

19 YOUR BODIES ARE
TEMPLES OF THE
HOLY SPIRIT, WHO IS
IN YOU, WHOM YOU
HAVE RECEIVED
FROM GOD? YOU
ARE NOT YOUR OWN;

20 YOU WERE
BOUGHT AT A PRICE.
THEREFORE HONOR
GOD WITH YOUR
BODIES.

1

CORINTHIANS

6:19-20



FOR PHYSICAL
TRAINING IS OF
SOME VALUE, BUT
GODLINESS HAS
VALUE FOR ALL
THINGS, HOLDING
PROMISE FOR BOTH
THE PRESENT LIFE
AND THE LIFE TO
COME.

1

TIMOTHY

4:8



I PRAISE YOU
BECAUSE I AM
FEARFULLY AND
WONDERFULLY MADE;
YOUR WORKS ARE
WONDERFUL,
I KNOW THAT FULL
WELL.

PSALM

139:14



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



THOSE WHO HOPE
IN THE LORD WILL
RENEW THEIR
STRENGTH.
THEY WILL SOAR
ON WINGS LIKE
EAGLES; THEY WILL
RUN AND NOT
GROW WEARY,
THEY WILL WALK
AND NOT BE FAINT.

ISAIAH

40:31



⁷ DO NOT BE WISE
IN YOUR OWN
EYES; FEAR THE
LORD AND SHUN
EVIL.

⁸ THIS WILL BRING
HEALTH TO YOUR
BODY AND
NOURISHMENT TO
YOUR BONES.

PROVERBS

3:7-8



I CAN DO
EVERYTHING
THROUGH
CHRIST, WHO
GIVES ME
STRENGTH.

PHILIPPIANS

4:13



OFFER YOUR
BODIES AS A
LIVING SACRIFICE,
HOLY AND
PLEASING TO GOD
—THIS IS YOUR
TRUE AND PROPER
WORSHIP.

ROMANS

12:1



A CHEERFUL
HEART IS GOOD
MEDICINE, BUT A
CRUSHED SPIRIT
DRIES UP THE
BONES.



PROVERBS

17:22



LET US NOT
BECOME WEARY
IN DOING GOOD,
FOR AT THE
PROPER TIME WE
WILL REAP A
HARVEST IF WE
DO NOT GIVE UP.



GALATIANS

6:9



LET US THROW OFF
EVERYTHING THAT
HINDERS AND THE
SIN THAT SO EASILY
ENTANGLES. AND
LET US RUN WITH
PERSEVERANCE THE
RACE MARKED OUT
FOR US,



HEBREWS

12:1



SO WHETHER
YOU EAT OR
DRINK OR
WHATEVER YOU
DO, DO IT ALL
FOR THE GLORY
OF GOD.



1

CORINTHIANS

10:31



THE EYE IS THE
LAMP OF THE
BODY. IF YOUR
EYES ARE
HEALTHY, YOUR
WHOLE BODY
WILL BE FULL OF
LIGHT.



MATTHEW

6:22



IF ANY OF YOU
LACKS WISDOM,
YOU SHOULD ASK
GOD, WHO GIVES
GENEROUSLY TO
ALL WITHOUT
FINDING FAULT,
AND IT WILL BE
GIVEN TO YOU.



JAMES

1:5



IT IS GOD
WHO ARMS ME
WITH
STRENGTH
AND KEEPS MY
WAY SECURE.



MATTHEW

18:32



I WILL BRING
HEALTH AND
HEALING TO IT; I
WILL HEAL MY
PEOPLE AND WILL
LET THEM ENJOY
ABUNDANT PEACE
AND SECURITY.



JEREMIAH

33:6



TURN YOUR EAR
TO MY WORDS.
DO NOT LET THEM
GO OUT OF YOUR
SIGHT, KEEP THEM
WITHIN YOUR
HEART; FOR THEY
ARE LIFE TO
THOSE WHO FIND
THEM AND HEALTH
TO ONE'S WHOLE
BODY.

