



FIT IN FAITH

## Scripture for Wellness

*Verses on the body, health, and perseverance, with a word on each*

These passages connect our faith to the care we give our bodies. Use them to open a session, to close in reflection, or to hand out for the week. Each one comes with a short thought to help you share it with your group.

### 1 Corinthians 6:19–20

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”*

**Why it matters:** Caring for our health is not vanity. It is one way we honor God with what he has entrusted to us.

### Isaiah 40:31

*“But 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.”*

**Why it matters:** On the days when progress feels slow, this reminds us that our strength is renewed when we lean on God, not only on ourselves.

### Philippians 4:13

*“I can do all this through him who gives me strength.”*

**Why it matters:** A verse to carry into a hard workout or a hard week. Our effort and God's strength work together.

### Proverbs 16:3

*“Commit to the Lord whatever you do, and he will establish your plans.”*

**Why it matters:** When we give our health goals to God, we make our plans with him rather than apart from him.

### 3 John 1:2

*“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.”*

**Why it matters:** God cares about our whole selves, body and soul together. Wellness of one supports the other.