

SCRIPTURES to claim

1 Corinthians 10:13 ESV – No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Mark 9:23 – And Jesus said to him, “If you can’t! All things are possible for one who believes.

Philippians 4:13 – I can do all things through Christ who strengthens me.

1 Corinthians 6:19-20 – Your body is the temple of the Holy Spirit, who lives in you and was given to you by God. You do not belong to yourself for God bought you with a high price. So you must honor God with your body.

Proverbs 31:17 – She girds herself with strength [spiritual, mental, and physical fitness] for her God-given task and makes her arms strong and firm.

1 John 4:4 – Greater is He that is in you, than he that is in the world.

Romans 12:1 – Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God--this is your true and proper worship.

1 Corinthians 9:26 - So I run with purpose in every step. I am not just shadowboxing.

1 Peter 4:11 - If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.

Ephesians 6:10 – Finally, be strong in the Lord and in the strength of his might.