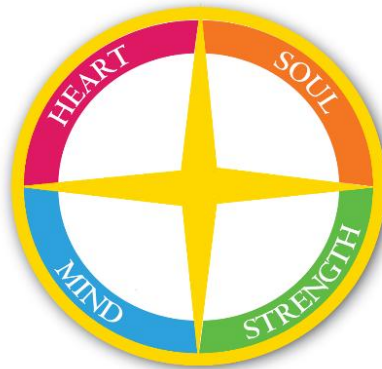


## WELLNESS / WHOLENESS: Getting Started

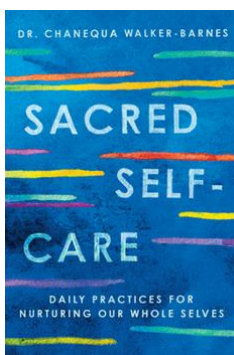


**Wellness = Stewardship:** The practice of managing your physical life as a sacred trust rather than as personal property. Our life is a gift from God and a temple of the Holy Spirit.

- **Romans 12:1-2:** "...offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- **1 Corinthians 6:19-20:** "Do you not know that your bodies are temples of the Holy Spirit... therefore honor God with your bodies."

**Wholeness = Shalom:** Shalom is the "state of wholeness, completeness, and flourishing where your physical, mental, and spiritual self are in perfect alignment with God's design." While often simplified as "peace," Shalom actually means completeness and wholeness, with nothing missing or broken, signifying overall well-being and divine order.

- **1 Thessalonians 5:23:** "May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless..."
- **Colossians 2:10:** "...and in Him you have been made complete."



**Sacred self-care** "integrates our spiritual, physical, emotional, mental and relational well being... [It] helps you discern your body's spirit-given wisdom about what you need to be well, not only for your own sake but also to sustain you for the work that God has called you to do in the world, whether that is being a pastor, a parent, an activist, or a retired grandparent."

**Stewardship** is the action (managing the temple), while **Shalom** is the result (the temple is whole). You practice **stewardship** so that you can experience and reflect God's **shalom** in your physical life.

	<b>Wellness (Stewardship)</b>	<b>Wholeness (Shalom)</b>
<b>Goal</b>	The Action: Managing and caring for the temple. (Our practice and daily habits)	The Result: The state of being whole, integrated and complete. (Unified health of heart, mind, body and spirit, filled with and flowing from God)
<b>Purpose</b>	Service: Being fit to fulfill God's purposes.	Delight: Experiencing a deep sense of belonging, harmony, peace and joy in God's presence - to be complete ( <i>Shalom</i> ) in Him.
<b>Key Question</b>	How am I faithfully using what God has given me?"	"Am I resting in God's love?"
<b>For Further Study</b>	The <b>Wellness Wheel</b> representing Heart, Soul, Mind and Strength. ( <i>Caring for the temple</i> )	The <b>Wholeness Wheel</b> representing the Internal and all-encompassing God ( <i>Completeness in God</i> )



**Opportunity for Self-Reflection**

- Fill in your satisfaction level for each spoke or take survey: <https://www.livingcompass.org/assessments>
- If God is at the center of your wheel, which 'spoke' feels the most disconnected from His peace?
- How does inviting Him into that specific area change your perspective on it?