

Body & Soul Scriptures – New International Version

I CORINTHIANS 10:31

So whether you eat or drink or whatever you do, do it all for the glory of God.

I CORINTHIANS 6:19–20

Do you not know that your body is a temple 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 Body.

III JOHN 2

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

III JOHN 2 (KJV)

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

GENESIS 1:29

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

DANIEL 1: 3–5, 8–13, 15

Then the king ordered Ashpenaz, chief of his court officials to bring in some of the Israelites from the royal family and the nobility — young men without any physical defect, handsome, showing aptitude for every kind of learning, well informed, quick to understand, and qualified to serve in the king's palace. He was to teach them the language and literature of the Babylonian. The king assigned them a daily amount of food and wine from the king's table ...

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? ...

Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food ...

At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.