

How to Sanctify and Bless Your Food

Col. 2:16, 3:17; Matt. 14:16-21, 15:32-39; Luke 24:30; Rom. 14:6, 23; 1 Cor. 10:31; 1 Tim. 4:1-5; Mark 16:18

Heavenly Father, I take the name of Jesus and pull all the vitamins, minerals and nutrition out of this food into every cell of my soul and body wherever it is needed. I remove anything from this food that would kill, steal or destroy my soul and body in the name of Jesus. I sanctify and bless this food and give you thanks for it in the name of Jesus.