



Body, I bless you in the name of Jesus Christ. I bless you with strength, energy, vitality, balance, peace, and perfect health. I bless every cell, tissue, nerve, gland, and organ in my body. I bless my digestive system, my endocrine system, my nervous system, my circulatory system, my muscular system, and my immune system. I bless my heart, my liver, my kidneys, my pancreas, my reproductive organs, my skin, my thyroid, and adrenals. I bless you body, and I call you healed and whole; full of abundant life and radiant health. I bless you with boundless energy all day long. I bless you with a calm, confident constitution. I bless your sleep. I bless you to have peaceful sleep and fulfilling dreams. I bless you body from the crown of my head to the soles of my feet. I bless you to shine with the brilliance of radiant health. [Insert Your Name] I bless you to be vibrantly healthy, full of energy and abundant life.

I bless you to be all that God created you to be!

~ Amen ~