PROVERBS

4:20-22

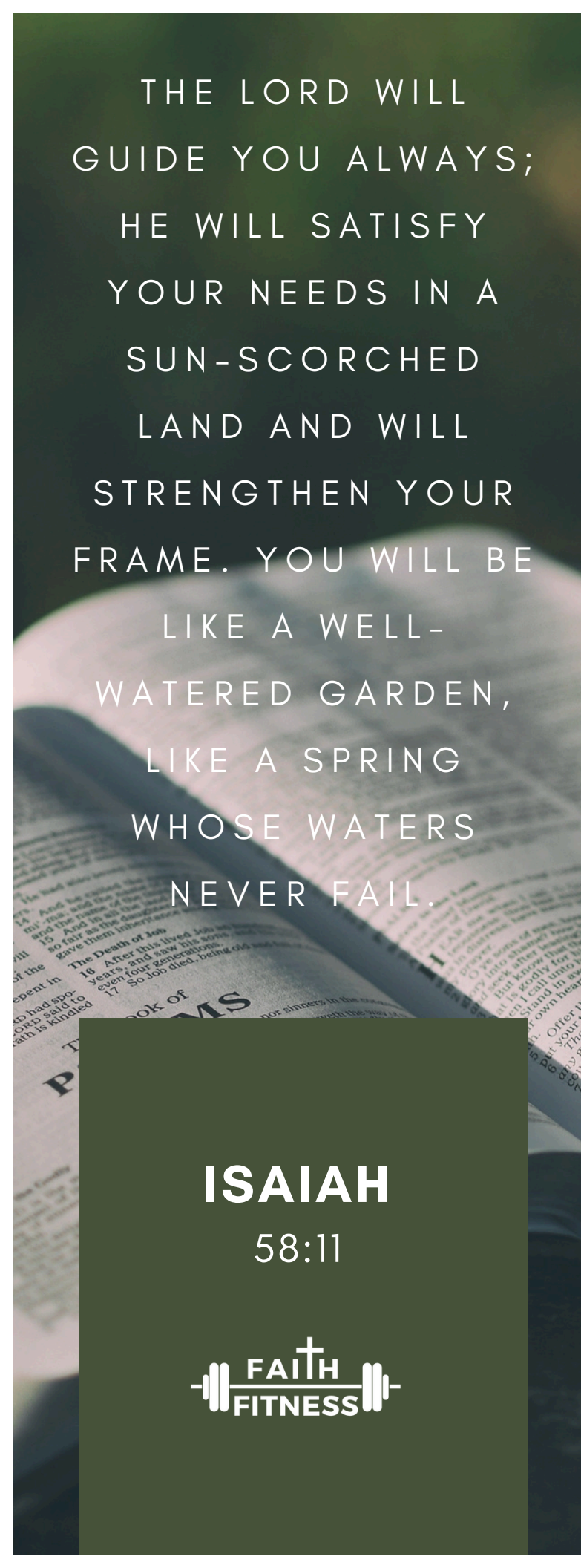


COME TO ME,
ALL YOU WHO
ARE WEARY
AND BURDENED,
AND I WILL
GIVE YOU
REST.

