

# God's Word on Health

By Sherry Poundstone

**30 Bible verses to encourage you to get healthy, both physically and spiritually!**

**The biblical view of health integrates the physical and the spiritual, and therefore both are needed in the achievement, maintaining and restoration of health.**

We are three part being “**The cure of many diseases is unknown to physicians. They are ignorant of the whole which ought to be studied also, for the part can never be well unless the whole is well. This is the great error of our day in the treatment of the human body, that the physician separates the soul from the body.**” – Plato

### **Our Responsibility**

*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*

*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*

### **Truth and Promises:**

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

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

*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*

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

*Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!  
2 Corinthians 5:17*

*He gives power to those who are tired and worn out; he offers yeah strength to the weak. Even youths will become exhausted, and young men will fall give up. But those*

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*who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:29-31*

## **Stress and Your Health**

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls." Matthew 11:28-29*

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

*Anxiety in the heart of a man weighs it down, But a good word makes it glad. Proverbs 12:25*

*You, Lord, give perfect peace even in turmoil to those who keep their purpose firm and put their trust in you. Isaiah 26:3*

*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*

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23*

*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*

*If you hold to my (Jesus') teaching, you are really my disciples. And ye shall know the truth, and the truth shall make you free. John 8:32*

*Peace I (Jesus) leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27*

*May the God of hope fill you with all joy and peace as you trust in HIM, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13*

*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*

## **Wisdom**

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

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*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*

*Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to Me and eat what is good, and your soul will delight in the richest of fare. Isaiah 55:2*

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

*Your faith has healed you. Go in peace. Luke 8:48*

*Jesus said, "...I have come into this world, so that the blind will see...." John 9:39*

*And you know that God anointed Jesus of Nazareth with the Holy Spirit and with power. Then Jesus went around doing good and healing all who were oppressed by the devil, for God was with him. Acts 10:38*

*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*

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

*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*

*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*