



01

Spiritual Wellness

Spiritual wellness is where the wellness journey starts and it is all about a **relationship with God** – it is not about religion.

We are a spirit (breath of life) and it is our spirit that makes us God and spiritual-realm conscious.

“It is through him that we live and function and have our identity ... ‘Our lineage comes from him.’” Acts 17:28 TPT

“All things were made through Him, and without Him nothing was made.” John 1:3 NKJV

*“Then Jesus said to them again, “Most assuredly, I say to you, I am the door of the sheep ... If anyone enters by Me, he will be saved and will go in and out and find pasture.””
John 10:7,9 NKJV*

“Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.” John 14:6 NKJV

Sonship: *“For you are all sons of God through faith in Christ Jesus.” Galatians 3:26 NKJV
“For as many as are led by the Spirit of God, these are sons of God. For the earnest expectation of the creation eagerly waits for the revealing of the sons of God.”
Romans 8:14, 19*

Divine Health: *“who Himself bore our sins in His own body on the tree, that we, having died to sin might live for righteousness – by whose stripes you were healed.” 1 Peter 2:24 NKJV*

02

Soul Wellness

Transformation begins from the inside out. As new creations in Christ, our **soul** must align with our spirit.

The **soul** is the seat of our personality and gives us a self-awareness.

God wants to give us direction and revelation, but blockages in our souls can influence our receptors.

The soul develops through a combination of environmental programming (nurture) experiential programming (trauma) and DNA programming (nature).

The soul includes the mind, choice, will, emotions, imagination, conscience & reason.

Mind – Mental Wellbeing: *“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:2 “... But we have the mind of Christ.” 1 Corinthians 2:16*

Choice & Will: The conscious mind is the battlefield for our choice – we always have a free will to choose. We can choose to surrender our will to God’s will.

Emotions – Emotional Wellbeing: Our emotions are influenced by our thinking. What we feel is often the expression of the pictures that are stored in our minds.

“For as he thinks in his heart, so is he.” Proverbs 23:7

Imagination: It is the most important part of the soul because it feeds and stores everything we see, feel, do and hear. *“You will keep him in perfect peace, Whose mind (yetser–imagination) is stayed on You, Because he trusts in You.” Isaiah 26:2 Once clean, revelation and the ability to perceive the realms of the kingdom of God are heightened considerably.*

Conscience: One’s inner voice/moral sense of right and wrong. Sin pride, judgment, criticism, independence and rebellion will affect your conscience and weaken your sensitivity to God.

Reason refers to our beliefs, doctrines, and values.

03

Body Wellness

We live in a physical **body** and that is how we relate to the world around us. The body, soul and spirit are designed to be connected. What happens in our souls affects the health of our bodies. Love, joy and peace create health within our bodies.

If we harbor negative thoughts, fear, worry, stress, anxiety, hatred, bitterness, unforgiveness, condemnation and guilt, it will reflect in our bodies.

Health stewardship: Today, the majority of people associate physical health with the body. While fitness and nutrition are important components of healthy living, they only represent one side of the equation. Stewarding your health starts in the heart – it is an inside job. True health and wellness can only be achieved when your soul is aligned with your spirit that is in alignment with the Holy Spirit. This will protect your body. Combined with fitness and nutrition it will produce a healthy environment for your body. Stewarding your health includes taking care of your physical body together with the spiritual and soul aspects of wellness.

Fitness and nutrition: Exercise strengthens your body by keeping your heart healthy and building muscle and bone. A lack of exercise causes your body to deteriorate. Fitness is a significant component of healthy living, but it does not guarantee health. Nutrition is about making sure your body has the right fuel for optimal functioning. You might have noticed that I added Divine health under the “spiritual wellness dimension”. Divine health means relying on God for health. Fitness and nutrition are both natural aspects to stewarding your health. Following the Holy Spirit's guidance in all aspects of life is key to maintaining health and wellness.

04

Social Wellness

Social wellness is an aspect of overall well-being that includes nurturing healthy relationships, cultivating a sense of belonging, and engaging in positive interactions with others.

It includes qualities like effective communication, empathy, mutual respect and a positive social environment.

