

*Take at least 2-3
minutes each day
to pray out loud
and meditate on
these intentions
and scriptures
each Day.*



Allergy
Prayer
GUIDE



These are specific intentions and scriptures on the QE Strong Allergy patches and cards that **touch** and engage your natural energy system.

Reading these out loud each day uses your **sight, speech, and hearing** to engage multiple senses with prayer and God's Word for your healing.

Monday:

Father, as I walk in your blessing, my body will be blessed. I will have no allergic reactions to anything in my food or environment.

Exodus 23:25

Worship the Lord your God, and His blessing will be on your food and water. I will take sickness from the midst of you.

Thank you that you always restore me to health.

Jeremiah 30:17

For I will restore you to health and heal you.
Thank You Lord for restoring my health and blessing me. In Jesus name I pray. Amen.

Tuesday:

Father, if you gave it to me, it will not harm me but bless me.

Genesis 9:3

Every moving thing that is alive shall be food for you; I give all to you, as I gave the green plant.
As I live in the world, I live in the thankful awareness that you are my defense and restorer. You always ransom me from the enemy's plans and turn it into a blessing for me.

Isaiah 54:17

No weapon formed against me will prosper
Thank you for my blessings and protection, Lord. In Jesus name I pray. Amen.

Wednesday:

Father, you who created this world as my perfect home, I thank you and look to you for blessing all that affects me. May all that I eat, drink, or come in contact with be blessed for my benefit.

1 Timothy 4:4-5

For everything God created is good, and nothing is to be rejected if it is received with thanksgiving because it is consecrated by the word of God and prayer.

Father, thank you for your word! In Jesus name I pray. Amen.

Thursday:

Father, thank you for your promise of health. Therefore, I will not have any adverse reactions to what I eat or drink. If I come into contact with deadly substances, they will not harm me.

Jeremiah 30:17

I will restore health unto you

Father, as you lead me into truth, help me to walk in faith in all I do.

Romans 14:14

As one who is in the Lord Jesus, I am fully convinced that no food is unclean in itself. But if anyone regards something as unclean, then for him it is unclean.

Father, thank you that no food is unclean in itself for me! In Jesus name I pray. Amen.

Friday:

Father, as I seek to follow you as the most important endeavor in life, I trust you to keep me well and whole to serve you.

Matthew 6:25-33

Therefore, I say to you, Take no thought for your life, what you shall eat, or what you shall drink... Is not life more than meat (food) But seek ye first the kingdom of God and His righteousness and all these things shall be added unto you.

I seek you and your kingdom first Lord, In Jesus name. Amen.

Saturday:

Father, I believe you are the one and only King of the Universe. There is nothing or anyone that can overrule your covenant with me. You have decided in Jesus to bless me, and I thankfully and humbly receive your blessing on my life. My body will be well and whole repelling any and all advances of my enemy, who desires to kill, steal and destroy. No runny nose, itchy eyes, headaches, or bodily discomfort will dwell in me. I, because of you, walk in health and prosper.

Proverbs 23:7

As a man thinks in his heart, so is he.

Lord, I receive your blessings of health and no allergic reactions. In Jesus name. Amen.

Sunday:

Father, If you said it is good, then it is good and will not harm but bless.

Genesis 1:11-12

Let the land produce vegetation... and God saw that it was good

Thank you that you plan the best for us. May my body stay well and strong and receive the health you intended for me to live in from your blessing on the food you give us to eat every day.

Numbers 13:27

We came unto the land where you sent us, and surely it flowed with milk and honey.
Father, thank you that the food you give me is good! In Jesus name. Amen.

Amen!

