

30 Faith-Filled Truths to Fuel Your Fitness Goals

Take Care of Your Body

Do you not know that your body is a temple 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 body. – 1 Corinthians 6:19-20 NIV

Discipline

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. – 2 Timothy 1:7 NLT

Body Confidence

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. – Psalm 139:14 ESV

You Are Beautiful to God

You are altogether beautiful, my darling; there is no flaw in you. – Song of Solomon 4:7 NIV

Exercise

Remember that in a race everyone runs, but only one person gets the prize. You also must run in such a way that you will win. All athletes practice strict self-control. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run straight to the goal with purpose in every step. I am not like a boxer who misses his punches. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. – 1 Corinthians 9:24-27 NLT

Discipline to be Healthy

Avoid compulsive behavior (including with food) of all kinds to honor God. “‘Everything is permissible for me’ – but not everything is beneficial. ‘Everything is permissible for me’ – but I will not be mastered by anything... Therefore, Honor God with your body. – 1 Corinthians 6:12, 20b, NIV

Physical Strength

She dresses herself with strength and makes her arms strong. – Proverbs, 31:17 ESV

Forgiveness

As far as east is from west— that’s how far God has removed our sin from us. – Psalm 103:12 CEB

Confidence

So don’t lose your confidence, since it holds a great reward for you. – Hebrews 10:35, ISV

Purpose

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. – Phil 1:6 NAS

Fear

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. – Isaiah 41:10 NIV

Self-control

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. – Galatians 5:22-23, NFJV

Comparing

Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else” (Galatians 6:4, NIV). Thinking: “Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious– the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. – Philippians 4:8, MSG

Uncertainty

Trust in the LORD with all your heart; and lean not unto your own understanding. In all your ways acknowledge him, and he shall direct your paths. –Proverbs 3:5-6 NKJV

Faith

For we walk by faith, not by sight. – 2 Corinthians, 5:7 ESV

Balance

Don't drink too much wine and get drunk; don't eat too much food and get fat. Drunks and gluttons will end up on skid row, in a stupor and dressed in rags. – Proverbs 23:20-21 MSG

Confusion and Indecision

All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one. – Matthew 5:37 NIV

Wisdom

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. – James 1:5 NIV

Purpose and plan

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. – Jeremiah 29:11 ESV

Starting Over

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! – 2 Corinthians 5:17 NIV

Renewing Your Mind

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. – Romans 12:2 ESV

Strength to Overcome

No, in all these things we are more than conquerors through him who loved us. – Romans, 8:37

Hope

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. – Isaiah 40:31 NIV

Exhaustion/Rest

Come to me, all you who are weary and burdened, and I will give you rest. – Matthew 11:28 NIV

Anxiety

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. – Philippians 4:6-7 NET

Owning Your Part

All hard work brings a profit, but mere talk leads only to poverty. –Proverbs 14:23 NIV

Pain

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away. – Revelation 21:4 ESV Worry: Give all your worries and cares to God, for he cares about you. – 1 Peter 5:7 NLT

Extremes

Be well balanced (temperate, sober of mind), be vigilant {and} cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon {and} devour. – 1 Peter 5:8 AMP

Health from the Inside Out

Dear friend, I pray that you are doing well in every way and that you are healthy, just as your soul is healthy. – 3 John 1:2, ISV