **Matthew 4:4** *But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’ ”*

Lord Jesus, I know that Satan has come to steal our health, kill our bodies, and bring destruction. That is why I resist Satan with his sicknesses that are attacking _____, and I replace his evil with the good life and abundant health of God in the name of Jesus Christ. **John 10:10** *The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

_____ is(are) living today in the radiant health of Your powerful resurrection life, Lord Jesus, and the power of Your Word. Please send Your Word now, and heal him/her(them)...and set him/her(them) free from all destruction. **Psalms 107:17-20** *Fools, because of their transgression, And because of their iniquities, were afflicted. ¹⁸ Their soul abhorred all manner of food, And they drew near to the gates of death. ¹⁹ Then they cried out to the LORD in their trouble, And He saved them out of their distresses. ²⁰ He sent His word and healed them, And delivered them from their destructions.*

Please, Holy Father, keep him/her(them) in Your joy because he/she(they) need Your strength and joy for his/her(their) health and healing.

Nehemiah 8:9-10 And Nehemiah, who was the [a]governor, Ezra the priest and scribe, and the Levites who taught the people said to all the people, "This day is holy to the LORD your God; do not mourn nor weep." For all the people wept, when they heard the words of the Law. ¹⁰ Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the LORD is your strength."

DOSE 3 / DAY 3: PRAYER FOR HEALTH AND DAILY HEALING – PART 2

Holy Father, bless _____ not to murmur.

Bless him/her(them) not to feel sorry for himself/herself(themselves).

Bless him/her(them) to overcome his/her(their) symptoms.

Bless him/her(them) to forgive others and himself/herself(themselves), confessing his/her(their) offenses.

Father, bless him/her(them) to leave all the sins that can exclude him/her(them) from going to heaven and enjoying the blessings of Your Kingdom, including healing.

Galatians 5:19-21: Now the works of the flesh are evident, which are: [a]adultery, [b]fornication, uncleanness, lewdness, ²⁰ idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹ envy, [c]murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.

1 Corinthians 5:11: But now I have written to you not to keep company with anyone named a brother, who is sexually immoral, or covetous, or an idolater, or a reviler, or a drunkard, or an extortioner—not even to eat with such a person.

1 Corinthians 6:9-10: Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor [a]homosexuals, nor [b]sodomites, ¹⁰ nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God.

Revelation 21:8: But the cowardly, [a]unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the second death."

Bless him/her(them) to repent not only of sinful actions but also sinful words, thoughts, attitudes, and feelings. **Matthew 5:27-28:** *“You have heard that it was said [a]to those of old, ‘You shall not commit adultery.’²⁸ But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.*

Bless him/her(them) to repent of his/her(their) sins from the heart, including both sins of commission and sins of omission. **James 4:17:** *Therefore, to him who knows to do good and does not do it, to him it is sin.*

Upon confessing his/her(their) offenses and personal abuses,
Bless him/her(them) to accept Your blessing, Lord Jesus.

Bless him/her(them) to stand before You innocent.

Bless him/her(them) to release all guilt from my mind and heart.

1 John 1:9-10: *If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.¹⁰ If we say that we have not sinned, we make Him a liar, and His word is not in us.*

In Jesus Christ’s name I pray all these things. Amen.

DOSE 4 / DAY 4: PRAYER FOR HEALTH AND DAILY HEALING – PART 3

Holy Father, bless _____ 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.

DOSE 5 / DAY 5: PRAYER FOR HEALTH AND DAILY HEALING – PART 4

Holy Father, bless _____ to pray for others so that he/she(they) may be healed. **James 5:16** *Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, [b]fervent prayer of a righteous man avails much.*

Bless him/her(they) to pray for his/her(their) friends (and enemies) so that You can take away his/her(their) affliction. **Job 42:10** *And the LORD [a]restored Job's losses when he prayed for his friends. Indeed the LORD gave Job twice as much as he had before.*

Bless him/her(they) to receive Your powerful touch, Lord Jesus. Please be his/her(their) Divine Health and the Healer of every part of his/her(their) whole being, including his/her(their) body, emotions, soul, and spirit.

