



Welcome, beloved sister in Christ,

Embarking on a health journey can be both exhilarating and daunting. As Christian women, we know that our bodies are temples of the Holy Spirit, and caring for them is an act of worship. However, in the rush of daily responsibilities and the noise of countless health trends, it's easy to lose sight of the foundational truths that guide us.

"Nourished by Faith" is designed to reconnect you with these truths over the next 21 days. This devotional is more than a guide to physical health; it's an invitation to deepen your relationship with God through the lens of wellness. Each day offers a Scripture verse, a reflection, and an actionable step to help you integrate your faith into your health journey.

This devotional will encourage you to reflect on your identity in Christ, understand your body as a divine gift, and embrace the spiritual disciplines that lead to lasting health. Whether you're looking to revitalize your physical health, find spiritual strength in times of weakness, or simply seek a closer walk with the Lord, these next three weeks will guide you in nurturing both body and soul.

Join me on this journey of health, where each step is taken in faith, each decision is draped in love, and every moment is an opportunity to glorify God in our bodies and spirits, which are His.

Together, let's discover how being *nourished by faith* can transform not only our health but our entire lives.

In His love and strength,
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Day 1: Created in His Image

Genesis 1:27 - So God created mankind in his own image, in the image of God he created them; male and female he created them.

Reflection: Today, reflect on what it means to be created in the image of God. This powerful statement from Genesis isn't just about our physical form but also encompasses our spiritual and emotional makeup. Understanding that we are made in His likeness empowers us to see ourselves as worthy, capable, and significant in His eyes. It invites us to embrace a healthy lifestyle, not just in body, but in spirit and mind as well, aligning our daily actions with His divine blueprint.



Day 2: Chosen for a Purpose

1 Peter 2:9 - But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

Reflection: Reflect on the unique calling God has placed on your life. Being chosen by God means that you have a special role to play in His grand design, one that aligns with your spiritual journey and physical well-being. Recognize that your health journey is not just about personal goals, but about preparing yourself to serve Him fully and energetically.

Action Step: Write down one health-related goal that aligns with your spiritual mission. It could be improving your diet to feel more energized for volunteer work or managing stress better to be more present with your family and community. Pray for guidance and strength to pursue this goal as a way to serve God more effectively.					



Day 3: Strengthened in Faith

Isaiah 40:31 - 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.

Reflection: Consider how your faith and your health journey are interconnected. Trusting in the Lord renews our strength, not just spiritually but physically and mentally. When you feel weak or challenged, remember that the Lord is your source of strength, and through Him, you can overcome any obstacle.

ction Step: Identify one area of your health journey where you feel weak or challenged. Come a daily scripture reading each morning focused on strength and perseverance. Use these oments to pray for renewal and the endurance to continue your health journey.					



Day 4: Living in Freedom

Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Reflection: Freedom in Christ is a profound concept that affects every area of our lives, including our health. Reflect on any habits or beliefs that may be holding you back from fully embracing the freedom Christ offers. This could be a dependency on unhealthy eating, negative self-talk, or neglecting self-care.

egin addressing each, or a suppo	g this week. See	ek resources	s, whether i	t's counsel	from a chu	



Day 5: Rooted in Love

Ephesians 3:17-18 - And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ.

Reflection: Consider how being grounded in Christ's love can transform your view of health and self-care. When you understand the depth of His love, you can care for yourself not out of vanity, but as a steward of His creation.

Action Step: Reflect on your daily routines. Adjust one routine to include an act of self-care that makes you feel loved and cherished by God.



Day 6: The Power of Words

Proverbs 18:21 - Death and life are in the power of the tongue, and those who love it will eat its fruits.

Reflection: Words have the power to build up or break down, both others and ourselves. Today, focus on how your words reflect your inner health and beliefs.

Action Step: Commit to speaking positively about your health journey today. Note how this changes your perspective and feelings throughout the day.



Day 7: Sowing Health

2 Corinthians 9:6 - Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.

Reflection: Health is not just a gift; it's a responsibility. Like a gardener sowing seeds, the effort you put into your health today will bear fruit in the future.

Action Step: Plan and prepare a nutritious meal that honors your body as God's temple. Share this meal with someone as an act of fellowship.



Day 8: Peace in the Storm

Mark 4:39 - He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm.

Reflection: Health journeys often face storms—setbacks or challenges. Reflect on how Jesus calms the storms in your life and brings peace.

Action Step: Identify a recent health setback. Pray for peace and guidance on how to move forward with confidence and trust in God.



Day 9: Joyful in Hope

Romans 12:12 - Be joyful in hope, patient in affliction, faithful in prayer.

