

Health & Wellness

Wholeness. Wellness. Well-being. All those words mean basically the same thing: living a life in balance, being the best you that you can be, doing the best you can with what God has given you. The word I use most often is wellness, but the other two work just as well.

Connect. Grow. Share. Our new vision statement as God's people of St. Peter's captures a threefold dynamic of Christian faith and life. It relates powerfully to the concept and practice of wellness. Here's what our pastors wrote in the September issue of *Keynotes*:

"The vision of St. Peter's Lutheran Church can be expressed in three words:

CONNECT (we connect with God through our worship and praise),

GROW (we grow in our understanding of God's Word), and

SHARE (we share the love of Christ with the world)."

Let's think about that first word "connect." Connecting with God begins with God connecting with you. As you can see from the Wholeness Wheel found **below**, the hub of the wheel is our new identity in Christ that is given us in Holy Baptism. God's Word tells us (2 Corinthians 5) that anyone who is in Christ is a new creation. Everything else flows from that reality and is related to it.

Baptism brings you into Christ (Romans 6). God starts the "connecting" by reaching out to us and bringing each believer into His kingdom of grace. I came into Christ in Baptism when I was 19 days old. I'm continuing to discover what it means to be a new creation in Christ.

Being well and whole in Christ is not about what you do. It's about who you are. It's not about performance, but identity. God sees you as a new person in Christ, covered with the righteousness of His Son. Isn't that a blessing? Isn't that a comfort?

Being connected with God in Christ means that you are connected with everyone else who is in Christ. The Bible is very clear (Romans 12 and 1 Corinthians 12) about the fact that together we are the Body of Christ in which we are interdependent with one another. We are each dependent on Christ, and we are all interdependent with each other. We need one another, just as the eye needs the hand (1 Corinthians 12). Without the eye the hand would grasp aimlessly, but without the hand the eye could not grasp anything.

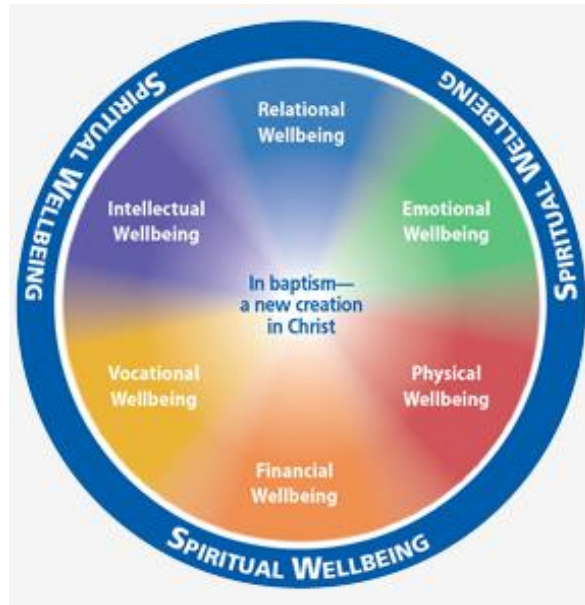
What sort of person would you be if you were not in Christ and Christ were not in you? You might be wealthy, successful, popular, powerful, and good-looking, but you would be a lost and condemned person on your way to an eternity in hell. That's the opposite of well-being. That's misery.

Thank God that He reached out to you and connected with you, making you His own in the washing of rebirth and renewal that is your Baptism, giving you the gift of His Holy Spirit

(Titus 3). Let's live each day in the power of the Holy Spirit as the new people in Christ that we truly are. Thanks be to God for His all-surpassing grace in Christ!

Each month thereafter: a different "spoke" in the Wholeness Wheel as we seek to live in balance.

The Wholeness Wheel



"Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here!" 2 Corinthians 5:17

www.ConcordiaPlans.org
info@ConcordiaPlans.org
888.927.7526

As sanctified children of God, we respond to what God, in Christ Jesus, has done for us through proper stewardship of all that we have been given. Among those blessings are the various components of our health as shown by the Wholeness Wheel. Our efforts to improve our personal wellness, then, are a part of our sanctified living - as in every aspect "We are to grow up in every way into Him who is the head, into Christ."(Ephesians 4:15) Until that time when we are with God face to face, we strive, with His help and guidance, to Be Well in all areas of the Wholeness Wheel so that we can best Serve Well those in our care.

Relational wellbeing

God created us to be social beings as our relationship with Him "spills" over into our relationships with others. In our various communities, we take time to nurture our relationships

with family, friends, and co-workers through interaction, play, and forgiveness.

Emotional wellbeing

Being emotionally well means knowing our full array of human emotions; recognizing which ones are suitable for each circumstance; and then expressing them appropriately. Equally important is striving to respect and honor the feelings and emotions of others.

Physical wellbeing

Because of sin, our bodies are not perfect. Yet we continue to honor our body as a gift from God by keeping it as healthy as possible within the boundaries of disease, illness, and our imperfections. Therefore, we nourish it with healthy food and drink, keep it fit for service through regular exercise, and respect our body's need for rest.

Financial

wellbeing

As we are blessed through income from our labors, we consider our behaviors and values related to our finances: Being good stewards in the way we save for retirement, spend within our means, and share with others in need.

Vocational wellbeing

In our calling, we carry out our daily work joyfully serving in the capacity to which He has called us; discovering and using all of the gifts with which He has endowed us; and capably representing Him in the everyday experiences of our vocation. All this we do for the glory of God to help make this world a better place.

Intellectual wellbeing

We engage our minds in a life-long journey of learning. In the same way we exercise our bodies for His service, we continually keep our minds stretched and active by staying curious, asking questions, seeking answers, exploring new responsibilities, and resting our mind at the end of the day to keep it fresh.

Spiritual wellbeing

Encompassing all other aspects of our well-being is acknowledging that our pursuit of wellness is not possible without the righteousness that is ours by grace, through faith in Jesus Christ. It is only through Christ's redeeming sacrifice for us that we seek to nurture our relationship with Him through the study of His word, prayer, devotion, and worship. By grace He grants to us "righteousness, peace, and joy in the Holy Spirit." (Romans 14:17)

While we are on this earthly journey of wellness, we ask for God's guidance and blessing as we pursue the proper care and nurturing of our whole being so that we can be faithful stewards carrying out the mission and ministry for which we have been called.

"This life, therefore, is not godliness, but the process of becoming godly, not health, but getting well, not being, but becoming, not rest but exercise. We are not now what we shall be, but we are on the way." - Martin Luther