

- I am energy
 - I am strength
 - I am power
 - I am filled and thrilled with omnipotent life.
 - The vitality of God permeates every fiber of my being
 - I am well and whole in every part of my body
 - The grace and poise of our Lord Jesus Christ enfolds me
 - Living Father, this thy holy temple
 - Thou are making it a perfect dwelling place from which shall radiate thy healing love and wisdom to all mankind
 - Father, thou art glorifying me that I also may glorify thee
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- Life abundant quickens me now
 - Love all powerful heals me
 - God's strong, pure life is now active in and through every cell in my body
 - His perfect image of my every organ is now vitalized in me in perfect form
 - By the power and authority of Jesus Christ, every cell in my body is vitalized and restored
 - I have come to Him and I am healed