

## #FATDEMON 21 Day Challenge

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### Scriptures that encourage a healthy lifestyle

- Deuteronomy 8:3b– Man does not live on bread alone but on every word that comes from the mouth of the LORD.
- Deuteronomy 30:15-20 - “See, I have set before you today life and prosperity, and death and adversity... So choose life in order that you may live...”
- Joshua 24:15 - See, I set before you today life and prosperity, death and destruction...then choose for yourselves this day whom you will serve...we will serve the LORD.
- Psalm 28:7 The LORD is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.
- Psalm 139:23-24 - Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.
- Isaiah 40:29 - He giveth power to the faint; and to them that have no might he increaseth strength.
- Isaiah 50:7 - Because the Sovereign LORD helps me, I will not be disgraced. Therefore have I set my face like flint, and I know I will not be put to shame.
- Matthew 4:4 - But Jesus told him, No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’
- Mark 9:23b - “Everything is possible for one who believes.”
- Romans 8:1-2 - Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.
- Romans 8:5 - Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.
- Romans 8:26 - At the same time the Spirit also helps us in our weakness, because we don’t know how to pray for what we need. But the Spirit intercedes along with our groans that cannot be expressed in words.

- Romans 12:1 - Therefore I exhort you, brothers and sisters, by the mercies of God, to present your bodies as a sacrifice—alive, holy, and pleasing to God—which is your reasonable service.
- 1 Corinthians 3:16 - Don't you know that you are God's temple and that God's Spirit lives in you?
- 1 Corinthians 9:27 - 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 10:13 - There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able;
- 1 Corinthians 10:31 - Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.
- 1 Corinthians 6:12 - I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.
- 1 Corinthians 6:19-20 - Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.
- 1 Corinthians 9:27 - but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.
- 2 Corinthians 10:5 - We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.
- Galatians 5:16 - I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.
- Galatians 5:16 - So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.
- Galatians 5:22-23 - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.
- Ephesians 3:20 - Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us

- Ephesians 6:10 - Finally, receive your power from the Lord and from his mighty strength.
- Philippians 3:13-14— I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.
- Philippians 4:12-13— I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.
- Philippians 4:13 I can do all things through him who strengthens me.
- Colossians 3:17 Everything you say or do should be done in the name of the Lord Jesus, giving thanks to God the Father through him.
- 1 Timothy 4:8 - For physical exercise has some value, but godliness is valuable in every way. It holds promise for the present life and for the life to come.
- 2 Timothy 1:12b— I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him until that day.
- Titus 2:12 It trains us to renounce ungodly living and worldly passions so that we might live sensible, honest, and godly lives in the present age.
- 1 Peter 5:8— Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.