MATTHEW

11:28

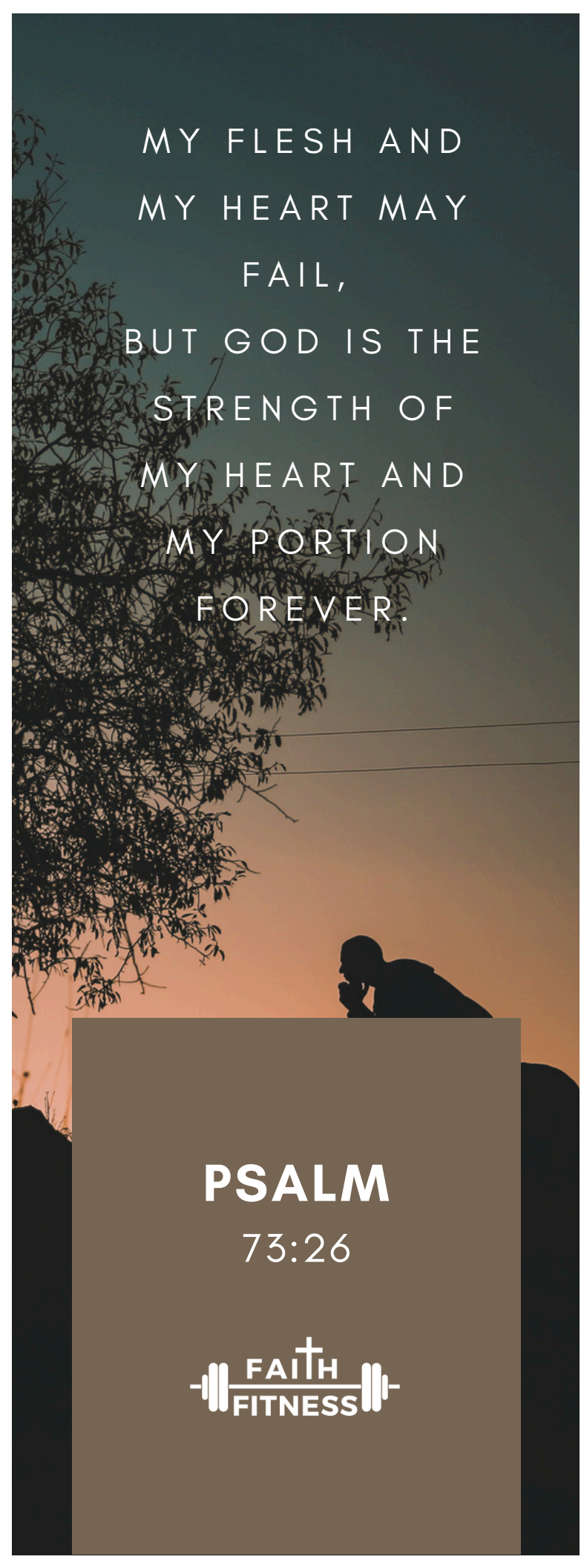




THE LORD WILL
GUIDE YOU ALWAYS;
HE WILL SATISFY
YOUR NEEDS IN A
SUN-SCORCHED
LAND AND WILL
STRENGTHEN YOUR
FRAME. YOU WILL BE
LIKE A WELL-
WATERED GARDEN,
LIKE A SPRING
WHOSE WATERS
NEVER FAIL.

ISAIAH

58:11



MY FLESH AND
MY HEART MAY
FAIL,
BUT GOD IS THE
STRENGTH OF
MY HEART AND
MY PORTION
FOREVER.

PSALM

73:26



CAST ALL
YOUR ANXIETY
ON HIM
BECAUSE HE
CARES FOR
YOU.

