

SCRIPTURES ON *Wellness in Body*

"Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases..."

(Psalm 103:2-3 – NIV)

"Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones."

(Proverbs 3:7-8- NIV)

"A heart at peace gives life to the body, but envy rots the bones."

(Proverbs 14:30 – NIV)

"He gives power to the weak, And to those who have no might He increases strength. Even the youths shall faint and be weary, And the young men shall utterly fall, But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint."

(Isaiah 40:29-31 – NKJV)

"Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise."

(Jeremiah 17:14 – KJV)

"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."

(Romans 12:1 - 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)

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