

Scriptures Related to Health & Wholeness



Our Responsibility to Care for Our Body:

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)**

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 (NLT)

Truths/Promises:

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

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

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 (NLT)**

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

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

He said, 'If you listen carefully to the voice of the Lord your God and do what is right in His eyes, if you pay attention to His commands and keep all of His decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.' **Exodus 15:26**

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

The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing. **Psalms 145:15-16 (NLT)**

Then they cried to the Lord in their trouble, and he saved them from their distress. He sent forth His word and healed them; he rescued them from the grave. **Psalms 107:19-20**

Don't be impressed with your all wisdom. Instead, fear the Lord and turn your back on evil. Then you'll gain renewed health and vitality. **Proverbs 3:7-8 (NLT)**

The Lord will guide you continually, watering your life when you are dry and keeping you healthy, too. You will be like a well watered garden like an ever-flowing spring. **Isaiah 58:11 (NLT)**

In his hand is the life of every creature and the breath of all mankind. **Job 12:10**

You must serve only the LORD your God. If you do, I will bless you with food and water, and I will protect you from illness. **Exodus 23:25 (NLT)**

A cheerful heart is good medicine, but a crushed spirit dries up the bones. **Proverbs 17:22 (NIV)**

Hope deferred makes the heart sick; but when hopes are realized at last, there is life and joy. **Proverbs 13:12**

When a man is gloomy, everything seems to go wrong; when he is cheerful, everything seems right. **Proverbs 15:15**

A man's spirit sustains him in sickness, but a crushed spirit who can bear? **Proverbs 18:14**

He (God) helps the brokenhearted and binds their wounds. **Psalms 147:3**

They will turn to the Lord, and He will respond to their pleas and heal them. **Isaiah 19:22**

They (hypocrites) will say it is wrong to be married and wrong to eat certain foods. But God created those foods to be eaten with thanks by faithful people who know the truth. Since everything God created is good, we should not reject any of it but receive it with thanks. For we know it is made acceptable by the word of God and prayer. **1 Timothy 4:3-5**

I (God) have carried you since you were born; I have taken care of you from your birth. Even when you are old, I will be the same. Even when your hair has turned gray, I will take care of you. I will sustain you and I will rescue you. **Isaiah 46:3-4**

Yet it was our weaknesses he (Jesus) carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins! But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed. **Isaiah 53:4-5**

The Lord will guide you always; He will satisfy your needs...and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. **Isaiah 58:11**

This is what the Lord says, 'Your wound is incurable, your injury is beyond healing. There is no one to plead your cause, no remedy for your sore, no healing for you. All your allies have forgotten you; they care nothing for you. ... But I will restore you to health and heal your wounds...' **Jeremiah 30:12-14,17**

This is what the Sovereign Lord says to these bones: I will make breath enter you, and you will come to life. **Ezekiel 37:4-6**

He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD. **Deuteronomy 8:3**

You (God) satisfy me more than the richest feast. **Psalms 63:5**

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**

The blind receive sight, the lame walk, those who have leprosy are cured, the deaf hear, the dead are raised and the Good News is preached to the poor. **Matthew 11:5**

I (Jesus) tell you the truth, whoever hears my word and believes HIM who sent me has eternal life and will not be condemned; he has crossed over from death to life. I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. **John 5:24-26**

It is not the healthy who need a doctor, but the sick. **Matthew 9:12**

And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned he will be forgiven. Therefore, confess your sins to each other and pray for each other so that you may be healed. **James 5:15-16**

My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. **Proverbs 4:20-22**

Above all else, guard your heart, for it is the wellspring of life. **Proverbs 4:23**

Sin and Health:

Because of your (God's) anger my whole body is sick; my health is broken because of my sins. My guilt overwhelms me - it is a burden too heavy to bear. My wounds fester in stink because of my foolish sins. I am bent over and racked with pain. My days are filled with grief. A raging fever burns within me, and my health is broken. I am exhausted and completely crushed. My groans come from an anguished heart. **Psalms 38: 3-8 (NLT)**

Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's! **Psalms 103:1-5**

I (God) was enraged by his (mankind's) sinful greed; I punished him, and hid my face in anger, yet he kept on his willful ways. I have seen his ways, but I will heal him." **Isaiah 57:17-18**

The Holy Spirit spoke the truth to your forefathers when he said through Isaiah the prophet (Isaiah 6:9-10): Go to this people and say, 'You will be ever hearing but never understanding; you will be ever seeing but never perceiving.' For this peoples heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise, they might see with their eyes, hear with their ears, understand with their hearts and turn, and I would heal them.' **Acts 28:25-27**

Stress and 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 (NLT)**

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

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

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 (NAS)**

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 (NAS)**

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**

Others:

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

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 (NLT)**

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**

When evening came, many who were demon-possessed were brought to HIM and He drove out the spirits with His word and healed all that were sick. This was to fulfill what was spoken through the prophet Isaiah: "He took up our infirmities and carried our diseases. **Matthew 8:16-17**

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. **Jesus in 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. **Psalms 119: 93 (NLT)**

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 (NLT)**

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**

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

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. **1 Thessalonians 5:23**

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. **3 John 1:2 (NIV)**

Faith and Health Connection
Teaching Spiritual Truths for Health and Wholeness
www.faithandhealthconnection.org