

## **Scripture Verses on Health & Wellness**

1. Ephesians 3:17 – 19 “Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. <sup>18</sup> And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. <sup>19</sup> May you experience the love of Christ, though it is too great to understand fully. *Then you will be made complete with all the fullness of life and power that comes from God.*”
2. Romans 12: 1& 2 “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. This is truly the way to worship him. <sup>2</sup> Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”
3. Mark 12: 30 (Originally in Deut. 6: 4 & 5) “And you must love the Lord your God with all your *heart*, all your *soul*, all your *mind*, and all your *strength*.”
4. Proverbs 14: 30 “A peaceful *heart* leads to a *healthy body*; jealousy is like cancer in the bones.”
5. Proverbs 16: 24 “Kind words are like honey— sweet to the *soul* and healthy for *the body*.”
6. Acts 3: 16 (NASB) “And on the basis of faith in His name, *it is* <sup>o</sup>the name of Jesus which has strengthened this man whom you see and know; and the faith which *comes* through Him has given him this perfect health in the presence of you all.”
7. 3 John 1: 2 “Dear friend, I hope all is well with you and that you are as healthy *in body* as you are *strong in spirit*.”
8. Galatians 5: 25 “Since we are living by the Spirit, let us follow *the Spirit’s leading in every part of our lives*.” NIV: “Since we live by the Spirit, let us keep in step with the Spirit.” THE FRUIT (v. 22 & 23: self-control)
9. I Thessalonians 5:23 ““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.”
10. 2 Corinthians 7: 1 “Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our *body or spirit*. And let us work toward *complete holiness* because we fear God.”
11. John 10:10 “The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.” NIV: “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”
12. Proverbs 4:23 “Guard your heart above all else; for it determines the course of your life.” CSB: Guard your heart above all else, <sup>a</sup> for it is the source of life. NKJV: “Keep your heart with all diligence, For out of it *spring* the issues of life.
13. 2 Corinthians 3: 18 NIV: “And we all, who with unveiled faces contemplate<sup>a</sup> the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”

14. Luke 2:52 “Jesus grew in wisdom and in stature and in favor with God and all the people.”
15. Ephesians 4: 22 – 24 “throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. <sup>23</sup> Instead, let the Spirit renew your thoughts and attitudes. <sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy.”
16. 1 Corinthians 6:19-20 “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,<sup>20</sup> for God bought you with a high price. So you must honor God with your body.
17. John 3: 6 “Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life.” NIV (More literal/true to Greek) “Whatever is born of the flesh is flesh, and whatever is born of the Spirit is spirit.”
18. Isaiah 26: 3 “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”
19. Psalm 29:11 “The LORD gives his people strength. The LORD blesses them with peace.”
20. Philippians 4: 6 - 8 “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. <sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.
21. 1 Corinthians 9: 27 (NIV) “No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

Also See: Romans 6 – 8

