



10 BIBLE VERSES FOR *cultivating healthy body image*

>> I am made in the image of God.

“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}

>> I am fearfully and wonderfully made.

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

>> I am royalty.

“But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.” {1 Peter 2:9}

>> I was created for a specific purpose.

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” {Ephesians 2:10}

>> I am known and valuable.

“But even the hairs of your head are all numbered.” {Matthew 10:30}

>> My mind can be renewed.

“Do not be conformed to this world, but be transformed by the renewal of your mind.” {Romans 12:2}

>> My spiritual health has eternal value.

“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}

>> God cares more about my heart than my outward appearance.

“For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.”
{1 Samuel 16:7}

>> Jesus died for me and my body is not my own.

“You are not your own, for you were bought with a price. So glorify God in your body.” {1 Corinthians 6:20}

>> When I pursue the King, I cultivate inner beauty and bring glory to Him.

“But let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.” {1 Peter 3:4}