

GOD'S VITAMINS¹ (PERSONAL NUTRITION)

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: I SPEAK LIFE – PART 1

Father, please cover me, as well as all my loved ones, all of our descendants, and all of our spouses past, present, and future, with the blood of Jesus Christ now and always. Bless each one of us to be saved and to have the longest earthly life possible within Your Will and the maximum joy possible. I know that where the blood of the Lord Jesus is, the life of the Lord Jesus is, and where the life of the Lord Jesus is, no evil can stay.

Leviticus 17:11 *For the life of the flesh is in the blood, and I have given it to you upon the altar to make atonement for your souls; for it is the blood that makes atonement for the soul.'*

John 1:1-5 *In the beginning was the Word, and the Word was with God, and the Word was God. ² He was in the beginning with God. ³ All things were made through Him, and without Him nothing was made that was made. ⁴ In Him was life, and the life was the light of men. ⁵ And the light shines in the darkness, and the darkness did not ^[a]comprehend it.*

Please cover us with the blood of Jesus Christ in spirit, soul, and body now and always so that every part of our beings is always protect by the blood of the Lord Jesus. **1 Thessalonians 5:23** *Now may the God of peace Himself sanctify^[g] you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.*

I speak life over my body in the name of Jesus Christ. **Proverbs 18:21** *Death and life are in the power of the tongue, And those who love it will eat its fruit.*

As a follower of Jesus Christ, my body is the temple of the Holy Spirit. As such, the life of God flows in my body. That life causes every internal organ in my body to carry out a perfect work. That life causes my body to be strong and healthy.

1 Corinthians 6:19-20 *Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? ²⁰ For you were bought at a price; therefore glorify God in your body ^[g]and in your spirit, which are God's.*

Dear Lord Jesus, I thank You that I will live due to Your work in my life. Moreover, I 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.' "*

Due to the work of Jesus Christ in my life, I will not die but live and declare the works of the Lord. **Psalm 118:17** *I shall not die, but live, And declare the works of the LORD.*

Because of the wounds that Jesus Christ suffered for me, my body is healed and made whole. **1 Peter 2:21-24** *For to this you were called, because Christ also suffered for ^[e]us, leaving ^[f]us an example, that you should follow His steps: ²² "Who committed no sin, Nor was deceit found in His mouth"; ²³ who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously; ²⁴ who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose ^[g]stripes you were healed.*

In Jesus Christ's Name I ask all of these things. Amen

DOSE 2 / DAY 2: I SPEAK LIFE – PART 2

Father, please cover me, as well as all my loved ones, all of our descendants, and all of our spouses past, present, and future, with the blood of Jesus Christ now and always. Because You are my refuge, please bless each one of us to be saved and to have the longest earthly life possible within Your Will and the maximum joy possible. **Psalm 46:1-3** *God is our refuge and strength, A^[a] very present help in trouble. ² Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the ^[b]midst of the sea; ³ Though its waters roar and be troubled, Though the mountains shake with its swelling. Selah*

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

I praise You, Father, that once I have prayed for my healing, I no longer have any illness in the spirit realm. I may continue to battle symptoms until my healing fully manifests, but it is health and well-being that belong to me instead of sickness.

Matthew 21:22 *And whatever things you ask in prayer, believing, you will receive.*”

I praise You, Father, for the authority You have given me as a follower of Jesus Christ to create blessings in the spiritual realm that will manifest by speaking positive words that line up with Your Will. Therefore, I declare over myself in the name of Jesus Christ that I am healthy and strong in spirit, soul, and body.

Job 22:28 *You will also declare a thing, And it will be established for you; So light will shine on your ways.*

Due to the work of Jesus Christ in my life, God has forgiven all my iniquities; He has healed all my sickness; He has redeemed my life from destruction; He has satisfied my mouth with good things so that my youth will be renewed like that of the eagles. **Psalm 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.*

Because I try to serve You, Lord, You bless my food and water, and You will take away sickness from me. Therefore, I will complete the number of my days; my life will not be shortened. **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.*

Lord Jesus, I thank You for:

Being acquainted with my pains and sicknesses.

Carrying my weaknesses and afflictions.

Carrying my sorrows and griefs.

Being wounded for my transgressions.

Being broken for my guilt.

And with those stripes that wounded You, Lord Jesus, I praise You that I am 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 Jesus Christ's Name I pray. Amen

DOSE 3 / DAY 3: PRAYER FOR HEALTH AND HEALING – PART 1

Father, please cover me, as well as all my loved ones, all of our descendants, and all of our spouses past, present, and future, with the blood of Jesus Christ in spirit, soul, and body now and always. Because I trust in You for our protection, I ask You to please bless each one of us to be saved and to have the longest earthly life possible within Your Will and the maximum joy possible. **Mark 8:34-38** *When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. ³⁵ For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. ³⁶ For what will it profit a man if he gains the whole world, and loses his own soul? ³⁷ Or what will a man give in exchange for his soul? ³⁸ For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels."*

