

Promoting Health

MY LIFE,
SHALOM
AND THE
KINGDOM
OF GOD

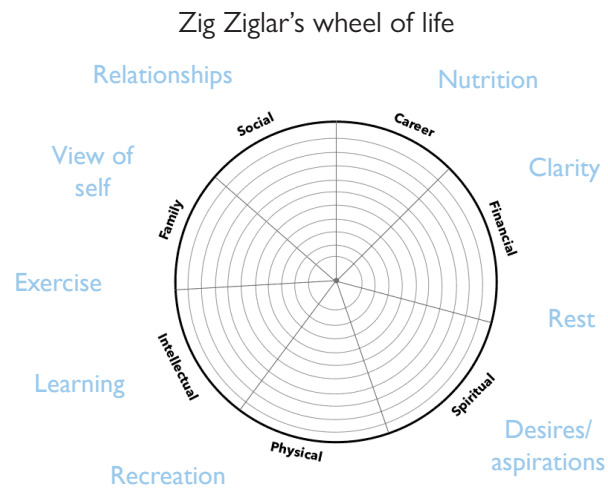
3 misconceptions:
do these feature in your thinking?

- ☐ “Wellbeing & promoting health is worldly or vain”
- ☐ “It’s only about salvation... what’s important is our spirit.”
- ☐ “Promoting health is limited to certain vocations.”

In what way?



Within the Church:
In managing your own health



- Where are you enjoying/ glorifying God?

- Where is there lack of shalom/feeling of weakness?

- What's the one thing you could do that would most improve your wellbeing?

Love the Lord your God... with all your heart... and with all your soul... and with all your strength.

Deuteronomy 6:5

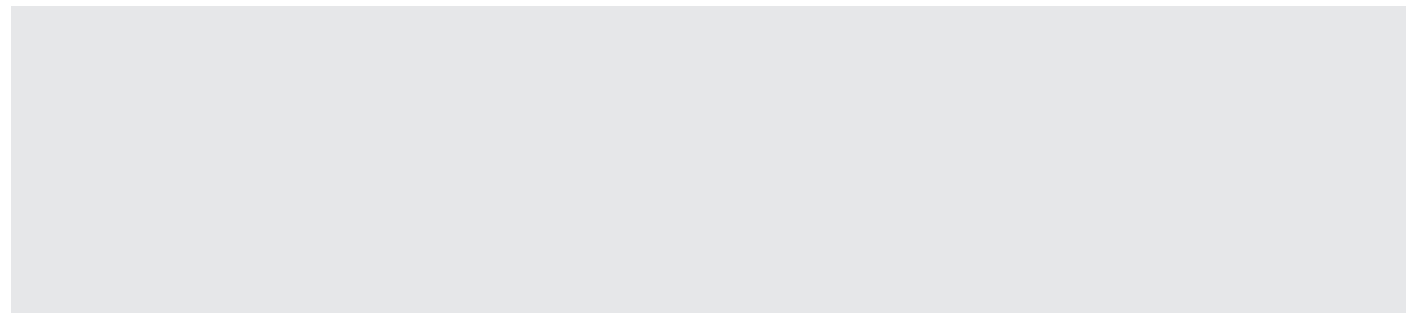
Within the Church:

In meeting each other's needs

- Practical needs... do it radically (Acts 4)
- In our 'one anothering' & discipleship



Health check the 'flow' of your relationships



Within our frontlines

Find it in the objectives

- Communities, colleagues and customers
- The WHAT and the HOW

Find it in the influence

Impact the environment:

- The decisions we make or influence
- Additional responsibilities

Find it in the relationships

- Every interaction is an opportunity

Review with God:

Job description, Objectives, Schedule

