

### **Confessions addressing Gluten Intolerance:**

- The Bread of life lives in me [John 6:33-51]
- The law of the Spirit of life has made me free from the law of sin and death [Romans 8:2]
- I fellowship with the Spirit of life [2 Corinthians 13:14]
- Everything God created is good, so my body receives this bread as I receive it with gratitude, for it is sanctified by means of the word of God and prayer. [1 Timothy 4:4-5]
- I eat with the Spirit of joy and peace, for God keeps me in perfect peace and my body in homeostasis as my mind is fixed on Him [Isaiah 26:3]
- Christ was rejected in order that I would become acceptable to God. As I have become one spirit with the Bread of life, my body does not reject the food that Jesus has declared clean [Isaiah 53:3ff; 1 Corinthians 6:17]
- Jesus declared all foods clean, so no food is unclean in itself, but for the one to whom the food is unclean, to him it is unclean. For me, I declare that gluten is clean. [Mark 7:19; Romans 14]
- I do not eat in unbelief with doubts about the food I am eating, for whatever does not come from faith is sin. So I eat this bread with the joyful expectation that God is going to do something good in my life today. [Romans 14:20-23; Matthew 6:25ff]
- God, thank You for blessing my bread and my water. [Exodus 23:25]
- Thank you for what You did to redeem the curse of sickness into the blessing of health [Genesis 3:19; Nehemiah 13:2b; Deuteronomy 23:5; 30:19; Galatians 3:13-14]
- My bread is blessed for I believe what the Bread of life says. [John 6:35; 7:38]
- I take the Bread of life into myself, and I live because of Him. [Matthew 26:26; Luke 24:30; John 6:57]
- By Jesus' stripes, I am healed from gluten intolerance. [Isaiah 53:5; 1 Peter 2:24]
- Bless the Lord, O my soul, who forgives all my sins and heals all my diseases [Psalm 103:2-3]
- My trust in Jesus has made me well from gluten intolerance [Matthew 9:22; Mark 5:34; Luke 8:48; 17:19; 18:42; Acts 14:8-10].
- I feed on the Bread of life, and I live because of Him [John 6:57].
- God calls into existence the things that are not as though they were, so I can declare with confidence that Christ's stripes have healed me from my infirmity. [Romans 4:17]
- Whether I eat or drink or whatever I do, I do for the glory of God [1 Corinthians 10:23-31].
- I let no one judge me for what I eat or drink. In fact, I do not even judge myself for what I eat or drink. My conscience is clear by the blood of Jesus. [Colossians 2:16; 1 Corinthians 11:28-30; Hebrews 9:14]
- I eat and drink with a clear conscience as I am filled with righteousness, peace, and joy in the Holy Spirit. [1 Corinthians 4:1-5; Romans 14:17]
- The Spirit who raised Christ from the dead gives life to my mortal body through His Spirit who lives in me. [Romans 8:11]
- The letter kills, but the Spirit gives life. I am dead to religious legalism, including the strict regimen of a diet based on human wisdom that says "Do not handle, do not taste, do not touch." [2 Corinthians 3:6; Colossians 2:20-23]

- I walk by the Spirit, and I will not gratify the lusts of the flesh. [Romans 5:16]
- As I am free from accusation, my body shall not have an inflammatory response, for I overcome the accuser by the blood of the Lamb and the word of my testimony, for I love not my life to the death. [Colossians 1:21-23; Revelation 12:9-11]
- When I quench the fiery darts of the evil one with the shield of faith in Jesus, any bodily inflammation is quenched in Jesus' name. [Ephesians 6:17]
- I remember the body of Jesus, broken for me, as I eat this bread [or food]. By His stripes I am healed. [Matthew 26:26; 1 Peter 2:24]
- The spirit of death passes over me as I eat the Passover Lamb. [Exodus 12:21-23]
- I no longer fellowship with the spirit of death, for death and sickness no longer has a claim on me. [1 Corinthians 10:14-22; Acts 2:24]
- I am the righteousness of God in Christ, and in the path of the righteous there is no death. [2 Corinthians 5:21; Proverbs 12:28]
- I have the Son, and therefore I have life. [1 John 5:11-13]
- I share in Christ's resurrection, having been buried with Him in baptism, and raised again to new life with Him. [Romans 6:4-11; Ephesians 2:6; Colossians 3:1]
- I believe in Jesus and shall not be condemned, but have crossed from death to life [John 5:24]
- Christ defeated him who has the power of death, that is the devil, and delivered me who was bound to lifelong slavery to the fear of death. [Hebrews 2:14-15]
- I no longer fear death and the pale horse (fear) upon which it rides, for I follow Jesus on a white horse as a worthy overcomer. [Revelation 6:8; 19:11-14; 3:3-5]
- Jesus conquered death, and I share in His victory. [1 Corinthians 15:55-57; John 11:25-26]
- The Father gives me this day my daily bread and his mercies are renewed every morning. He has wiped my conscience clean from guilt through the sacrifice of Jesus, which I remember daily whenever I eat bread. [Luke 11:2-4; Lamentations 3:22-23; Hebrews 10:19-22]
- I shall serve the Lord my God, and He shall bless my bread and my water, and He will take sickness away from among me [Exodus 23:25]
- I go and eat my bread with joy, knowing that God has already accepted my works [Ecclesiastes 9:7]
- Breaking bread from house to house, I eat my food with a glad and sincere heart, praising God and enjoying favor with all the people [Acts 2:46-47]
- I have passed out of death into life, because I love the brethren. I choose to abide in love, for he who does not love abides in death [1 John 3:14]
- I crucify the flesh, for when I was in the flesh, the sinful passions which were aroused by the Law were at work in my body parts to bear fruit for death. [Romans 7:5]
- I break my covenant with death and my pact with Sheol. I say the same thing that Jesus says, and do not make falsehood my refuge nor conceal myself with deception. [Isaiah 28:15]
- Jesus is my refuge, for I taste and see that He is good. [Psalm 18:2, 30; 34:8, 22; 64:10; 73:28; 91:2, 9; 142:5]

- My covenant with death is canceled by the blood of Jesus, for I have entered into a covenant with the Bread of Life. [Isaiah 28:18]
- I renounce strife, bitterness, self-hatred, pride, shame, guilt, rejection, fear, and anxiety as I eat this food with gratitude, righteousness, peace, and joy in the Holy Spirit [Proverbs 15:17; 17:1]
- I trample upon the serpents and scorpions, the sinful mindsets and the diseases they cause, by the authority of Jesus as I believe what He says about me. [Luke 10:19-20]