Lord Jesus, thank You for:

Being acquainted with our pains and sicknesses.

Carrying our weaknesses and afflictions.

Carrying our sorrows and griefs.

Being wounded for our transgressions.

Being broken for our guilt.

And with those stripes that wounded You, Lord Jesus, I praise You that _____ is(are) healed and made whole today and every new day.

Isaiah 53:3-6 *He is despised and [a]rejected by men, A Man of [b]sorrows and acquainted with [c]grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him. ⁴ Surely He has borne our [d]griefs And carried our [e]sorrows; Yet we [f]esteemed Him stricken, [g]Smitten by God, and afflicted. ⁵ But He was wounded [h] for our transgressions, He was [i]bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes [j] we are healed. ⁶ All we like sheep have gone astray; We have turned, every one, to his own way; And the LORD [k]has laid on Him the iniquity of us all.*

In the Name of Jesus Christ I pray, Amen.

DOSE 6 / DAY 6: WARNING

Holy Father, bless _____ to keep his/her(their) healing and health by choosing his/her(their) friends carefully. Bless him/her(they) to be part of a church that edifies his/her(their) faith. Bless him/her(they) to listen to

scriptures and teachings related to healing and health. **Proverbs 13:20** *He who walks with wise men will be wise, But the companion of fools will be destroyed.*

Father, bless him/her(/them) to put his/her(their) spiritual and physical house in order. **Isaiah 1:18-20** *“Come now, and let us reason together,” Says the LORD, “Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool. ¹⁹ If you are willing and obedient, You shall eat the good of the land; ²⁰ But if you refuse and rebel, You shall be devoured by the sword”; For the mouth of the LORD has spoken.*

Father, bless him/her(/them) to make the changes he/she needs(/they need) to make, such as those related to diet and exercise, in order to be healthy. **1 Corinthians 3:16-17** *Do you not know that you are the temple of God and that the Spirit of God dwells in you? ¹⁷ If anyone ^[a]defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.*

Father, bless him/her(them) to make whatever changes he/she needs(/they need) to make to conform to the Will of God, which is the Word of God. **2 Timothy 3:16-17** *All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for ^[a]instruction in righteousness, ¹⁷ that the man of God may be complete, thoroughly equipped for every good work.*

Father, bless him/her(them) always keep praying. **1 Thessalonians 5:17** *Pray without ceasing.*

Father, bless him/her(them) to never lose his/her(their) healing and health by being careless and negligent. Bless him/her(them) to choose life! **2 Peter 2:20-21** *For if, after they have escaped the pollutions of the world through the knowledge of the Lord and Savior Jesus Christ, they are again entangled in them and overcome, the latter end is worse for them than the beginning. ²¹ For it would have been better for them not to have known the way of righteousness, than having known it, to turn from the holy commandment delivered to them.*

In the name of Jesus Christ I ask all of these things. Amen.

DOSE 7 / DAY 7: ADDITIONAL NOTE

Holy Father, bless _____ to feel the best in his/her body, soul, and spirit(/their bodies, souls, and spirits) because he/she/they have a lifestyle of forgiveness. Instead of resenting people, bless him/her(/them) to instantly forgive. Bless him/her(/them) to remember that forgiveness does not have to mean that you trust the person that hurt you; however, it does mean that you wish the person all the best, that you will help the person in any way you can, and that you want the person only to be judged by God if the person refuses to change and do right. Father, bless him/her(/them) not to be happy if bad things happen to someone. Father, bless him/her(/them) to remember that forgiveness is not an option; it is a requirement for eternal life. **Proverbs 17:5** *He who mocks the poor reproaches his Maker; He who is glad at calamity will not go unpunished.*

Mark 11:25-26 *“And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. ²⁶ [a] But if you do not forgive, neither will your Father in heaven forgive your trespasses.”*

In the name of Jesus Christ I ask all of these things. Amen.

¹This prayer is based on “God’s Medicine,” originally received by Pastor Anthony Menzel at Word of Life Christian Ministries in Dover, NJ.