

Wellness / Wholeness



***Forget the former things; do not dwell on the past.
See, I am doing a new thing! (Isaiah 43:18-19)***

***Your works are wonderful – I know that very well.
(Psalm 139:13-14)***

MIND	<p><u>Organization</u></p> <ul style="list-style-type: none"> The ability to keep track of and make good use of possessions, money, and time. <i>"The earth is the LORD's, and everything in it, the world, and all who live in it;" - Psalm 24:1</i>
	<p><u>Vocation</u></p> <ul style="list-style-type: none"> The ability to get the most out of employment, educational, and volunteer opportunities. <i>"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11</i>
HEART	<p><u>Relationships</u></p> <ul style="list-style-type: none"> The ability to create and maintain healthy, life-giving connections with others. <i>"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." - Ephesians 4:32</i>
	<p><u>Emotions</u></p> <ul style="list-style-type: none"> The ability to process, express, and receive emotions in a healthy way; acknowledging and honoring feelings as a part of being human. <i>"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." - Romans 15:13</i>
STRENGTH	<p><u>Care for the Body</u></p> <ul style="list-style-type: none"> The ability to build healthy habits and practices regarding our physical well-being. <i>"Do you not know that your body is a temple of the Holy Spirit... therefore honor God with your body." - 1 Corinthians 6:19–20</i>
	<p><u>Resilience</u></p> <ul style="list-style-type: none"> The ability to deal positively with the adversities of life. <i>He heals the brokenhearted and binds up their wounds. - Psalm 147:3</i>
SOUL	<p><u>Spirituality</u></p> <ul style="list-style-type: none"> The ability to experience the transforming power of God. <i>"And we all... are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit." - 2 Corinthians 3:18</i>
	<p><u>Rest and Play</u></p> <ul style="list-style-type: none"> The ability to balance work and play and to renew oneself. <i>"Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 1:28</i>