1

PETER

5:7

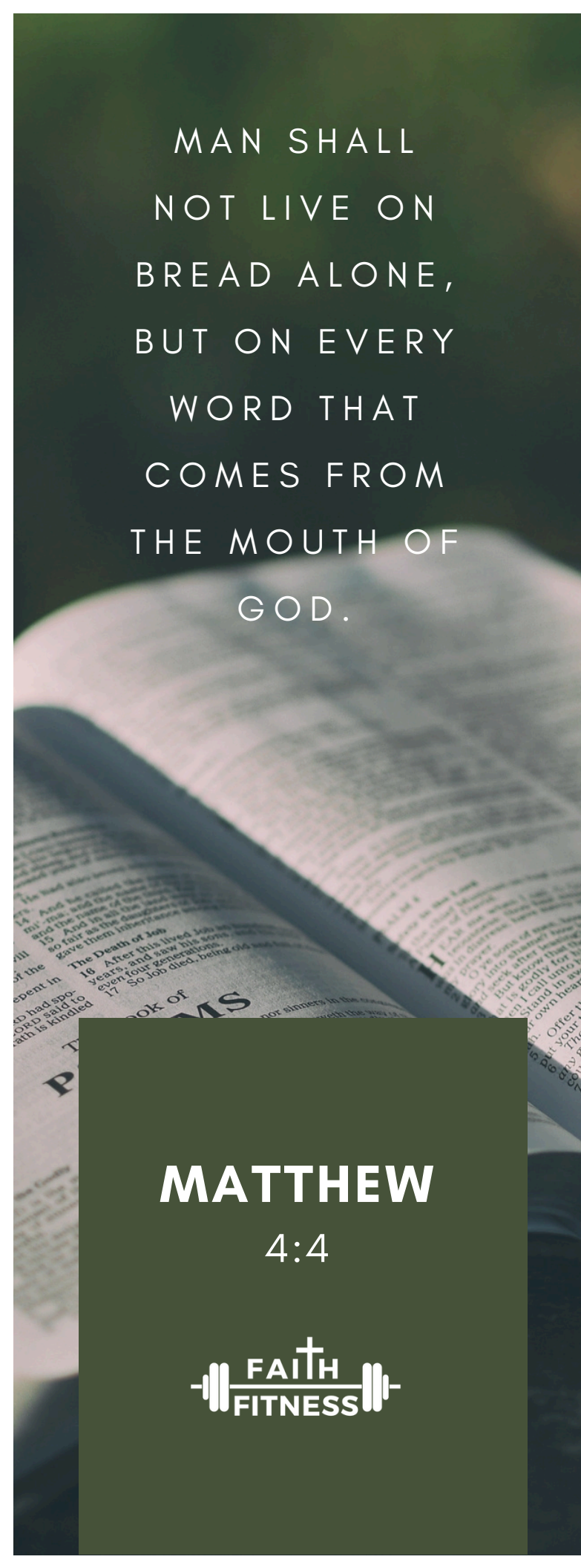


AND WE KNOW
THAT IN ALL
THINGS GOD
WORKS FOR THE
GOOD OF THOSE
WHO LOVE HIM,
WHO HAVE BEEN
CALLED
ACCORDING TO
HIS PURPOSE.

ROMANS

8:28

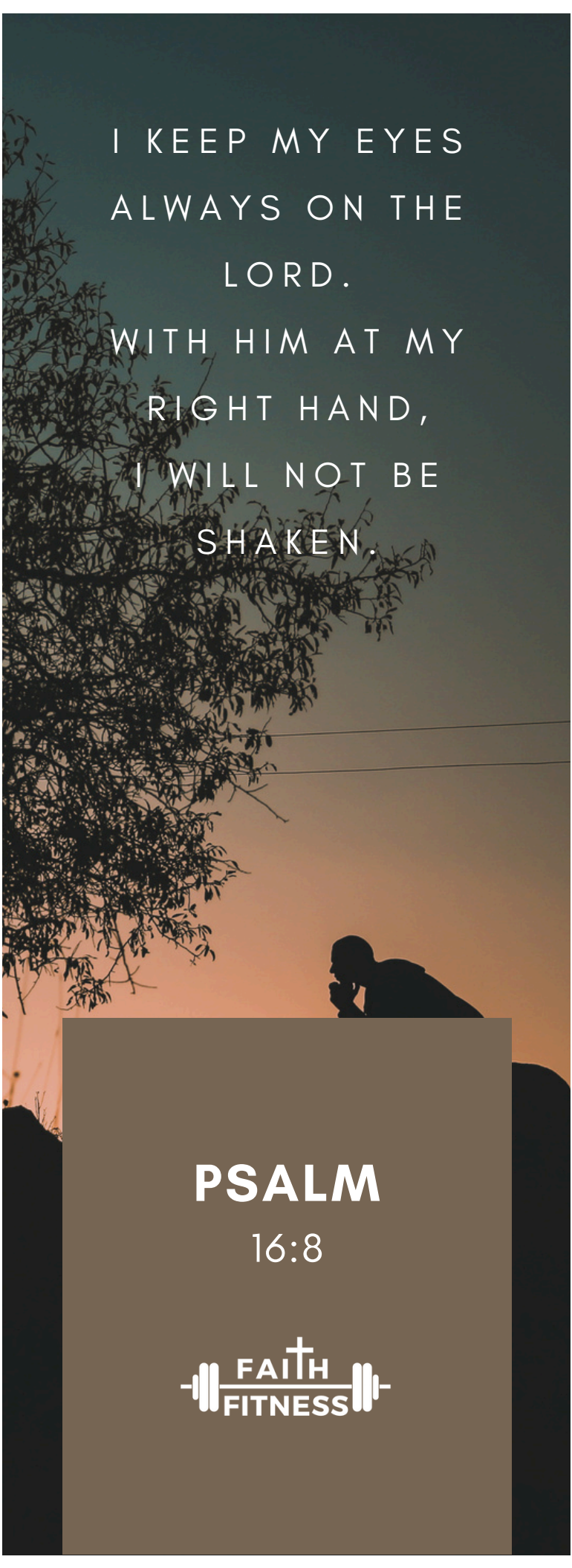




MAN SHALL
NOT LIVE ON
BREAD ALONE,
BUT ON EVERY
WORD THAT
COMES FROM
THE MOUTH OF
GOD.

