

50 Psalms for your body, mind, and soul

God as Provider - Food, Nourishment, and Sustenance

- **Psalm 23:1** - *The Lord is my shepherd; I have all that I need.*
- **Psalm 23:5** - *You prepare a feast for me in the presence of my enemies.*
- **Psalm 34:8** - *Taste and see that the Lord is good.*
- **Psalm 37:25** - *I have never seen the righteous forsaken or their children begging bread.*
- **Psalm 81:10** - *Open your mouth wide, and I will fill it.*
- **Psalm 104:14-15** - *He makes grass grow for the cattle, and plants for people to cultivate—bringing forth food from the earth: wine that gladdens human hearts, oil to make their faces shine, and bread that sustains their hearts.*
- **Psalm 107:9** - *He satisfies the thirsty and fills the hungry with good things.*
- **Psalm 145:15** - *The eyes of all look to you in hope; you give them their food as they need it.*
- **Psalm 145:16** - *When you open your hand, you satisfy the hunger and thirst of every living thing.*
- **Psalm 147:14** - *He grants peace to your borders and satisfies you with the finest of wheat.*

Body as God's Creation - Strength, Health, and Wholeness

- **Psalm 18:32** - *It is God who arms me with strength and keeps my way secure.*
- **Psalm 18:34** - *He trains my hands for battle; my arms can bend a bow of bronze.*
- **Psalm 27:1** - *The Lord is my light and my salvation—whom shall I fear?*
- **Psalm 29:11** - *The Lord gives strength to his people; the Lord blesses his people with peace.*
- **Psalm 30:2** - *Lord my God, I called to you for help, and you healed me.*
- **Psalm 31:24** - *Be strong and take heart, all you who hope in the Lord.*
- **Psalm 41:3** - *The Lord sustains them on their sickbed and restores them from their bed of illness.*
- **Psalm 63:5** - *My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you.*
- **Psalm 73:26** - *My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*
- **Psalm 92:12-14** - *The righteous will flourish like a palm tree... they will still bear fruit in old age, they will stay fresh and green.*

Healing from Shame - Identity and Worth

- **Psalm 9:9-10** - *The Lord is a refuge for the oppressed, a stronghold in times of trouble.*
- **Psalm 16:11** - *You will fill me with joy in your presence, with eternal pleasures at your right hand.*
- **Psalm 25:3** - *No one who hopes in you will ever be put to shame.*
- **Psalm 30:11** - *You turned my wailing into dancing; you removed my sackcloth and clothed me with joy.*
- **Psalm 34:5** - *Those who look to him are radiant; their faces are never covered with shame.*
- **Psalm 40:2** - *He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.*
- **Psalm 51:10** - *Create in me a pure heart, O God, and renew a steadfast spirit within me.*
- **Psalm 56:3-4** - *When I am afraid, I put my trust in you.*
- **Psalm 62:1** - *Truly my soul finds rest in God; my salvation comes from him.*
- **Psalm 139:14** - *I praise you because I am fearfully and wonderfully made.*

Peace of Mind - Freedom from Anxiety and Fear

- **Psalm 3:3** - *But you, Lord, are a shield around me, my glory, the One who lifts my head high.*
- **Psalm 4:8** - *In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.*
- **Psalm 16:8** - *I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.*
- **Psalm 27:14** - *Wait for the Lord; be strong and take heart and wait for the Lord.*
- **Psalm 34:4** - *I sought the Lord, and he answered me; he delivered me from all my fears.*
- **Psalm 46:1** - *God is our refuge and strength, an ever-present help in trouble.*
- **Psalm 55:22** - *Cast your cares on the Lord and he will sustain you.*
- **Psalm 56:11** - *In God I trust and am not afraid.*
- **Psalm 94:19** - *When anxiety was great within me, your consolation brought me joy.*
- **Psalm 121:7-8** - *The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore.*

Praise and Joy - Fuel for the Soul

- **Psalm 19:14** - *May these words of my mouth and this meditation of my heart be pleasing in your sight.*
- **Psalm 28:7** - *The Lord is my strength and my shield; my heart trusts in him, and he helps me.*
- **Psalm 34:1** - *I will extol the Lord at all times; his praise will always be on my lips.*
- **Psalm 42:11** - *Why, my soul, are you downcast? Put your hope in God, for I will yet praise him.*
- **Psalm 63:3-4** - *Because your love is better than life, my lips will glorify you.*
- **Psalm 84:11** - *The Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless.*
- **Psalm 100:3** - *It is he who made us, and we are his; we are his people, the sheep of his pasture.*
- **Psalm 103:2-3** - *Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases.*
- **Psalm 119:105** - *Your word is a lamp for my feet, a light on my path.*
- **Psalm 147:3** - *He heals the brokenhearted and binds up their wounds.*

As you pray through these Psalms, let God's Word remind you that your body, mind, and soul are His masterpiece, created with purpose and loved without condition. True freedom and healing are found when we bring every struggle to Him and allow His truth to rewrite the lies we have believed. If you are ready to go deeper and invite support on your journey, I would love to walk alongside you. Visit the Made for More website at www.made-for-more.org to book your free discovery call or explore if Christ-centered life coaching is the right next step for you.

With grace and hope,

Christina Chapman

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Founder of Made for More Coaching

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