Proverbs 18:10 *The name of the LORD is a strong tower; The righteous run to it and are ^[e]safe.*

Father, please touch me in spirit, soul, and body now always. Please be my Divine Health and the Healer of every part of my being, including my spirit, soul, and body. **Exodus 15:24-26** *And the people complained against Moses, saying, "What shall we drink?" ²⁵ So he cried out to the LORD, and the LORD showed him a tree. When he cast it into the waters, the waters were made sweet. There He made a statute and an ^[e]ordinance for them, and there He tested them, ²⁶ and said, "If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you."*

Father, bless me to pray for others so that I 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 me to pray for my friends (and my enemies) so that You can take away my 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.*

Father, I know that Satan has come to steal my health, kill my body, and bring destruction. That is why I resist Satan with his sicknesses in Jesus Christ's name, and I ask You to replace his evil with Your good life and abundant health 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.*

James 4:7 *Therefore submit to God. Resist the devil and he will flee from you.*

Please, Holy Father, in the name of Jesus Christ, I ask that You send Your Word now, and heal me, and set me 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 me in Your joy because I need the true strength that comes from Your joy for my 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."*

In Jesus Christ's Name I pray. Amen

DOSE 4 / DAY 4: PRAYER FOR HEALTH AND HEALING – PART 2

Father, please cover me, my loved ones, our descendants, and our spouses with the blood of Jesus Christ in spirit, soul, and body now and always. Bless each one of us to be saved and to have the longest earthly life possible within Your Will and the

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

Father, bless me not to complain. Bless me not to feel sorry for myself. Bless me to overcome my symptoms. **Romans 8:35-37** *Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ³⁶ As it is written: "For Your sake we are killed all day long; We are accounted as sheep for the slaughter." ³⁷ Yet in all these things we are more than conquerors through Him who loved us.*

Father, bless me to leave all the sins that can exclude me 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 me 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.*

In Jesus Christ's Name I pray. Amen

DOSE 5 / DAY 5: I FORGIVE

Father, please cover me, my loved ones, our descendants, and our spouses with the blood of Jesus Christ in spirit, soul, and body now and always. Because I trust in You for our protection, I ask You to bless each one of us to be saved and to have the longest earthly life possible within Your Will and the maximum joy possible.

James 5:19-20 ¹⁹ *Brethren, if anyone among you wanders from the truth, and someone turns him back,* ²⁰ *let him know that he who turns a sinner from the error of his way will save ^[1]a soul from death and cover a multitude of sins.*

Father, bless me to feel the best in my spirit, soul, and body because I have a lifestyle in which I forgive. Instead of resenting people, bless me to instantly forgive. Bless me to remember that forgiveness does not have to mean that I trust the people who hurt me; however, it does mean that I wish them all the best and that I will help them in any way I can. It also means that I want them to be judged by God only if they refuse to change and do right and that I would prefer for them to repent instead of being judged. Father, bless me to remember that forgiveness is not an option; it is a requirement for eternal life. **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.”*

Father, bless me to never be happy if bad things happen to someone.

Proverbs 17:5 *He who mocks the poor reproaches his Maker; He who is glad at calamity will not go unpunished.*

Bless me to forgive myself as well as others because I repent of my 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 my offenses and personal abuses:

Bless me to accept Your blessing, Lord Jesus.

Bless me to stand before You innocent.

Bless me 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. Amen

DOSE 6 / DAY 6: PRAYER FOR HEALTH AND HEALING – PART 3

Father, please cover me, my loved ones, our descendants, and our spouses with the blood of Jesus Christ in spirit, soul, and body now and always. Bless each one of us to be saved and to have the longest earthly life possible within Your Will and the maximum joy possible. **1 John 5:14-15** ¹⁴ *Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.* ¹⁵ *And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.*

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

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 Jesus Christ's Name I pray. Amen

DOSE 7 / DAY 7: I CHOOSE LIFE

Father, please cover me, my loved ones, our descendants, and our spouses with the blood of Jesus Christ in spirit, soul, and body now and always. Bless each of us to be saved and to have the longest life possible within Your Will and the maximum joy possible. **Exodus 12:13** ¹³ *Now the blood shall be a sign for you on the houses where you are. And when I see the blood, I will pass over you; and the plague shall not be on you to destroy you when I strike the land of Egypt.*

Father, bless me to keep my healing and health by choosing my friends carefully. Bless me to always be part of a church that edifies my faith. Bless me 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 me to put my 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 me to make the changes I 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 me to make whatever change I 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 me to always keep praying. **1 Thessalonians 5:17** *Pray without ceasing.*

Father, bless me to never lose my healing and health by being careless and negligent. Bless me 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 Jesus Christ’s Name I ask all of these things. Amen

¹This prayer was written by Rev. Anthony Menzel, the Senior Pastor of Abundant Love Christian Church, www.abundantlovechurch.us. Portions of this prayer were taken from a prayer entitled “God’s Medicine,” which Pastor Anthony received while attending Word of Life Christian Ministries in Dover, NJ.