MATTHEW

4:4

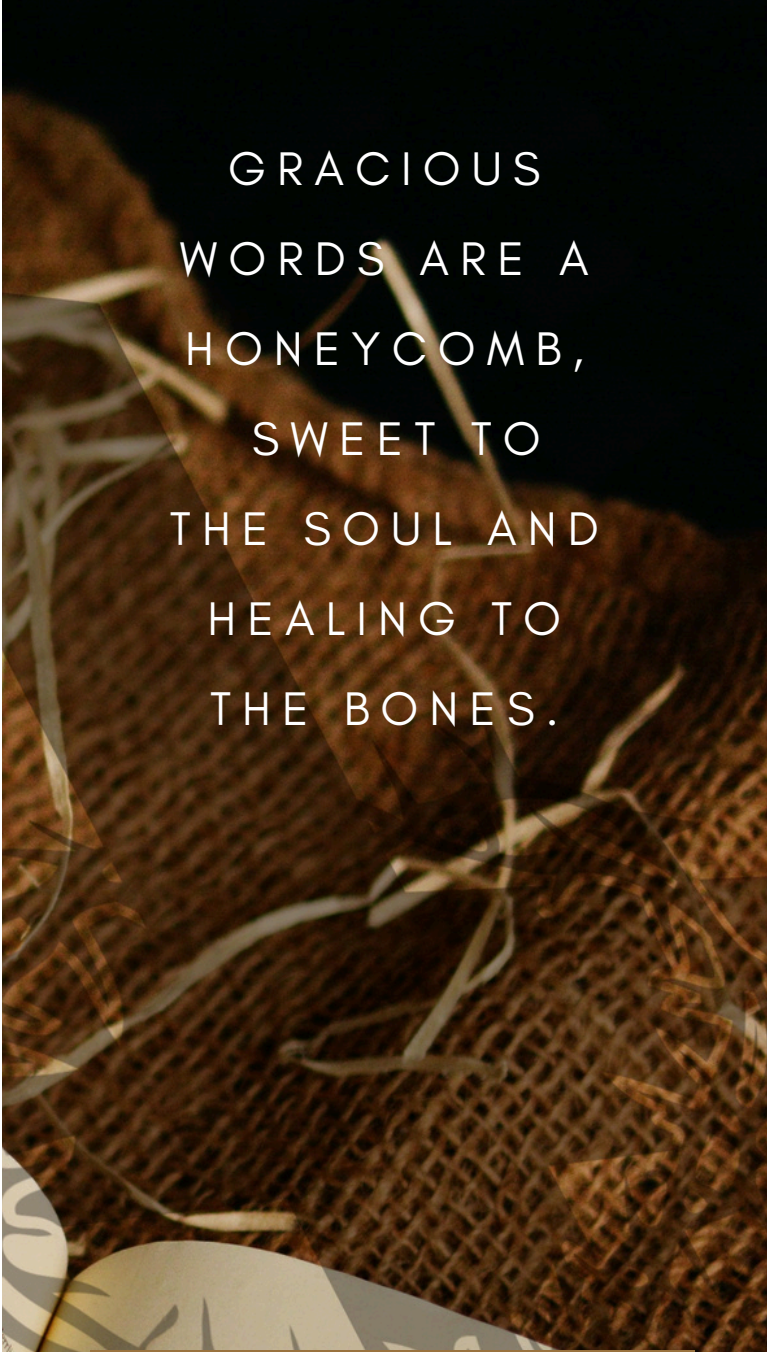


I KEEP MY EYES
ALWAYS ON THE
LORD.
WITH HIM AT MY
RIGHT HAND,
I WILL NOT BE
SHAKEN.

