

## Soul Vitamins



Soul vitamins are bite-sized pieces of God’s word that give us strength and health. They are like “mantras” for your soul; *“something which protects the mind; a word (or phrase) repeated to aid in concentration in meditation; considered capable of creating transformation.”* The more you use them, the healthier and happier you’ll be! Make a list of some of your favorite “soul vitamins” and use them daily for health and strength.

Here are a few to get you started:

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| Luke 17:5          | Increase my faith                          |
| Mark 9:24          | I do believe; help my unbelief             |
| Hebrews 12:2       | (I’m) fixing my eyes on Jesus              |
| 2 Corinthians 12:9 | Your grace is sufficient for me            |
| Nehemiah 8:10      | The joy of the Lord is my strength         |
| Philippians 4:6    | (I will) be anxious for nothing...         |
| Psalms 56:3        | I will put my trust in You                 |
| Lamentations 3:23  | Great is Your faithfulness...              |
| Psalms 59:10       | My God in His lovingkindness will meet me; |

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