Spiritual Vitamins

365
Positive Bible Verses

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Spiritual Vitamins: 365 Positive Bible Verses

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introduction

Letting the Bible Change Your Life

Several years ago, I was working in a job in San Francisco that was, to say the least, unsettling. The corporation that owned our company was in the midst of several rounds of lay-offs—in less than two years, we had gone from a staff of over 200 people to now just 40. Morale was low, and each day every staff member would wonder if this was the day they would get laid off.

I clearly remember one morning, as I was on the bus going to my job feeling depressed and scared, a thought suddenly came to my mind: *all things work together for good to those who love God*. It was a Bible verse I had memorized years earlier and hadn't thought about since, and yet, here it was, right when I needed those very words. I immediately felt better, gained strength from this Bible promise, and faced my day with new strength—or, I should say, using

God's strength as my own. I repeated it throughout that day, and the days that followed, and what once had been a difficult, dark time became a spiritual quest that brought me closer to God.

I decided to memorize more Bible verses. In fact, the more Bible verses I memorized, the more they "spontaneously" would pop up in my mind, seemingly at the very moment that I needed them most. I came to realize that memorizing Bible verses was like taking spiritual vitamins. Vitamins are supplements we take in order to improve our health and give us more well-being. We don't usually see results of the vitamins on the first day we take them, and their positive effect may be subtle, occurring over a long period of time. Likewise, memorizing Bible verses—our spiritual vitamins—may or may not profoundly affect our lives the day we memorize the verse. But like good vitamins, they stay in our system, providing nutrients and help as we need it. And then, no matter what happens in our lives, these verses will provide comfort, strength, and joy.

We've designed *Spiritual Vitamins: 365 Positive Bible Verses* so that you can begin using it immediately. The verses are nearly all short, inspiring, easy to memorize, and every book of the Bible is represented. In some cases, we've taken just a portion of a verse or a paragraph, pulling out the essential message so that it is easier to memorize. We looked up each verse in the nine translations we used, to find the one that had the clearest message. Since the purpose of this book is specifically to uplift you and to help you in memorizing the words, feel free to let these verses lead you back to the Bible for deeper study and to see each verse in its fullness and in context. You can use this book, then, as a powerful supplement to your life, and allow it to nourish and uplift you.

Try to begin each day with this book, spending a few moments learning that day's Bible verse. Read it several times, and even read it aloud. Read it with feeling. Close your eyes and repeat it until you feel you can remember it. For each verse, you may want to ask yourself some questions that will help you to internalize the verse you've read.

What does the verse say to me?
How is it applicable in my life?
How does the verse make me feel?

Throughout the day, repeat this verse over and over to yourself so that you can stay present in its promise. You might even take this book with you, or, if that isn't handy, you may want to write out the verse on a card or a Post-it Note and keep it where you can see if over and over.

You'll find that certain verses stick in your mind immediately, that their message is one you need right away. Other verses that you memorize won't be as obvious in their connection to your life—but memorize these verses anyway. A time may come when one of these very verses can offer you its help and hope.

After each Bible verse is included a daily affirmative prayer, which is a way to activate the power of the verse in your life. As you memorize the verse, use the prayer then to seal the promise of the verse

between you and God. Memorizing the verses and then following it up with a prayer will, if you let it, have a profound impact in your life. And there are even pages at the end where you can write in your own favorite verses.

So begin your journey today. Memorize your first Bible verse, and begin this new habit that can and will yield amazing results in your life. Think of each new verse you memorize as another vitamin that will bring health and energy to your spiritual life. And allow the many promises of God to become true and present for you.

january 1

So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them. Genesis 1:27–28a

—

Today I give thanks to God for creating me.

january 2

I will present to God a tenth
of everything he gives me.
Genesis 28:22b

—

Today I give back to God, with gratitude.

january 3

I will not let You go unless You bless me.
Genesis 32:26b

—

Today I find the blessing in everything in my life.

january 4

God has been very gracious to me.
I have more than enough.
Genesis 33:11b

—

Today I am grateful for all that I have.