PSALM

16:8

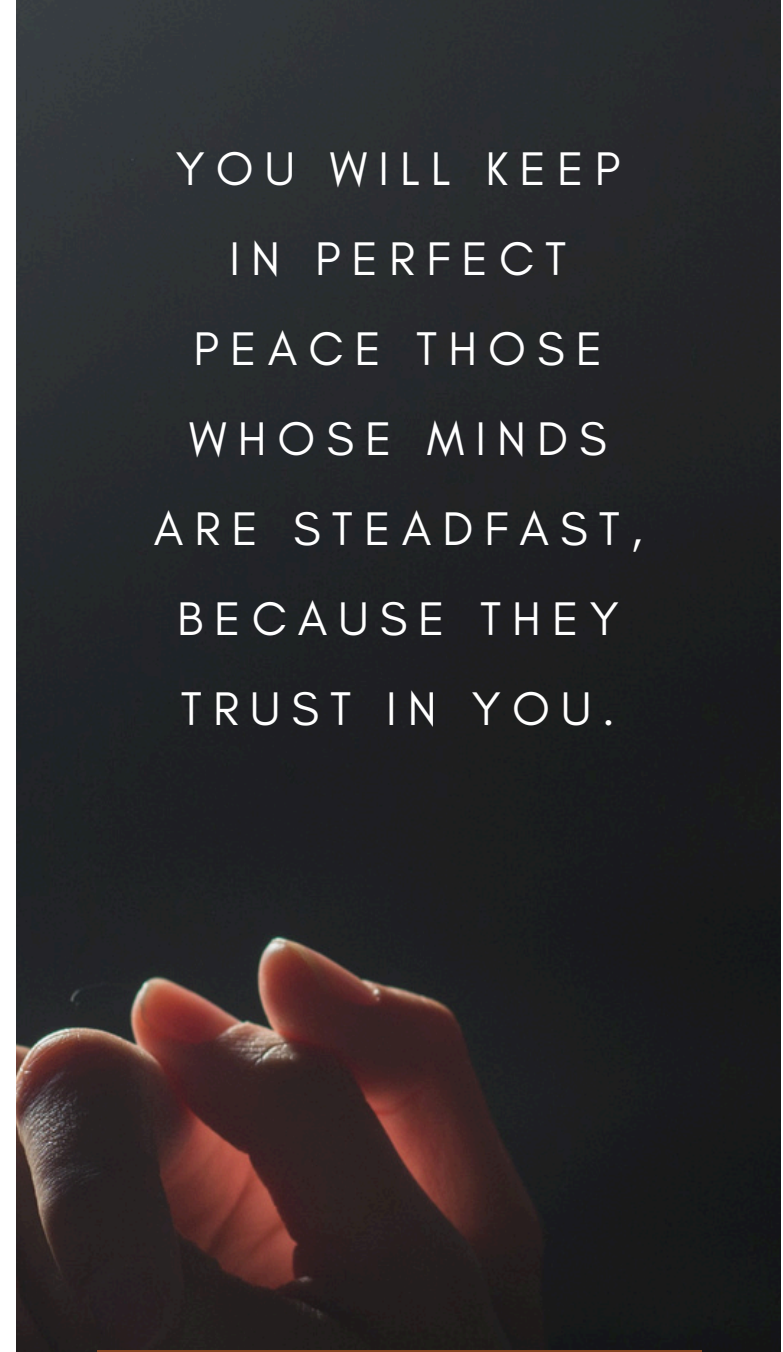




GRACIOUS
WORDS ARE A
HONEYCOMB,
SWEET TO
THE SOUL AND
HEALING TO
THE BONES.

PROVERBS

16:24



YOU WILL KEEP
IN PERFECT
PEACE THOSE
WHOSE MINDS
ARE STEADFAST,
BECAUSE THEY
TRUST IN YOU.

