

DNRS in the Bible

Retraining our Minds—Choosing Right Thinking & Happiness to Heal our Bodies

Key verse: “For though we walk in the body, we are not waging war according to the body. For the weapons of our warfare are not of the body but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God and take every thought captive and make it obedient to Christ.” 2 Corinthians 10:3-5

Our Mind Effects our Health:

- “For as a man thinks within himself, so he is” Proverbs 23:7
- “Those who live according to the body have their minds set on the body, but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the body is death, but to have the mind governed by the Spirit is life and peace.” Romans 8:5-6
- “Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things...practice these things, and God’s peace will be with you.” Philippians 4:8-9
- “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
- “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” Isaiah 26:3

Happiness or Anxiety will Effect our Health:

- “A cheerful heart is good medicine, but a broken spirit saps a person’s strength.” Proverbs 17:22
- “I keep my eyes always on the Lord...my heart is glad and my tongue rejoices; my body also will rest secure.” Psalm 16:8-9
- “Banish anxiety from your heart and cast off the troubles of your body.” Ecclesiastes 11:10
- “Anxiety in a man’s heart weighs him down, but a good word makes him glad.” Proverbs 12:25
- “Cast your burden on the Lord, and he will sustain you” Psalm 55:22

Hope for Healthy Bodies:

- “But I will restore you to health and heal your wounds, declares the Lord.” Jeremiah 30:17
- “Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.” 3 John 1:2
- “Nevertheless, I will bring health and healing. I will heal my people and will let them enjoy abundant peace and security. I will bring Judah and Israel back from captivity^[b] and will rebuild them as they were before. Then they will bring renown, joy, praise and honor before all nations on earth that hear of all the good things I do for it; and they will be in awe and will tremble at the abundant prosperity and peace I provide for it.” Jeremiah 33:6-7,9
- “God gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Isaiah 40:29-31