

Scriptural Promises to Pray Over Your Health Every Day

I recently spent some time updating a list I have of scriptures related to health and wellness. It now includes over 66 verses that follow.

PDF Version – This is a version of these Bible verses about wellness in a printable pdf format.

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 Cor. 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” (Rom. 12:1).

Biblical Truths/Promises Related to Wellness:

“Do not waste time arguing over godless ideas and old wives’ tales. Instead, train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” This is a trustworthy saying, and everyone should accept it” (1 Tim. 4:7-9).

“A peaceful heart leads to a healthy body; jealousy is like cancer in the bones” (Prov. 14:30).

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” (Prov. 3:7-8).

"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'" (Matt. 11:28-29).

"You satisfy me more than the richest feast" (Ps. 63:5a).

"He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint" (Isa. 40:29-31).

"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" (Ps. 145:15-16).

"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" (Prov. 3:7-8).

"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 to me, and you will eat what is good. You will enjoy the finest food" (Isa. 55:1-2).

"The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring" (Isa. 58:11).

"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" (Ex. 23:25).

"A cheerful heart does good like medicine, but a broken spirit

makes one sick” (Prov. 17:22, TLB).

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

“The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him” (Ps. 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” (Ps. 38:3-8, NLT).

Stress and Your Health:

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

“Worry weighs a person down; an encouraging word cheers a person up” (Prov. 12:25).

“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, will guard your hearts and your minds in Christ Jesus” (Phil. 4:6-7, NASB).

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law” (Gal. 5:22-23).

Other Scriptures Related to Health and Wellness:

“So whether you eat or drink or whatever you do, do it all for the glory of God” (1 Cor. 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). {eoa}

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