Relationships with Others

- Do you have healthy relationships?
- Do you know how to deal with toxic relationships?
- Balancing your social life with other responsibilities – do you make time for relationships?
- Do you keep in touch with your friends and regularly spend quality time with them, doing the things you like?
- Do you have good communication skills?

Support System

- Do you have a support system?
- Do you feel isolated, is there something that you can do about it?

Connection and Belonging

- Do you feel that you belong?
- Are you open to meet new people?
- Are you afraid to meeting new people?
- Do you make time to meet with people that have the same interests?
- Are there any unresolved issues in the area of your soul that needs attention?

Social wellness is how we interact and relate to others. This is where one realises the importance of soul wellness. If there are any unresolved issues in any area relating to your soul, they will surface here. They will prevent healthy connection with others.

05

Occupational Wellness

Occupational wellness is God's unique calling for your life within your workspace.

God implanted certain desires in your heart because He wants to fulfil them. This is also how He intends to reveal your life purpose.

Finding your delight in Him is the first step. *"Find your delight and true pleasure in Yahweh, and he will give you what you desire the most. Give God the right to direct your life, and as you trust him along the way, you'll find he pulled it off perfectly!" Psalms 37:4-5 TPT*

Finding your calling

God has given you specific gifts and talents that are clues to what your life purpose is. Your calling is already written in your heart - it is for you to discover it. Living out your calling through your occupation will bring fulfillment. There is a well-known saying that says *"do what you love and you'll never work a day in your life"*. If you don't live out who you are, you are not fulfilling God's purpose for your life. This will deprive you of the fulfillment God intended you to have. True fulfillment in your work can only be achieved if you're using your God-given gifts and talents. The outcome will be that you enjoy what you're doing. Therefore, it is critical that you do what comes naturally to you and fits within your framework.

Vision and purpose

Do you know what your life purpose is?

Have you spent time writing out your dreams and then taking them to the Lord in prayer to get direction from Him?

06

Financial Wellness

Financial Wellness is about fulfilling God's calling for your life in the area of finances. It is to live the abundant life Jesus paid for, free from lack and poverty.

"... I have come that they may have life, and that they may have it more abundantly." John 10:10 NKJV

*"For I know the plans that I have for you, declares the LORD, plans for prosperity and not for disaster, to give you a future and a hope."
Jeremiah 29:11*

Stewardship of your finances

God called us to steward every area of our lives according to His principles. This includes our finances. What we have, was never intended to be about us. God has a bigger picture in mind. Our finances are to be aligned with His goal to advance His kingdom for His glory to the benefit of others.

"His lord said to him, 'Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of the lord.'"

Matthew 25:21 NKJV

Living in the abundant life of John 10:10 includes God's provision and financial freedom. He is the God of more than enough. He wants to bless us to be a blessing. To be free from a lack and poverty mentality. Our biggest challenge is to align our thinking about money to the truth of the Word of God. For God to be able to bless us, we need our minds to be renewed to what He says about finances. Lack and poverty are curses Jesus died for at the cross.

"Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree")." Galatians 3:13 NKJV

Recreational Wellness

Recreational wellness involves engaging in leisurely activities that enhance physical, mental and emotional well-being. The result is a more balanced and fulfilling lifestyle because it rejuvenates spirit, soul and body.

In the context of our Sonship, recreational wellness plays a significant role in nurturing the holistic well-being that God desires for His “sons”.

The Bible emphasises the importance of **stewardship** of the body, recognising it as a temple of the Holy Spirit (1 Corinthians 6:19-20). Engaging in recreational activities that promote physical health honors this stewardship by caring for the body that God has entrusted to us.

These leisure activities can include sports, outdoor adventures, hobbies, artistic endeavors, and social gatherings. Recreational wellness is crucial for maintaining a **balanced lifestyle and reducing stress**.

Furthermore, recreational wellness offers opportunities for spiritual growth and connection with God. Spending time in nature, for example, can inspire awe and wonder at God's creation, fostering a sense of gratitude and reverence.

Moreover, recreational pursuits can serve as outlets for creativity and self-expression, reflecting the image of God as the ultimate Creator. Whether through artistic endeavors, musical pursuits, or outdoor adventures, engaging in recreational activities allows individuals to explore and develop their talents, enriching their spiritual journey.