

## SCRIPTURES ON *Wellness in Spirit*

“Create in me a clean heart, O God, and renew a right, persevering, and steadfast spirit within me.”

(Psalm 51:10 – AMP)

“Instead, we will lovingly follow the truth at all times—speaking truly, dealing truly, living truly—and so become more and more in every way like Christ who is the Head of his body, the Church. Under his direction, the whole body is fitted together perfectly, and each part in its own special way helps the other parts, so that the whole body is healthy and growing and full of love.”

(Ephesians 4:15-16 – TLB)

“And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.”

(Philippians 1:6 – NIV)

“And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.”

(Colossians 1:9-10 – ESV)

“You are living a brand new kind of life that is continually learning more and more of what is right, and trying constantly to be more and more like Christ who created this new life within you.”

(Colossians 3:10 – TLB)

“Don’t waste time arguing over foolish ideas and silly myths and legends. Spend your time and energy in the exercise of keeping spiritually fit. Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too.”

(1 Timothy 4:7-8 – TLB)