



HEAVENLY FATHER,
RECREATE ME TO BE AN ATHLETE WHO
EATS FOR ENERGY.

WIPE THE SLATE CLEAN OF ANY PAST
SINS, OBSESSIONS, GUILT, PATTERNS, OR
UNHEALTHY DESIRES I HAVE WITH FOOD.

I'M READY FOR A FRESH START AND A
NEW WAY.

SET MY FEET ON SOLID GROUND. THANK
YOU FOR YOUR GUIDANCE IN THIS AREA.

IN YOUR HOLY NAME I PRAY, AMEN.

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