january 5

You meant evil against me; but God meant it for good. Genesis 50:20b

Today I realize that everything that happened to me can bless me.

january 6

The Lord answered, "Who makes people able to speak or makes them deaf or unable to speak? Who gives them sight or makes them blind? Don't you know that I am the one who does these things? Now go! When you speak, I will be with you and give you the words to say." Exodus 4:11–12

Today I let go and let God speak through me.

january 7

Don't be afraid! Be brave, and you will see the Lord save you today. Exodus 14:13b

Today I will be brave in my faith.

january 8

God will direct you, you will be able to endure. Exodus 18:23a

Today I believe in divine guidance, and follow where it leads.

january 9

My presence will go with you, and I will give you rest. Exodus 33:14

Today I rest in the divine peace of God.

january 10

You shall be holy, for I the Lord your God am holy. Leviticus 19:2b

Today I am in complete unity with God the Good.

january 11

A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the Lord; it is holy to the Lord. Leviticus 27:30

Today I give to God, knowing God returns what I give tenfold.

january 12

The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace. Numbers 6:24–26

Today good flows through me to all that I come in contact with.

january 13

Love the Lord your God with all your heart and with all your soul and with all your strength. Deuteronomy 6:5

Today God shines through my thoughts and my actions.

january 14

Always remember that it is the Lord your God who gives you power to become rich. Deuteronomy 8:18a

Today I know I am rich in the love of God.

january 15

Be strong and courageous! Do not be afraid of them! The Lord your God will go ahead of you. He will neither fail you nor forsake you. Deuteronomy 31:6

Today I am strong and courageous.

january 16

Whatever you have commanded us we will do, and wherever you send us we will go. Joshua 1:16

Today the Spirit within me makes my way clear and easy.

january 17

You know with all your heart and soul that not one of all the good promises the Lord your God gave you has failed. Every promise has been fulfilled; not one has failed. Joshua 23:14b

Today I believe God's holy promises to me.

january 18

But as for me and my house, we will serve the Lord. Joshua 24:15c

Today I will serve the Lord in all that I do.

january 19

Go assured. God's looking out for you all the way. Judges 18:6

Today I carry God's assurances with me.

january 20

Where you go, I will go. Where you live, I will live. Your people will be my people, and your God will be my God. Ruth 1:16b

Today I know that God is always faithful.

january 21

You make me strong and happy, Lord. 1 Samuel 2:1a

Today I am happy in the Lord.

january 22

Because of your promise, and according to your own heart, you have brought about all this greatness. 2 Samuel 7:21

Today my mind rejoices in certainty and in God's assurances.

january 23

You are great, O Lord God. For there is none like you, and there is no God besides you.

2 Samuel 7:22a

Today I have no other gods before God.

january 24

The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection.

2 Samuel 22:2–3a

Today God is my rock and my protection.

january 25

O Lord, you are my lamp. The Lord turns my darkness into light. 2 Samuel 22:29

—

Today I see everything with the light of God.

january 26

The Spirit of the Lord speaks through me; his words are upon my tongue. 2 Samuel 23:2

—

Today the spirit of the Lord speaks through me.

january 27

What do you want? Ask, and I will give it to you! 1 Kings 3:5b

—

Today I ask for and receive what I need and want.

january 28

The Lord has promised there will be more than enough. 2 Kings 4:43b

—

Today I believe that all I ask for will be given me, and even more.

january 29

Praise the Lord because he is good to us, and his love never fails. 1 Chronicles 16:34

Today God's love fills my life.

january 30

Both riches and honor come from you, and you rule over all. 1 Chronicles 29:12a

Today God's riches and honor shine through me.

january 31

O Lord our God, all this abundance that we have provided for building you a house for your holy name comes from your hand and is all your own. 1 Chronicles 29:16

Today I realize that God is my only source.

february 1

No one can ever build a temple large enough for God—even the heavens are too small a place for him to live in! 2 Chronicles 2:6a

Today I let my life be a temple for the Lord.

