

Christian Prayer Poem: What Matters Most

Christian Inspiring Prayer about what's most important

What Matters Most

Lord,
Help me care more about what matters most,
You are what matters most.
Help me glorify you with my food choices;
Help me not to dishonor you with overindulgence.
Let me always remember,
My body is the temple of the Lord
And should be kept clean, pure and undefiled;
It should be kept healthy
And fit for kingdom use,
For you have created me, knitted me together
And I am fearfully and wonderfully made.

You care about my health and well-being
So, help me not use my body
As a dumping ground for junk,
But let me pursue what is wholesome,
That which will nourish, strengthen,
Restore and heal.

I pray you will help me seek you first,
To seek your kingdom and righteousness
Above self-centredness, above body image;
Let me honour you with my body,
But not because of obsession with body image,
Nor for beautifying the outward,
But for health, wholeness and self-discipline.

Let who I am in you,
My identity in Christ,
Matter more to me
Than how I look.
Let what has eternal value,
The things of the Kingdom,
Matter more to me
Than what is of earthly value.

Help me pursue you, your character
your kingdom, your righteousness,
And care more about what matters most—YOU!

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Added Scriptures: *Matthew 6:33* (AMP); *Jeremiah 29:11* (AMP); *Psalms 139:13-14* (AMP); *Romans 12:1* (AMP); *1 Corinthians 6:19* (AMP); *Proverbs 31:30* (AMP)

Devotionals: [Living Unrestrained and in Overindulgence \(Part 1\)](#) | [Our True Image \(Part 1\)](#)
[Praying Scriptures on Body Image](#)

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