



## **Spiritual Wellness: The Physical Body**

All wellness begins in the spiritual. These are scripture inspired declarations from the Message version. Decree these declarations, post them on your walls, and see yourself healed.

My body glows with health, my bones vibrate with life. (Proverbs 3:5-12)

I am shimmering with health. (Gen 41:1-4)

I am healthy as before. (Exodus 4:7)

I am healthy and without defects. (Exodus 29:1-4):

I present myself to God healthy. (Numbers 6:13-17)

I am whole and I am all healthy. (Numbers 28:11)

I am healthy, healthy, healthy. (Numbers 88:11)

Be healthy. (Numbers 28:31)

I am healthy, bright eyed and good looking. (1 Samuel 16:12)

I am a picture of health; trim, fit, and youthful. (Job 15: 27-35)

Health is peace. (1 Kings 5:10-12)

I am restored to health. (2 Chronicles 7:12-18)

Before I know it, I am healed; the very picture of health. (Job 33:23-25)

I taste goodness, I taste health. (Psalm 18:25-27)

I am good. The good get planted on good land and put down healthy roots. (Psalm 37:27-29)

God listens from heaven, forgives my sins, and restores my health. (Psalm 37:27-29)

I keep my eye on my health. (Psalm 37:37-38)

Whenever I am sick God becomes my nurse and nurses me back to health. (Psalm 41:1-3)

God has given me a clean bill of health. (Psalm 51:7-15)

My face glows with health. (Psalm 104:1-23)

Those that discover these words live, really live, body, and soul; they're bursting with health. (Proverbs 4:20-22)

A cheerful disposition is good for my health. (Proverbs 17:22)

A healthy spirit conquers adversity. (Proverbs 18:14)

I glow with health, red-blooded, and radiant! (Song of Solomon 5:10-16)

I am healthy, intelligent, and well educated. (Daniel 1:3-5).

I am assigned a diet that I may be healthy. (Daniel 1:8-10)

God is the one who gave me a good mind and healthy body. (Hosea 7:11-16)

God brings health to the sick. (Matthew 10:5-8)

If I grow a healthy tree, I will pick healthy fruit. (Matthew 12:33)

God heals. (Matthew 15:29-31)

My skin is smooth and healthy. (Mark 1:41-45)

My children grow up healthy and spirited. (Luke 1:80)

The health of the apple tells the health of the tree. (Luke 6:43-45)

I'm back here with a clean bill of health. (Luke 23:13-16)

I stand before you healthy and whole. (Acts 4:8-12)

Let everyone have a healthy respect for God. (Acts 5:11)

I take responsibility for my health; the health of my body. (2 Corinthians 2:9-11)

I grow up healthy in God only as he nourishes me. (Colossians 2:18-19)

His very breath and blood flow through us, nourishing us, so that we will grow up healthy in God, robust in love. (Ephesians 4:14-16)