ISAIAH

26:3

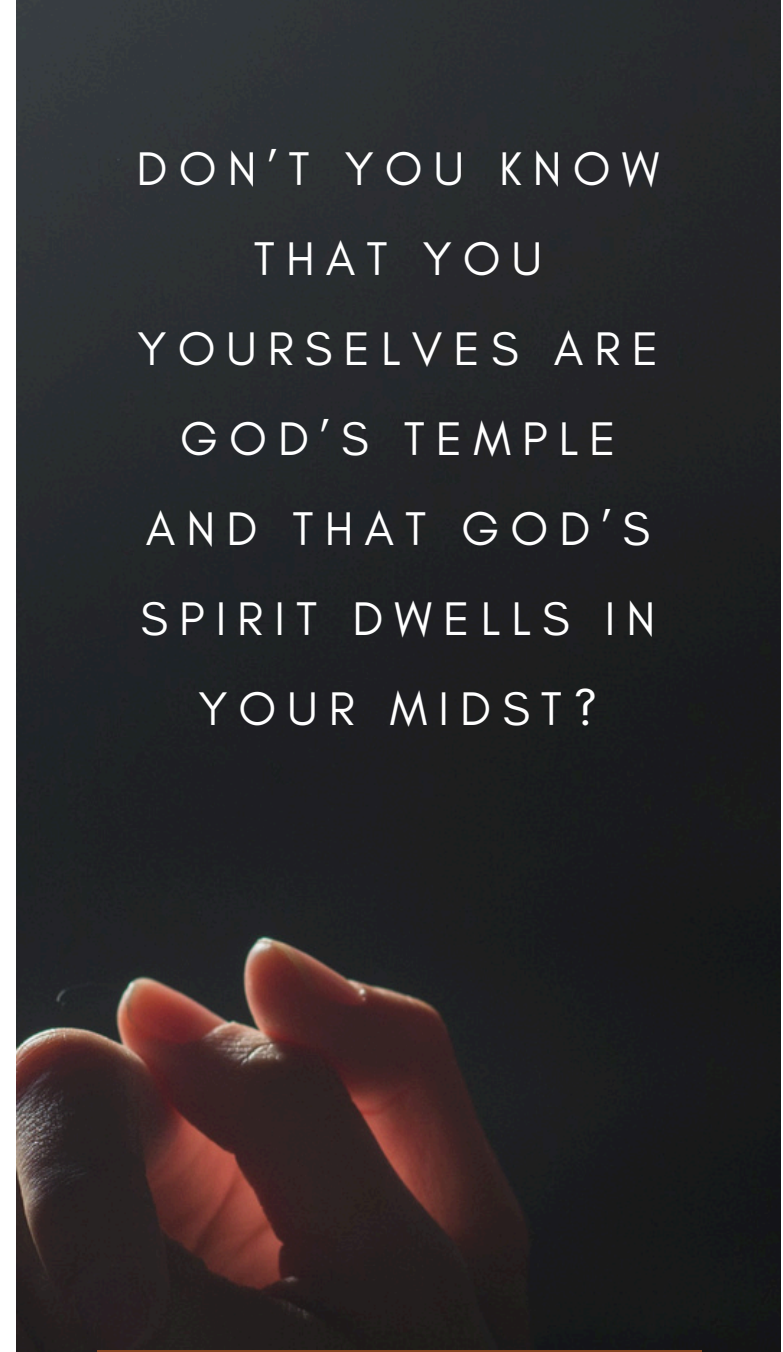




TASTE AND
SEE THAT THE
LORD IS
GOOD;
BLESSED IS
THE ONE WHO
TAKES REFUGE
IN HIM.

PSALM

34:8



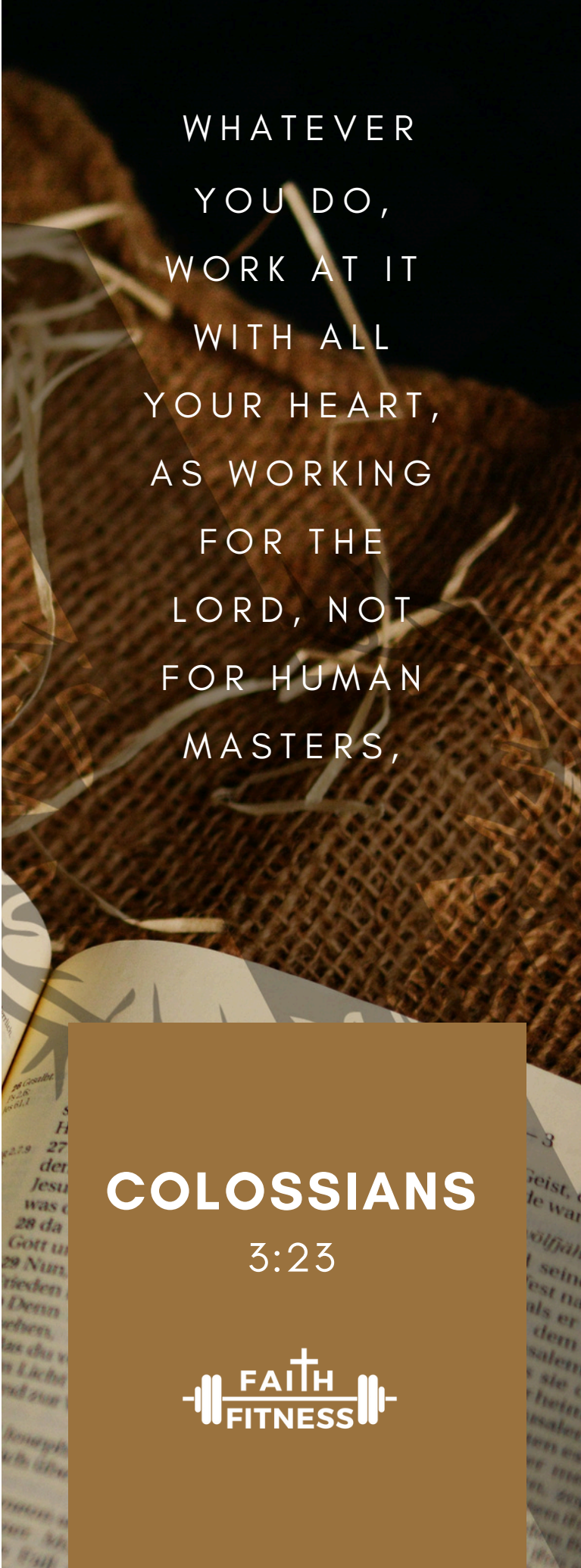
DON'T YOU KNOW
THAT YOU
YOURSELVES ARE
GOD'S TEMPLE
AND THAT GOD'S
SPIRIT DWELLS IN
YOUR MIDST?

