



# LIFE IN ALL ITS ASPECTS: HEALTH WELLNESS WHOLENESS

# SPIRITUAL

**HEALTH** A relative state in which one can function well physically, mentally, socially, and spiritually to express the full range of one's unique potentialities within the environment in which one is living. In the words of noted health specialist, René Dubos, "health is primarily a measure of each persons' ability to do and become what he or she wants to become."

**WELLNESS** Holistic health is connected to wellness. Wellness is described as a dynamic process in which the individual is actively engaged in moving toward the fulfillment of his or her God-given potential. It is actively and functionally living out ones life. It always contains with it a component or presence of fulfillment and joy.

**WHOLENESS** Wholeness is also dynamic living. Wholeness moves away from simple, isolated, experiences that are often disjointed, broken, and isolated. Wholeness is integrative, and connects life towards completion. Wholeness embraces healing, transformation, inclusion, connection, and completion.

Jesus was clear and emphatic as He spoke to the disciples and to us regarding the scope of Health, Wellness, and Wholeness. "The thief only comes to steal, kill, and destroy....I am come to give you Life...Full Life...Healthy, Abundant Life.....LIFE AND HEALTH IN ALL ITS ASPECTS!!! ([John 10:10](#))

As we move forward, let us take the challenge and explore what it means to be a Living Church, a Healthy Church, a Church and a People intent on exploring and experiencing Life in ALL ITS ASPECTS!

# Spiritual Health I

Monday, May 31, 2021

## SCRIPTURES OF THE DAY

Psalm 1:1-3

### STUDY & REFLECTION

In the spiritual realm, health is primarily a measure of each person's ability to do and become what God intends for them to become and do! It begins with how we see and relate to God. A central aspect of Spiritual Health is the supernatural measurement of your closeness or distance to God and those things that please him. The more we love and are motivated to do those things that please God the more spiritually healthy we are. Like anyone who is trying to become or commit to a life of being healthy, it all starts with a plan, commitment, and having a workout or accountability partner. It also includes a strong commitment to breaking away from the conditions and behaviors that did not support the need and want of a healthy lifestyle. You learn quickly that instead of focusing on the things you cannot do, you embrace those things you can do that helps to bring you closer to the mark. Reflecting on our Scriptures in Psalm 1: 1-3 becoming spiritually healthy requires us to, walk with Godly counsel, be committed to the commandments of God, keeping our heart pure, and daily delighting in time with God. Reflect and journal today on how well you are doing these things to be spiritually healthy.

### ACTION ITEMS

Becoming spiritually healthy requires intentional, focus, and dynamic moves away from toxic experiences. When identifying a Spiritually Healthy Relationship with God ask yourself:

1. How much time am I spending in unholy situations – Too often we are not aware of how and what things around us are affecting us. If you focus on God, He will help us to change any environment, and not be changed by the environment? Ask yourself, am I spending enough time with God that I can change environments?
2. Am I serving God out of habit, fear, or delight? The Holy Spirit is a gentleman. He will not take over your heart unless you ask him. Do not mistake activity with accomplishment. The goal is to be spiritually healthy and checking a box will not please God, however, to seek to delight in him will introduce a very different relationship.
3. What does my private time with God look like? Have I meditated on his word, or have I built a list of things I feel are important? While I am sure they are important, our time meditating on his words is urgent. To delight in Him means making time with God and His Word a Priority.

### INVOLVING OTHERS

Identify a workout or accountability partner and share with them your honest answers to the questions above. Talk about how you could develop a spiritually healthy change in the areas that you need to. Do the same for your partners.

# Spiritual Health II

Tuesday, June 1, 2021

## SCRIPTURES OF THE DAY

Proverbs 27:17-19

### STUDY & REFLECTION

Remember, in the spiritual realm, health is primarily a measure of each person's ability to do and become what God intends for them to become and do! It begins with how we see and relate to God. But spiritual health is incomplete without another aspect..... spiritual fellowship, relationship, and accountability.

I'm sure that you are familiar with verse 17, of our scripture. "Iron sharpeneth Iron!" but note, the other two verses are similar and connected with verse 17. Each verse gives us understanding of how being isolated, and to oneself, can never bring about spiritual health. God made us to have fellowship and relationship with Him and with others. Our lives cannot be complete unless we deliberately and consciously commit to critical, open, transparency, fellowship, and accountability to others of like faith.

### ACTION ITEMS

It is oftentimes easier to deal with and be honest with God than with others. If you are serious, think about and identify at least one or two other saints that you will be in genuine fellowship and relationship with, and accountable to. It would be wise to discuss these choices with a spiritual leader and not make that decision on your own. This is a real step toward Spiritual Health.

### INVOLVING OTHERS

Congratulations!! When you embrace the Action item, you will have involved others!!!

