

Wellness Tools Relationship and Health

Group Leader:

- ✓ *This session ends with a special communion encounter with Yeshua/Jesus. See the Leader's Guide for preparation and a guide to running the encounter. (Note: This session may go 15-30 minutes longer than usual.)*

❖ **OPEN IN PRAYER**

Suggestion: *Thank you Father for bringing us together today. Thank you for speaking to us and guiding us to know you more through Your Word and showing us Your presence in our lives. We thank You for the fortitude You give us, for helping us know better how to honor and to give in the ways of Your love. Open our ears, eyes, minds and hearts to know you even more today and show us what it means to be in health and relationship with You in our lives. Thank you for Your love. Amen*

❖ **DEFINING THE TOOL: HEALTH**

>>><< H E A L T H >>><<	
Definition	The general condition of the body or mind with reference to soundness and vigor. Soundness of body or mind; freedom from disease or ailment.
Synonyms	hardiness, vigor, well-being, wholeness

❖ HEALTH

There are many parts to you that are all connected. You are:

Body
Mind
Soul

If your body is sick it can affect the way you think. If you are fighting pain, you can get angry or not be able to think well. If you are tired, and maybe have been for a long time, you can feel like giving up.

Your body's health can affect your mind. It can also affect your soul and spirit. We might think we are sick because we have done something wrong. Or maybe we ask Creator to help us and He doesn't answer the way we want so we try other ways to get His attention or His Spirit's power. This is where sometimes we are tempted to start doing things that aren't of Him. We seek other spiritual guides or tools to try and find divine answers or help. This takes us into possibly worshipping idols or using things of unholy divination.

Or we may get mad at Creator for allowing us to be sick. Sickness is not of Yahweh/Creator/God. If you want to be angry, direct a righteous anger at the enemy of our soul, Satan. It is Satan who comes to rob, kill and destroy.

Read aloud from your Bible: John 10:10

When Jesus/Yeshua was born as the Son of God, He healed people, He raised the dead to life, He forgave sins, He cast out demons/evil spirits, He showed love and blessed the children. He did this in His own Sovereign power, knowing how each miracle would fit into the design of the Creator/Father. And at the end of His life He allowed Himself to be sacrificed to take away all our sins.

When we sin, we often suffer physical illness. We can feel guilty and the guilt eats away at us. We can be angry, unforgiving, and bitter, creating a storm of tension and stress in our bodies that can lead to heart problems, mental and emotional struggles. Even diabetes has been said to be associated with unforgiveness. Doing things we know we shouldn't adds stress, anxiety and fear to our lives. Sometimes bad situations come about because of sin and unnatural death takes place. Guilt or stress over sin can lead to such hopelessness that people become suicidal.

Sin takes us away from relationships with good people and away from a relationship with Creator/God. Remember the story of the prodigal son: he stayed away from his father's house while he was living a sinful life.

These negative emotions, stresses and their effects are not of our loving Father. Jesus' sacrifice removed our sins from God's sight. If we confess what we have done, and turn our hearts away from doing it again, accepting the forgiveness offered in Jesus, our guilt is gone. Releasing that guilt into Jesus' arms can lift the heavy weight of these emotional burdens and begin our walk on a path to recovery from their effects.

❖ DIGGING IN

A **healthy body** takes effort. For example, walking and other forms of exercise keep bones and muscles and heart and lungs strong. It keeps the blood and lymph and all the natural feel-good chemicals circulating. This can lead us to a healthier brain, and a better mindset. We feel good and we start to think of good things. We start to see things that are good and beautiful, that maybe we hadn't noticed before.

- **What steps do you take to keep your body feeling well?**
- **Are there some areas in which you could improve how you care for your body (for example, better sleep, healthier food)?**

- **Consider the LORD's encouragement in Proverbs 3:7-8:**

*Do not be wise in your own eyes;
fear the LORD and shun evil.
This will bring health to your body
and nourishment to your bones*

The Bible also speaks of good practices for renewing and maintaining a **healthy mind**.

Read aloud from your Bible: Philippians 4:8

- **Brainstorm as a group and come up with at least 10 things in your lives today that could qualify for this list. Write them down and keep them as a reminder for times when you catch yourself feeling down.**

Just as a healthy body needs to move to stay fit, a **healthy soul/spirit** also takes effort. Here are some great workouts for spiritual health:

- Asking Yeshua/Jesus into your life, confessing sin and thanking Him for His forgiveness and the power of His Spirit through His resurrection.
- Spending time frequently with the Lord in prayer.
- Reading the Word/Bible.
- Looking for and recognizing Creator God in your life: past, present and a future hope.

