

Verses of Encouragement for Women

On Body Image

“Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.”
(Proverbs 31:30)

“For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.” (1 Timothy 4:8)

“You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.”
(Psalm 139:13-14)

“The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.” (1 Samuel 16:7)

“Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.” (Proverbs 3:7-8)

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”
(Romans 12:2)

On Motherhood and Marriage

“Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won’t need to compare yourself to anyone else.” (Galatians 6:4)

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”
(Colossians 3:23)

“Children are a heritage from the Lord, offspring a reward from him.” (Psalm 127:3)

“Come to me, all you who are weary and burdened, and I will give you rest.” (Matthew 11:28)

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” (1 Thessalonians 5:16-18)

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”
(Galatians 6:9)

“A wife of noble character who can find? She is worth far more than rubies...She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness. Her children arise and call her blessed; her husband also, and he praises her...Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.” (Proverbs 31:10-30)

On Self-Worth

“For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” (Ephesians 2:10)

“So God created man in His *own* image; in the image of God He created him; male and female He created them.” (Genesis 1:27)

“But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows.” (Luke 12:28)

“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.” (2 Corinthians 3:18)

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.” (2 Corinthians 5:17)

“But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light” (1 Peter 2:9)

*“The rain came down,
the streams rose,
and the winds blew and beat against that house;
yet it did not fall,
because it had its **foundation** on the rock.”
(Matthew 7:25)*
