**Relevant Health Scriptures**

**1 Corinthians 6:19-20**ESV

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

**1 Timothy 4:8**ESV

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

**Genesis 1:29**ESV

And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.

**3 John 1:2**ESV

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

**Philippians 4:13**ESV

I can do all things through him who strengthens me.

**Ezekiel 4:9**ESV

“And you, take wheat and barley, beans and lentils, millet and emmer, and put them into a single vessel and make your bread from them. During the number of days that you lie on your side, 390 days, you shall eat it.

**Romans 12:1**ESV

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

**Galatians 5:22-23**ESV

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

**Psalm 18:34**ESV

He trains my hands for war, so that my arms can bend a bow of bronze.

**Ephesians 5:18**ESV

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,

**Daniel 1:15-16**ESV

At the end of ten days it was seen that they were better in appearance and fatter in flesh than all the youths who ate the king's food. So the steward took away their food and the wine they were to drink, and gave them vegetables.

**Proverbs 14:30**ESV

A tranquil heart gives life to the flesh, but envy makes the bones rot.

**James 1:16-17**ESV

Do not be deceived, my beloved brothers. Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.

**Exodus 23:25**ESV

You shall serve the Lord your God, and he will bless your bread and your water, and I will take sickness away from among you.

**2 Timothy 1:7**ESV

For God gave us a spirit not of fear but of power and love and self-control.

**Daniel 1:8**ESV

But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank. Therefore he asked the chief of the eunuchs to allow him not to defile himself.

**Proverbs 3:7-8**ESV

Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones.

**Genesis 2:3-8**ESV

So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation. These are the generations of the heavens and the earth when they were created, in the day that the Lord God made the earth and the heavens. When no bush of the field was yet in the land and no small plant of the field had yet sprung up—for the Lord God had not caused it to rain on the land, and there was no man to work the ground, and a mist was going up from the land and was watering the whole face of the ground— then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. ...

**1 Timothy 6:1-21**ESV

Let all who are under a yoke as slaves regard their own masters as worthy of all honor, so that the name of God and the teaching may not be reviled. Those who have believing masters must not be disrespectful on the ground that they are brothers; rather they must serve all the better since those who benefit by their good service are believers and beloved. Teach and urge these things. If anyone teaches a different doctrine and does not agree with the sound words of our Lord Jesus Christ and the teaching that accords with godliness, he is puffed up with conceit and understands nothing. He has an unhealthy craving for controversy and for quarrels about words, which produce envy, dissension, slander, evil suspicions, and constant friction among people who are depraved in mind and deprived of the truth, imagining that godliness is a means of gain. ...

**Colossians 2:20-23**ESV

If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations— “Do not handle, Do not taste, Do not touch” (referring to things that all perish as they are used)—according to human precepts and teachings? These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.

**Matthew 6:22-23**ESV

“The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

**Proverbs 18:20-21**ESV

From the fruit of a man's mouth his stomach is satisfied; he is satisfied by the yield of his lips. Death and life are in the power of the tongue, and those who love it will eat its fruits.

**Deuteronomy 14:1-21**ESV

“You are the sons of the Lord your God. You shall not cut yourselves or make any baldness on your foreheads for the dead. For you are a people holy to the Lord your God, and the Lord has chosen you to be a people for his treasured possession, out of all the peoples who are on the face of the earth. “You shall not eat any abomination. These are the animals you may eat: the ox, the sheep, the goat, the deer, the gazelle, the roebuck, the wild goat, the ibex, the antelope, and the mountain sheep. ...

**1 Timothy 6:17**ESV

As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy.

**Matthew 6:21**ESV

For where your treasure is, there your heart will be also.

**Matthew 5:13-16**ESV

“You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. “You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

**Psalm 107:8-9**ESV

Let them thank the Lord for his steadfast love, for his wondrous works to the children of man! For he satisfies the longing soul, and the hungry soul he fills with good things.

**Deuteronomy 30:1-20**ESV

“And when all these things come upon you, the blessing and the curse, which I have set before you, and you call them to mind among all the nations where the Lord your God has driven you, and return to the Lord your God, you and your children, and obey his voice in all that I command you today, with all your heart and with all your soul, then the Lord your God will restore your fortunes and have compassion on you, and he will gather you again from all the peoples where the Lord your God has scattered you. If your outcasts are in the uttermost parts of heaven, from there the Lord your God will gather you, and from there he will take you. And the Lord your God will bring you into the land that your fathers possessed, that you may possess it. And he will make you more prosperous and numerous than your fathers. ...

