

Weight-Loss Challenge

Motivational Scripture

Week 1 | July 26-29

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. 1st Corinthians 10:13

Week 2 | July 30-August 5

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

Week 3 | August 6-12

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Romans 12:1

Week 4 | August 13-19

So, whether you eat or drink, or whatever you do, do all to the glory of God. 1st Corinthians 10:31 ESV

Week 5 | August 20-26

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. Matthew 7:7

Week 6 | August 27-September 2

Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Mark 11:23

Week 7 | September 3-9

No, in all these things we are more than conquerors through him who loved us. Romans 8:37

Week 8 | September 10-16

For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. 1st John 5:4

Week 9 | September 17-23

Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world. 1st John 4:4

Week 10 | September 24-30

What then shall we say to these things? If God is for us, who can be against us? Romans 8:31

Week 11 | October 1-7

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, Hebrews 12:1

Week 12 | October 8-14

Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul. 1st Peter 2:11

Week 13 | October 15-21

But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. Isaiah 40:31

Week 14 | October 22-28

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” John 16:33

Week 15 | October 29-November 4

But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. 1st Corinthians 9:27

Week 16 | November 5-11

In all your ways acknowledge him, and he will make straight your paths. Proverbs 3:6

Week 17 | November 12-18

But he answered, “It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.” Matthew 4:4

Week 18 | November 19-22

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. Galatians 5:16

