

Encouraging scripture for your weight loss journey

Scripture is God breathed and the belt of truth buckled around your waist - your armor for the battle! When you need a moment of encouragement, write down one of these scriptures and jot down notes on why it speaks truth to you today.

I can do all things through Christ who gives me strength.

Phillipians 4:13

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive in God.

2 Corinthians 1:3-4

He who dwells in the shelter of the most high will abide 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

The Lord is my strength and my song. He has become my salvation; this is my God and I will praise him.

Exodus 12:2

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, to him be glory in the church and in Christ Jesus throughout all the generations, for ever and ever! Amen.

Ephesians 3:20-21

Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands.

Psalms 63:3-4

You have turned my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing of your praise and not be silent. O Lord my God, I will give thanks to you forever!

Psalms 30:11-12

King David said this concerning Him; 'I see that the Lord is always with me. I will not be shaken. No wonder my heart is glad, and my tongue shouts His praises! My body rests in hope.

Acts 2:25-26

Do not be anxious about anything but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Phillipians 4:6-7

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

James 1:2-4