1

CORINTHIANS

3:16

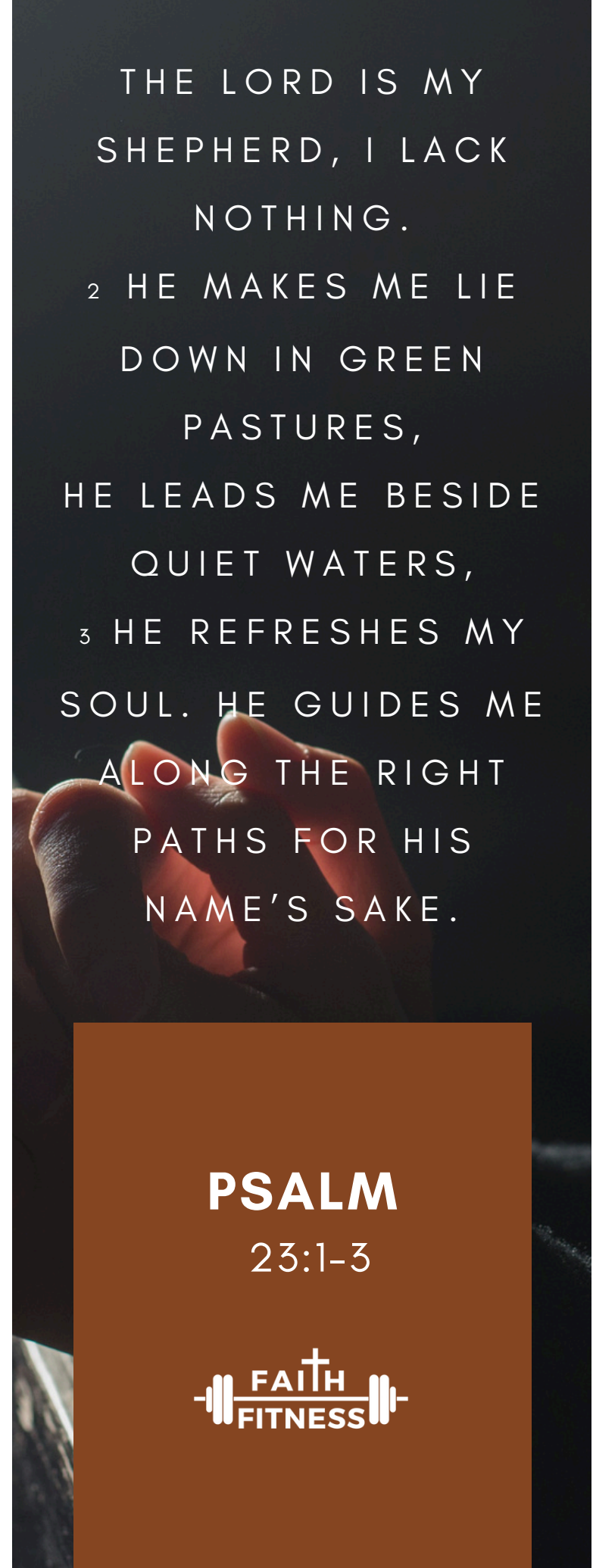




WHATEVER
YOU DO,
WORK AT IT
WITH ALL
YOUR HEART,
AS WORKING
FOR THE
LORD, NOT
FOR HUMAN
MASTERS,

COLOSSIANS

3:23



THE LORD IS MY
SHEPHERD, I LACK
NOTHING.
² HE MAKES ME LIE
DOWN IN GREEN
PASTURES,
HE LEADS ME BESIDE
QUIET WATERS,
³ HE REFRESHES MY
SOUL. HE GUIDES ME
ALONG THE RIGHT
PATHS FOR HIS
NAME'S SAKE.

PSALM

23:1-3

