

Scriptures Related to Health



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 12:1-2 (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)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 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)

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

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)

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)

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)

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)

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 does good like medicine, but a broken spirit makes one sick. Proverbs 17:22 (TLB)

I will never forget your commandments, for you have used them to restore my joy and health. Psalms 119: 93 (NLT)

The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. (Psalm 28:7(NIV))

Consequences of Sin:

Because of your 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)

Stress:

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)

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)

Others:

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

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)