Reflection: True joy comes from hope in Christ, not circumstances. No matter the health challenges you face, you can find joy in His promises.

Action Step: Write down three hopeful promises from Scripture related to health and wellness. Reflect on these each morning.



Day 10: The Body as a Temple

1 Corinthians 6:19-20 - "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Reflection: Our bodies are not just physical entities; they are spiritual sanctuaries. How you treat your body reflects your reverence for God. This reverence isn't just about avoiding harm, but actively pursuing health and wellness as an act of worship.

Action Step: Plan a weekly routine that incorporates physical activity that you enjoy and

that honors your body as a temple. This could be anything from a gentle yoga session, a spirited walk in nature, or a fun dance class. Make this activity a regular part of your week as a testament to the joy and honor of maintaining the temple God has entrusted to you.					



Day 11: Faith Moves Mountains

Matthew 17:20 - He replied, 'Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you.

Reflection: Sometimes, the biggest obstacles in health can be overcome by a small but powerful faith in God's power.

Action Step: Identify a "mountain" in your health journey. Take a small step of faith today towards overcoming it, and pray for God's strength.



Day 12: Healing and Wholeness

Jeremiah 17:14 - Heal me, O Lord, and I will be healed; save me and I will be saved, for you are the one I praise.

Reflection: God's desire for us is not just absence of illness, but complete wholeness. Reflect on areas of your life needing God's healing touch.

Action Step: Write a prayer asking for healing in specific areas of your health. Commit to actions that align with this prayer.



Day 13: Gratitude for Health

1 Thessalonians 5:18 - Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Reflection: Gratitude can transform how we view our health and life challenges. Focus today on being thankful for the aspects of your health you often take for granted.

Action Step: Start a health gratitude journal. Each night, write down three things about your health you are thankful for.				



Day 14: Walking in Light

1 John 1:7 - But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

Reflection: Walking in light involves honesty with ourselves and with God about our health and habits.

Action Step: Identify any areas where you might be "walking in darkness" regarding your health. Bring these into the light through prayer and possibly sharing with a trusted friend or coach for accountability.



Day 15: Overcoming Through Christ

Philippians 4:13 - I can do all this through him who gives me strength.

Reflection: No matter the challenge, remember that you are not alone. Christ strengthens us in every endeavor, including our health journey.

Action Step: Choose a challenging physical activity to attempt today. As you do it, meditate on this verse and recognize God's empowering presence.



Day 16: Compassionate Care

Colossians 3:12 - Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Reflection: Caring for ourselves also involves the virtues of compassion and kindness. Treat yourself as you would treat someone you love dearly.

Action Step: Perform a self-care activity today. It could be something simple like taking a long bath, reading a favorite book, or going for a peaceful walk.



Day 17: Bathed in Light

Malachi 4:2 - But for you who revere my name, the sun of righteousness will rise with healing in its rays. And you will go out and frolic like well-fed calves.

Reflection: Just as the sun brings life and light to the world, God's presence illuminates our lives, bringing warmth and healing. Embrace the physical and spiritual benefits of sunlight, which can improve mood, enhance sleep, and support the body's natural rhythms.

Action Step: Make an intentional effort to spend at least 15-20 minutes in natural sunlight today. Whether it's a walk in the park, gardening, or simply sitting by a sunny window, let the sunlight remind you of God's renewing energy. Reflect on how His light guides and nourishes your path and consider how you can bring more natural light into your daily routine.				



Day 18: Courage to Change

Joshua 1:9 - Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Reflection: Changing health habits requires courage. Remember, God is with you in every step of your journey.

Action Step: Identify one fear that holds you back in your health journey. Pray for courage to face this fear and take a step toward overcoming it today.



Day 19: Restorative Rest

Matthew 11:28 - Come to me, all you who are weary and burdened, and I will give you rest.

Reflection: Rest is not just a physical necessity but a divine command. Reflect on how well you incorporate rest into your life.

Action Step: Schedule a time for restful activities today that rejuvenate both your body and spirit. It could be a nap, meditation, or quiet time without electronics.



Day 20: Purity of Heart

Matthew 5:8 - Blessed are the pure in heart, for they will see God.

Reflection: A pure heart can lead to a healthier life. Consider what purity in heart means for your health decisions.

Action Step: Identify any impurities in your life—this could be toxic relationships, unhealthy eating habits, or negative thoughts. Choose one area to begin purifying this week.			



Day 21: Celebrate the Journey

Philippians 1:6 - Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Reflection: As you conclude this 21-day journey, celebrate the progress you've made, no matter how small. God is not finished with you yet!

Action Step: Reflect on the past 21 days. Write down the changes you've noticed in your health and spirituality. Share these changes with a friend or your devotional group to celebrate together.

