

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



**Quantum Effect  
Daily Weight Loss**

*Prayer  
Guide*

These are specific intentions and scriptures on the QE Strong Keto Boost Fit & Trim 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 weight loss results.

## Monday

I know my soul's health will also be a friend to my body's health. By believing your word and obeying it, I also bring health to my body.

**3 John 1:2:** "Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul."

I am disciplined in the amount I eat.

**Proverbs 25:16:** "If you have found honey, eat only enough for you, lest you have your fill of it and vomit it."

Father, Thank you for my health to my soul and body and giving me discipline in eating the right foods and proportions. In Jesus name, Amen.

## Tuesday

Father before I eat I thank you for your faithfulness to bless what I eat and drink and keep my body functioning in the balance you intended from creation.

**Exodus 23:25:** "For you shall serve the Lord your God, and he shall bless your bread and your water, and I will take sickness from the midst of you."

Father I give you the concern I have about my health. I know you are faithful to keep me in health in this world.

**1 Peter 5:7:** "Casting all your anxieties on him, because he cares for you"

Lord, Thank you for blessing my food and water and taking sickness away as I cast my anxieties on you. In Jesus name, Amen.

## Wednesday

The joy I have in serving my Heavenly Father lets me walk in health daily.

**Proverbs 17:22:** "A joyful heart is good medicine, but a crushed spirit dries up the bones."

I know that deep and restful sleep keeps my body refreshed and my metabolism balanced.

**Proverbs 3:24:** "When you lie down, you shall not be afraid: yes, you will lie down, and your sleep shall be sweet."

Father, May I have a joyful heart and not be afraid as I have sweet sleep and health. In Jesus name, Amen.

## Thursday

Father my heart desire is to be pleasing to you in every way. I ask for your wisdom to stay pure and be in control of my body.

**1 Corinthians 6:19-20:** "Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."

Lord, I will treat my body as a temple for your glory! In Jesus name, Amen.

## Friday

With gratitude I eat with a thankful heart.

**1 Timothy 4:1-4:** "Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, through the insincerity of liars whose consciences are seared, who forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving"

Father, I will eat, with a thankful heart, food that is good for my body this week. In Jesus name, Amen.

## Saturday

Bread alone will not give me health. I make wise choices in food selections and portions.

**Matthew 4:4:** "But he answered, 'It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

What I eat matters. Father you created my body to operate on healthy fuel. Help me follow your wisdom in what I eat.

**1 Corinthians 10:31:** "So, whether you eat or drink, or whatever you do, do all to the glory of God."

Father, I eat and drink a balanced diet for the glory of God! In Jesus name, Amen.

## Sunday

As I seek your will, and do it, I will be satisfied as if I had eaten a full nutritious meal.

**John 4:34:** "My food is to do the will of the Father"

Father thank you that Jesus came to this earth to bring give us an abundant life that includes health and balance in our bodies.

**John 10:10:** "The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."

Lord, Thank you for giving me an abundant life as I feed on good food and your word! In Jesus name, Amen.

Amen!

