

Prayers for **Adrenal Fatigue**

*9 Decrees to Bring Healing to
Your Adrenal Glands*



SUNDI JO GRAHAM

Hey Friend!

Trusting for healing over your adrenal glands!

Below you will find a prayer I wrote, with decrees and declarations included, specifically targeted for adrenal fatigue.

Print this out and keep it somewhere you can see it so you'll remember to speak these out every day, even multiple times/day, if needed.

Remember speak this prayer out, not just read it. The enemy can't stand up against the Word of God.

Perhaps decreeing God's Word is a new concept for you. Remember this.. Jesus said, if you are a believer, He has given you "the keys of the Kingdom of Heaven. Whatever you forbid on earth will be forbidden in heaven, and whatever you permit on earth will be permitted in heaven." (Matthew 16:19)

The keys represent authority. Jesus has given YOU authority, my friend, to tell the darkness to flee. He has given YOU authority to send the enemy back to the dry places where he belongs. Jesus has given YOU the authority to speak the Word of God and change the worlds around you, including your own personal world. Jesus wins!

May these decrees bring healing to your adrenal glands and show you just how powerful our God is.

And don't forget to share your wins with me. Shoot me an email at sj@sundijo.com and let me know how you're doing.



All Scripture is taken from the ESV (English Standard Version) unless otherwise noted.

#WINNINGATWARFARE

2021 SUNDI JO GRAHAM | PRAYERS FOR ADRENAL FATIGUE

PRAYERS & DECREES FOR ADRENAL FATIGUE HEALING

Jehovah Rapha, you are the God who heals. I thank you that you have created me for a purpose - a purpose bigger than I'll ever fully know. Thank you that you call me daughter and have set a table for me in the presence of my enemies. (Psalm 23:5)

The enemy has come to steal, kill, and destroy my adrenal glands, but you, Jesus, have come to give me life, and give it to me abundantly. (John 10:10)

In the name of Jesus, I decree and declare that:

- My adrenal glands produce the perfect amount of hormones to regulate my metabolism, immune system, blood pressure, and response to stress.
- All diseases the enemy tries to bring my way are destroyed in the name of Jesus. (Psalm 103:3)
- My energy and youth are restored like the eagle's. (Psalm 103:5)
- My cortex and medulla function perfectly in line with God's plans to produce the proper amount of hormones for my body.
- My adrenal glands produce the perfect amount of cortisol, aldosterone, DHEA, androgenic steroids, epinephrine, and norepinephrine
- My adrenal glands lack no good thing because I trust in the Lord. (Psalm 34:10)
- My health is restored to me, and I am healed of all issues associated with adrenal fatigue. (Jeremiah 30:17)
- The joy of the Lord strengthens my adrenal glands to function exactly the way they were designed. (Nehemiah 8:10)
- Healing flows through my body and strengthens my bones. (Proverbs 3:8) NLT

I call on you, Father, to rescue me, for you love me; protect me because I trust in your name. Rescue me and reward me with a long life and your salvation. (Psalm 91:14-16)

In the name of Jesus, I bind anything trying to block my bloodstream from receiving the appropriate amount of hormones. I loose rest for my adrenal glands and peace for my body in Jesus' name.

Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise. (Jeremiah 17:14)



ABOUT THE AUTHOR

I'm Sundi Jo. Some of my friends call me SJ. I'm a Christian Keynote Speaker, sharing the truth of Christ with a dose of laughter. I also host a podcast called [Coffee Conversations](#), where I have some good ole' straight talk with old and new friends, along with inspiring stories and a shot of caffeine.

I inspire others to break free from self-destructive behaviors so they can learn to love themselves and experience lasting transformation. I long to see people set free from bondage. I have a story filled with gritty redemption and I look forward to taking you on more of my journey.

In 2008, weighed 330 lbs. and was short on hope with no direction of where my life was headed. But after hitting rock bottom, I turned my life around, lost 145 lbs., and committed myself to helping others find and pursue their passions and God-given dreams.

I've been called "a passionate, versatile, and thought-provoking communicator whose authenticity connects me with audiences in a way few people can."

I'm the author of [Dear Dad](#). My blog was recently named one of the top 100 Christian Women Blogs. I've been featured as a guest writer for various authors and speakers, including Mary DeMuth, Jeff Goins, and Prodigal Magazine.

Brokenness doesn't choose denominations. Whether we've been in the church 50 years or 2 weeks, we all have struggles to overcome. It's my desire to help believers overcome those struggles with true freedom in Christ.

In my free time, I enjoy reading, writing songs, going to the movies, playing Bingo with my awesome grandma, and spending time laughing with friends. I'm a fan of flip flops, Dolly Parton, and sushi, not necessarily in that order.



JOIN THE WINNING AT WARFARE FACEBOOK GROUP

Want to join others who are learning about **FREEDOM** in Christ? Join our free **Winning at Warfare** Facebook Group.

FIND ME @SUNDIJO