# Spiritual Wellness I

Wednesday, June 2, 2021

## SCRIPTURES OF THE DAY

Philippians 1:3-6

### STUDY & REFLECTION

**Holistic health is connected to wellness. Wellness is described as a dynamic process in which the individual is actively engaged in moving toward the fulfillment of his or her God-given potential. It always contains with it a component or presence of fulfillment and joy. Spiritual Wellness is a state of bliss, not controlled by situations or circumstances. It is the irrevocable peace and joy that comes from God, and surpasses all understanding.**

For one to achieve spiritual wellness I'm of the mindset that you have to find joy, grace, peace, and happiness within yourself through Christ Jesus. If not you will find yourself turning people into relics, that should bring you happiness, whenever they come around. The secret to your spiritual wellness is \*the confidence in knowing that God has begun the GOOD work within you and it will not be finished until the day Jesus comes.\* Paul gives a beautiful example of spiritual wellness saying every time I think of you I give thanks. When he prays he prays for all of them with joy. He wasn't in the perfect or ideal situation yet joy and peace dominate his mind to give him complete spiritual wellness.

Utilize your journal and ask yourself this: Does everything have to be perfect in my life for me to pray for others? Does joy in my life depend on circumstances or in genuine relationship with God and others...no matter the situation? Next, ask yourself, when do I find myself functioning outside of spiritual wellness?

### ACTION ITEMS

Ask yourself: *How has my life changed since God has begun a new work in me?*

Be honest, do you find yourself operating and living outside of the spiritual wellness that the Lord promises?

Ask yourself: *How has my life changed since God has begun a new work in me? Do I actually have and experience a sense of joy and fulfillment? How can you increase the level and quality of spiritual joy in your life?*

### INVOLVING OTHERS

When you pray, who do you pray for? Why are they the focus of your prayer? Do you pray for those you don't normally get along with?

Be intentional about involving others. Find at least 1 accountability partner, and you both identify 2 names of people you will commit to pray for with joy in your prayer time. The point is to create a habit of praying for others with joy.

# Spiritual Wellness II

Thursday, June 3, 2021

## SCRIPTURES OF THE DAY

Philippians 4:8-9

### STUDY & REFLECTION

Remember the Definition of Spiritual Wellness: A state of bliss not controlled by situations or environment. **It's the irrevocable peace and joy that surpasses all understanding.** For Paul, Spiritual Wellness is a process of right thinking. Paul encourages the believers in chapter 4 to keep your Spiritual wellness by keeping your spirit full of truth, pure, lovely, admirable, excellent, or praiseworthy thought. Such thoughts help to the spiritual part of yourself nourished. It can be compared to mind veggies. Everybody may not like veggies but if you don't have a steady diet your wellness will pay the price. Snack foods and fast foods are only fillers, often of no value and mainly detrimental and toxic. In the long run, they do not benefit you. So it is in the natural, so it is in the spirit. What is your diet of thoughts per day? Bishop told us about the stats that most humans have per day are about 4-6 thousand. *How many of these thoughts are in alignment with what Paul outlines for the believer?*

### ACTION ITEMS

#### **It's time to identify and get rid of 'Mind Monsters!'**

Take some time to journal about every true, pure, lovely, admirable, excellent, or praiseworthy thought that comes to your mind throughout the day. At the end of the day see how many of these thoughts did you have. Reflect on these thoughts, what does it do for your spirit at the end of the day? Then take another day where you deliberately identify and focus, only on these kinds of thoughts.

#### **Experience the difference!!**

### INVOLVING OTHERS

Share your action item results with someone else. At the end of your sharing ask them to share with you theirs. Talk about together what does to do for your overall spiritual wellness.



# Spiritual Health & Wellness

## A Day Of Application

Friday, June 4, 2021

### SCRIPTURES OF THE DAY

[Psalm 1:1-3](#)

[Proverbs 27:17-19](#)

[Philippians 1:3-6](#)

[Philippians 4:8-9](#)

#### STUDY & REFLECTION

How often do we study and embrace scripture, but don't actually apply them to our real-life, daily experience?

**TODAY IS GOING TO BE DIFFERENT!!**

#### ACTION ITEMS & INVOLVING OTHERS

Start your day by reading and refreshing your mind and heart with these scriptures. Then for the entire day ask the Lord to bring them to your remembrance and help you to apply them, first to your own heart and then to every situation and person that you encounter throughout the day.

**Journal this experience!**



# Spiritual Health & Wholeness Reflection

Saturday, June 5, 2021

## SCRIPTURES OF THE DAY

[Psalm 1:1-3](#)

[Proverbs 27:17-19](#)

[Philippians 1:3-6](#)

[Philippians 4:8-9](#)

### REFLECTION

Re-read and reflect on all of the scriptures this week.

After reflecting on all that you have studied and learned about spiritual health and wellness...

How would you rate yourself in each of these areas?

#### **Spiritual Health:**

Rate yourself: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

#### **Spiritual Wellness:**

Rate yourself: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10