



### **Renew My Mind, Body and Soul**

Lord, I come before you today in need of your healing hand. In you all things are possible. Hold my heart within yours, and renew my mind, body, and soul.

I am lost, but I am singing. You gave us life, and you also give us the gift of infinite joy. Give me the strength to move forward on the path you've laid out for me. Guide me towards better health, and give me the wisdom to identify those you've placed around me to help me get better.

In your name I pray, Amen.