



BIBLE VERSES FOR A HEALTHY LIFE



BIBLE VERSES TO START YOUR DAY

In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly. **[Psalms 5:3]**

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life. **[Psalms 143:8]**

BIBLE VERSES FOR A GOOD NIGHT'S SLEEP



In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety. **[Psalms 4:8]**

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." **[Psalms 91:1-2]**



BIBLE VERSES FOR DAILY LIFE



Though I walk in the midst of trouble, you preserve my life.

You stretch out your hand against the anger of my foes; with your right hand you save me. **[Psalm 138:7]**

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you. **[Deuteronomy 31:6]**

