



## **Fitness, Health & Wellness Scriptures**

"Do you not know that you are God's temple and that God's Spirit dwells in you?" 1 Corinthians 3:16 ESV

Walk in the spirit, and [then] ye shall not fulfill the lust of the flesh. (Galatians 5:16)

You must serve only the LORD your God. If you do, I will bless you with food and water, and I will protect you from illness. Exodus 23:25 (NLT)

Is anyone thirsty? Come and drink-even if you have no money! Take your choice of wine or milk-it's all free! Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen and I will tell you where to get food that is good for the soul! Isaiah 55: 1-2 (NLT)

The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing. Psalm 145:15-16 (NLT)

You satisfy me more than the richest of foods. Psalm 63:5 (NLT)

Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important for it promises a reward in both this life and the next. This is true and everyone should accept it." 1 Timothy 4:7-9 (NLT)

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice - the kind he will find acceptable. Romans 12:1-2 (NLT)

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. 1 Corinthians 6:19-20 (NLT)

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 John 1:2 (NIV)

For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus. Philippians 1:6

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. 2 Corinthians 5:17

For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. Romans 14:17

Those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary. Isaiah 40:31



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A peaceful heart leads to a healthy body; jealousy is like cancer in the bones. Proverbs 14:30 (NLT)

Don't be impressed with your own wisdom. Instead, fear the LORD and turn away from evil. Then you will have healing for your body and strength for your bones. Proverbs 3:7-8 (NLT)

I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.' Exodus 15:26

The Lord will guide you continually, watering your life when you are dry and keeping you healthy, too. You will be like a well watered garden like an ever-flowing spring. Isaiah 58:11 (NLT)

When a man is gloomy, everything seems to go wrong; when he is cheerful, everything seems right. Proverbs 15:15

He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD. Deuteronomy 8:3

As pressure and stress bear down on me, I find joy in your commands. Psalms 119:143 (NLT)

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 (NAS)

You cannot add any time to your life by worrying about it. Matthew 6:27 So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time. Matthew 6:34

So take a new grip with your tired hands, stand firm on your shaky legs, and mark out a straight, smooth path for your feet so that those that follow you, though weak and lame, will not fall and hurt themselves, but become strong. Hebrews 12:12

So whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31 (NIV)

For we are all God's masterpiece. He has created us anew in Christ Jesus so that we can do the good things he planned for us long ago. Ephesians 2:10 (NLT)

He (Jesus) said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering." Mark 5:34

Let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God. 2 Corinthians 7:1



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I will never forget your commandments, for you have used them to restore my joy and health. Psalm 119:93 (NLT)

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2

Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. 1 Thessalonians 5:23

The things which are impossible with men are possible with God. Luke 18:27

You have lived on earth in luxury and self-indulgence. You have fattened yourselves in the day of slaughter. James 5:5

If God be for us, who can be against us? Romans 8:31

Anxiety in a man's heart weighs it down, but an encouraging word makes it glad. Proverbs 12:25

The churning inside me never stops; days of suffering confront me. Job 30:27

Set your mind on things above, not on things on the earth. Colossians 3:2

Blessed are those who hunger and thirst for righteousness, for they will be filled. Matthew 5:6

Whatever you do, do it heartily, as to the Lord and not to men. Colossians 3:23

Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go. Joshua 1:9

So encourage each other and build each other up, just as you are already doing. 1 Thessalonians 5:11

Yet in all these things, we are more than conquerors through Him who loved us. Rom 8:37

My help comes from the LORD, who made heaven and earth! He will not let you stumble; the one who watches over you will not slumber. Psalm 121:2-3

God is our refuge and strength, always ready to help in times of trouble. Psalm 46:1

And we know that all things work together for good to those who love God, to those who are called according to His purpose. Romans 8:28



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For in that He Himself has suffered, being tempted, He is able to aid those who are tempted. Hebrews 2:18

I have fought the good fight, I have finished the race, and I have remained faithful. 2 Timothy 4:7

I can do all things through Christ who strengthens me. Philippians 4:13

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:7

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Hebrews 4:16

Rejoice in the Lord always. Again I say, rejoice! Philippians 4:4