



10 Verses for When You Struggle with Your Body Image

- 1.** For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.
-Psalm 139:13-14
- 2.** So God created man in his own image, in the image of God he created him; male and female he created them.
-Genesis 1:27
- 3.** For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart.
-1 Samuel 16:7
- 4.** Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.
-1 Corinthians 6:19-20
- 5.** Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear—but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.
-1 Peter 3:3-4
- 6.** Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised.
-Proverbs 31:30
- 7.** Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.
-1 Timothy 4:7-8
- 8.** So, whether you eat or drink, or whatever you do, do all to the glory of God.
-1 Corinthians 10:31
- 9.** For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.
-Ephesians 2:10
- 10.** I can do all things through him who strengthens me.
-Philippians 4:13