There is power in the Word of God. The Bible contains lessons for living well. There is power in speaking God's Word to yourself and to your body. You may have heard the term, "Speak life." It means to learn God's promises that are written in the Word and speak those out loud to yourself (and people around you!). It means that the Word is alive and will impact our world. When your body hears it through your ears, your mind receives it and your heart and spirit receive it.

Read aloud Hebrews 4:12:

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

Hebrews 4:12

God's Living Word is full of instructions for health. It will show you what is sin and what is good and help guide you to healthy choices. As imperfect humans, we will always have sinful problems, but we walk in the freedom of His forgiveness and grace.

❖ **DEFINING THE TOOL: RELATIONSHIP**

>>><< RELATIONSHIP >>><<	
Definition	A connection, association, or involvement. Connection between persons by blood or marriage. An emotional or other connection between people.
Synonyms	bond, communion, friendship, kinship, link, nearness

❖ **RELATIONSHIP**

- **What kinds of social gatherings or celebrations do you most enjoy? Share a story of one of your favorites.**

Being in relationship with others often brings us a sense of well-being. Eating together, family meals, feeds, and birthdays are times of celebration and enjoying provision, life and one another. At these events, we are **communing** together. To commune is to come close together with someone else. We see the word as part of the terms "community" and "communication." It means interacting with others

in a close, familiar way. This relationship in community is a source of health in a variety of ways, and is often a resource for help.

Prayer is communing with Creator. It is talking with Him and being in relationship with Him.

- **Have you ever thought of prayer that way? Do you talk with Creator as often as you do your sister, or your next door neighbor?**

❖ DIGGING IN

Jesus had 12 close friends who He taught and lived alongside of when He was on the earth. People call them disciples or apostles, which means they were followers and students of Jesus. They tried to live like He did.

Read aloud from your Bible: Luke 22:14-20.

Group Leader: Have people take turns.

- **What was Yeshua doing with His disciples?**

This was a time of communing in celebration of The Passover. The people gathered from far and wide to join their loved ones, worshiping, eating and talking together.

Passover was a Hebrew time of celebration to remember when God released the Israelites from slavery in Egypt. The final event that convinced the pharaoh to free them was when God sent a plague to kill all the first-born sons. When His Spirit brought this plague through the land, it passed over the doors of the Israelites, who had been warned by Moses to mark their doorways with the blood of lambs.

At this meal with His disciples, Jesus was talking about what was going to happen on the cross for their forgiveness. He was giving His body as a sacrifice. His blood, like the blood of the lambs on the doorways in Egypt, would cause the Spirit of God's wrath to pass over the believers, to free all who would believe from the chains of sin and the oppression and bondage of Satan.

Read Luke 22:24-34.

➤ **What things stand out to you in this passage?**

Did you notice how Jesus knew Peter's sin before Peter did it? He also knew Peter would repent or turn back to good. He knew he would strengthen others in their faith because Peter would be a man forgiven. That is the love and power of Yeshua/Jesus. Because of our sins being removed we are able to have a personal relationship with the Father through Jesus. And, we are able to encourage one another in our faith because we are men and women forgiven.

Take a moment to think about your own health right now: body, mind and soul. Do you have need of more of who Yeshua/Jesus is for you? If you understand the importance of what Jesus did for you on the cross and you want to take this time to commune with Him, joining Him in what He did for you and is doing for you, we invite you to step up and join Him in communion, doing as the disciples did in remembrance of Him.

❖ COMMUNION ENCOUNTER

Group Leader: *Instruct how you will proceed with this time of communion. To begin the encounter, read out loud:*

“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person and they with me.”

Revelation 3:20 (NIV)

Proceed with the communion encounter.

Everyone: *After Communion read out loud together:*

He answered, “Love the LORD your God with all your heart and with all your soul and with all your strength and with all your mind; and, ‘Love your neighbor as yourself.’”

Luke 10:27 (NIV)

❖ CLOSE IN PRAYER

Suggestion: *Thank you Yeshua for meeting with us today. Thank you for your body and blood and for forgiving me and freeing me and being a part of my life. Thank you for helping me to be healthy. Please continue to help me to live in health loving you with all my mind, body, soul and strength and loving others as myself. Amen.*