

# SIX MILES *To Supper*



## *Verses About Gluttony/Food*

**Proverbs 23:20-21**, "Be not among winebibbers; among riotous eaters of flesh: For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags."

**Proverbs 23:2**, "When thou sittest to eat with a ruler, consider diligently what is before thee."

**Philippians 3:18-19**, "For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things."

**Proverbs 25:16**, "Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it."

**1 Corinthians 10:31**, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

**Matthew 6:25**, "Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?"

**Matthew 4:3-4**, "And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, **Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.**"

## *Verses To Encourage You During Weight Loss*

**Psalm 139:13-16**, "For my reins are thine; thou hast covered me in my mother's womb. I will give thanks unto thee, for I am fearfully and wonderfully made: marvellous are thy works, and that my soul knoweth right well. My bones are not hid from thee, though I be made secretly, and fashioned beneath in the earth. Thine eyes did see my substance, yet being imperfect; and in thy book were all my members written; Which day by day were fashioned, when as yet there was none of them."

**Matthew 28:20**, "Lo, I am with you always, even unto the end of the world."

**Philippians 4:13**, "I can do all things through Christ which strengtheneth me."

**Psalm 121:2**, "My help cometh even from the LORD, who hath made heaven and earth."

**Isaiah 26:4**, "Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength."

**Luke 12:5**, "Are not five sparrows sold for two farthings, and not one of them is forgotten before God? But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows."

**Joshua 1:9**, "Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest."

**Isaiah 41:13**, " For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee."

**1 Peter 5:6-7**, "Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you."

**Proverbs 3:5-6**, "Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."