

## Scriptures Related to Weight Management

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)

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free." John 8:31-32

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)

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins. He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit. Romans 8:1-4

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)

You satisfy me more than the richest of foods. Psalm 63:5 (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. Psalm 145:15-16 (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)

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)

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. Romans 12:2

Think about the things of heaven, not the things of earth. Colossians 3:2

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. Ephesians 2:10

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! 2 Corinthians 5:17

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8

Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace. Well then, since God's grace has set us free from the law, does that mean we can go on sinning? Of course not! Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin (or food), which leads to death, or you can choose to obey God, which leads to righteous living. Romans 6:14-16

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. Psalm 38: 3-8 (NLT)

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

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)

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

For He has satisfied the thirsty soul, and the hungry soul He has filled with what is good. Psalm 107:9

Those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary. Isaiah 40:31

For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. Romans 14:17

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. 2 Corinthians 5:17

For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus. Philippians 1:6

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

Those who cling to worthless idols forfeit the grace that could be theirs. Jonah 2:8

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Galatians 5:22-23

I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing. John 15:5

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. For my yoke is easy to bear, and the burden I give you is light." Matthew 11:28-30

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)

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