february 2

I was encouraged because the Lord my God was helping me. Ezra 7:28

Today my courage comes from God within.

february 3

Be quiet, for this day is holy; do not be grieved. Nehemiah 8:11b

Today is holy, and I am quiet in it.

february 4

It could be that you were made . . . for a time like this! Esther 4:14b

Today I realize that I am where I am for a reason.

february 5

We hear with our ears, taste with our tongues, and gain some wisdom from those who have lived a long time. But God is the real source of wisdom and strength. Job 12:11–13

Today God is my strength and my wisdom.

february 6

Surrender to God All-Powerful! You will find peace and prosperity. Job 22:21

Today I surrender everything to the Divine.

february 7

The Spirit of God has made me, and the breath of the Almighty gives me life. Job 33:4

Today I breathe with the breath of Life.

february 8

God gives each of us chance after chance to be . . . brought into the light that gives life. Job 33:29–30

Today I live my life in God's light.

february 9

Be silent, and I will teach you wisdom. Job 33:33b

Today I realize that everything is beautiful and meaningful.

february 10

They delight in doing everything the Lord wants; day and night they think about his law. They are like trees planted along the riverbank, bearing fruit each season without fail. Their leaves never wither, and in all they do, they prosper. PSALM 1:2–3

—

Today I delight in everything the Lord asks of me.

february 11

You are a shield around me, O Lord; you bestow glory on me and lift up my head. To the Lord I cry aloud, and he answers me from his holy hill. PSALM 3:3–4

—

Today God protects and guides me.

february 12

Answer me when I call, O God who declares me innocent. Take away my distress. Have mercy on me and hear my prayer. PSALM 4:1

—

Today I know the mercy of God, and I am innocent.

february 13

I can lie down and sleep soundly because you, Lord, will keep me safe. Psalm 4:8

Today the safety of God surrounds me.

february 14

Because of your great mercy, I come to your house, Lord, and I am filled with wonder as I bow down to worship at your holy temple. You do what is right, and I ask you to guide me. Psalm 5:7–8a

Today I see good in everything, and God's love manifested in every event.

february 15

When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him? Psalm 8:3–4a

Today I am reminded of how awesome is God's creation.

february 16

The words of the Lord are pure words, like silver tried in a furnace of earth, purified seven times. Psalm 12:6

Today I listen to the pure words of the Lord.

february 17

I trust your love, and I feel like celebrating because you rescued me. You have been good to me, Lord, and I will sing about you. PSALM 13:5–6

Today I sing the praises of God.

february 18

You, Lord, are all I want! You are my choice, and you keep me safe. You make my life pleasant, and my future is bright. PSALM 16:5–6

Today I choose God above all else.

february 19

I praise you, Lord, for being my guide. Even in the darkest night, your teachings fill my mind. I will always look to you, as you stand beside me and protect me from fear. PSALM 16:7–8

Today I know that God is always with me.

february 20

I am your chosen one. You have shown me the path to life, and you make me glad by being near to me. Sitting at your right side, I will always be joyful. PSALM 16:10A, 11

Today I joyfully walk down the path of Life.

february 21

You alone are God! Only you are a mighty rock. You give me strength and guide me right. You make my feet run as fast as those of a deer, and you help me stand on the mountains.

Psalm 18:31–33

—

Today my strength is in the Lord alone.

february 22

The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake.

Psalm 23:1–3

—

Today I know that the Lord is my shepherd.

february 23

Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.

Psalm 23:4

—

Today I fear nothing.

february 24

You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.

Psalm 23:5–6

—

Today I live the life God asks of me.

february 25

Who may ascend into the hill of the Lord? Or who may stand in His holy place? He who has clean hands and a pure heart.

Psalm 24:3–4a

—

Today I let go of anything that is not clean or pure.

february 26

I offer you my heart, Lord God, and I trust you. Show me your paths and teach me to follow; guide me by your truth and instruct me. You keep me safe, and I always trust you.

Psalm 25:1–2a, 4–5

—

Today I trust only in the Lord, and I give God my heart.