

# Godly Words on Health and Healing: Updated 3/2/15

## Old Testament

### Genesis

God blessed the seventh day and made it a holy day, because on that day he rested from all the work he had done in creating the world. Genesis 2:3 (NCV)

So a man will leave his father and mother and be united with his wife, and the two will become one body. Genesis 2:24 (NCV)

### Exodus

Remember to observe the Sabbath day by keeping it holy. Six days a week are set apart for your daily duties and regular work, but the seventh day is a day of rest dedicated to the Lord your God. Exodus 20:8-10 (NLT)

### Job

In His hand is the life of every creature and the breath of all mankind Job 12:10

### Psalms

"But, Lord, you are my shield, my wonderful God who gives me courage." Psalms 3:3 NCV

"I can lie down and go to sleep, and I will wake up again, because the Lord gives me strength." Psalms 3:5 NCV

"Answer me when I pray to you, my God who does what is right. Make things easier for me when I am in trouble. Have mercy on me and hear my prayer." Psalms 4:1 NCV

"When you are angry, do not sin." Psalms 4:4 NCV

"I go to bed and sleep in peace, because, Lord, only you keep me safe." Psalms 4:8 NCV

"Lord, listen to my words. Understand my sadness. Listen to my cry for help, my King and my God, because I pray to you." Psalms 5:1, 2 NCV

"Lord, every morning you hear my voice. Every morning, I tell you what I need, and I wait for your answer." Psalms 5:3 NCV

"But let everyone who trusts you be happy; let them sing glad songs forever. Protect those who love you and who are happy because of you." Psalms 5:11 NCV

"Lord, have mercy on me because I am weak. Heal me, Lord, because my bones ache." Psalms 6:2 NCV

"The Lord has heard my cry for help; the Lord will answer my prayer." Psalms 6:9 NCV

Lord our Lord, your name is the most wonderful name in all the earth! (Psalms 8:9 NCV)

I will be happy because of you; God Most High, I will sing praises to your name. (Psalms 9:2 NCV)

The Lord defends those who suffer; he defends them in times of trouble. (Psalms 9:9 NCV)

Those who know the Lord trust him, because he will not leave those who come to him. (Psalms 9:10 NCV)

But those who have troubles will not be forgotten. The hopes of the poor will never die. (Psalms 9:18 NCV)

Lord, you have heard what the poor people want. Do what they ask, and listen to them. (Psalms 10:17 NCV)

"O Lord my God, I cried out to you for help, and you restored my health." Psalms 30:2 (NLT)

You (God) satisfy me more than the richest foods. Psalms 63:5 (NLT)

My body and my mind may become weak, but God is my strength. He is mine forever. Psalm 73:26 (NCV)

Then they cried to the Lord in their trouble, and he saved them from their distress. Psalm 107:19

I will never forget your commandments, for you have used them to restore my joy and health. Psalm 119:93 (NLT)

"O lord, you have examined my heart and know everything about me." Psalms 139:1 (NLT)

"You go before me and follow me. You place your hand of blessing on my head." Psalms 139:5( NLT)

"If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me, and your strength will support me." Psalms 139:9, 10 (NLT)

"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." Psalms 139:13, 14 (NLT)

"How precious are your thoughts about me, O God. They cannot be numbered! Psalms 139:17(NLT)

"Search me, O God, and know my heart; test me and know my anxious thoughts. Psalms 139:23

Point out anything in me that offends you, and lead me along the path of everlasting life." Psalms 139:24 (NLT)

He (God) helps the brokenhearted and binds their wounds. Psalm 147:3

## **Proverbs**

Don't be impressed with your own wisdom. Instead, fear the LORD and turn away from evil. Then you will have healing for your body and strength for your bones. Proverbs 3:7-8 (NLT)

My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Proverbs 4:20-22

Above all else, guard your heart, for it is the wellspring of life. Proverbs 4:23

Anxiety in the heart of a man weighs it down, but a good word makes it glad. Proverbs 12:25

A peaceful heart leads to a healthy body; jealousy is like cancer in the bones. Proverbs 14:30 (NLT)

When a man is gloomy, everything seems to go wrong; when he is cheerful, everything seems right. Proverbs 15:15

A cheerful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22(NIV)

## **Isaiah**

You, Lord, give perfect peace even in turmoil to those who keep their purpose firm and put their trust in you. Isaiah 26:3

He gives power to those who are tired and worn out; he offers yeah strength to the weak. Isaiah 40:29

But those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:31 (NLT)

I (God) have carried you since you were born; I have taken care of you from your birth. Even when you are old, I will be the same. Even when your hair has turned gray, I will take care of you. Isaiah 46:3-4

I will sustain you and I will rescue you. Isaiah 46:4???