**1 Timothy 6:18-20**ESV

They are to do good, to be rich in good works, to be generous and ready to share, thus storing up treasure for themselves as a good foundation for the future, so that they may take hold of that which is truly life. O Timothy, guard the deposit entrusted to you. Avoid the irreverent babble and contradictions of what is falsely called “knowledge,”

**Philippians 4:6-9**ESV

Do not be anxious about anything, 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 understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

**Luke 6:37-38**ESV

“Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.”

**Jeremiah 29:11-12**ESV

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you.

**Proverbs 31:17**ESV

She dresses herself with strength and makes her arms strong.

**Proverbs 15:14-16**ESV

The heart of him who has understanding seeks knowledge, but the mouths of fools feed on folly. All the days of the afflicted are evil, but the cheerful of heart has a continual feast. Better is a little with the fear of the Lord than great treasure and trouble with it.

**Proverbs 15:13**ESV

A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

**Proverbs 11:25**ESV

Whoever brings blessing will be enriched, and one who waters will himself be watered.

**Proverbs 3:13-18**ESV

Blessed is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver and her profit better than gold. She is more precious than jewels, and nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are ways of pleasantness, and all her paths are peace. ...

**Proverbs 3:1-4**ESV

My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you. Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man.

**Psalm 146:4**ESV

When his breath departs, he returns to the earth; on that very day his plans perish.

**Psalm 145:21**ESV

My mouth will speak the praise of the Lord, and let all flesh bless his holy name forever and ever.

**Psalm 34:11-13**ESV

Come, O children, listen to me; I will teach you the fear of the Lord. What man is there who desires life and loves many days, that he may see good? Keep your tongue from evil and your lips from speaking deceit.

**Psalm 34:8-9**ESV

Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him! Oh, fear the Lord, you his saints, for those who fear him have no lack!

**Psalm 23:6**ESV

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

**Psalm 18:1-50**ESV

To the choirmaster. A Psalm of David, the servant of the Lord, who addressed the words of this song to the Lord on the day when the Lord rescued him from the hand of all his enemies, and from the hand of Saul. He said: I love you, O Lord, my strength. The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. I call upon the Lord, who is worthy to be praised, and I am saved from my enemies. The cords of death encompassed me; the torrents of destruction assailed me; the cords of Sheol entangled me; the snares of death confronted me. ...

**Job 42:16-17**ESV

And after this Job lived 140 years, and saw his sons, and his sons' sons, four generations. And Job died, an old man, and full of days.

**Job 42:10**ESV

And the Lord restored the fortunes of Job, when he had prayed for his friends. And the Lord gave Job twice as much as he had before.

**Deuteronomy 34:7**ESV

Moses was 120 years old when he died. His eye was undimmed, and his vigor unabated.

**Deuteronomy 5:33-6:5**ESV

You shall walk in all the way that the Lord your God has commanded you, that you may live, and that it may go well with you, and that you may live long in the land that you shall possess. “Now this is the commandment, the statutes and the rules that the Lord your God commanded me to teach you, that you may do them in the land to which you are going over, to possess it, that you may fear the Lord your God, you and your son and your son's son, by keeping all his statutes and his commandments, which I command you, all the days of your life, and that your days may be long. Hear therefore, O Israel, and be careful to do them, that it may go well with you, and that you may multiply greatly, as the Lord, the God of your fathers, has promised you, in a land flowing with milk and honey. “Hear, O Israel: The Lord our God, the Lord is one. ...

**Exodus 19:5**ESV

Now therefore, if you will indeed obey my voice and keep my covenant, you shall be my treasured possession among all peoples, for all the earth is mine;

**Ephesians 6:2-3**ESV

“Honor your father and mother” (this is the first commandment with a promise), “that it may go well with you and that you may live long in the land.”

**Romans 12:2**ESV

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

**John 10:10-11**ESV

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. I am the good shepherd. The good shepherd lays down his life for the sheep.

**Luke 10:30-37**ESV

Jesus replied, “A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him and departed, leaving him half dead. Now by chance a priest was going down that road, and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him. ...

**Mark 1:34**ESV

And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him.

**Matthew 6:33-34**ESV

But seek first the kingdom of God and his righteousness, and all these things will be added to you. “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

**Matthew 6:25**ESV

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

**Proverbs 19:8**ESV

Whoever gets sense loves his own soul; he who keeps understanding will discover good.

**Psalm 19:13-14**ESV

Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression. Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

**Deuteronomy 29:9**ESV

Therefore keep the words of this covenant and do them, that you may prosper in all that you do.