

THE MODEL FOR HEALTHY LIVING

Self-assessment, Reflection, and Goals

“Heal me, O LORD, and I shall be healed; save me, and I shall be saved; for you are my praise.”

—Jeremiah 17:14



The **Model of Healthy Living** reflects that true wellness is not just your body but also about the interconnectedness of body and spirit in the ways that you live.

This custom introduction to the Model for Healthy Living recognizes the particular challenges of balancing seven key dimensions of life. The tool provides the opportunity to pause and assess wellness against the backdrop of vocation and a life in ministry and reflect on ways to support a healthy life to continue answering God’s call in your Christian life.

- 1. Begin with a quick self-assessment** using the Model for Healthy Living wheel. Evaluate each of the seven areas of your life, keeping in mind that no one area is more important to balanced living than any other. Circle the numbers on the Model to indicate how satisfied you are that each area is in balanced with the rest of your life. 1= least satisfied and 10 = most satisfied.
- 2. Move through each of the seven sections separately**, using the Thought Starters, Reflection Starters, Action Starters, and Goal Starter to decide the next step that makes the best sense for your life in each area.
- 3. Return to the Model for Healthy Living** wheel in three months or six months. Can you see progress? Is it time for new goals?



FAITH LIFE

Building a relationship with God, your neighbors, and yourself

For people in ministry, a particular challenge is cultivating a faith life apart from drawing on faith reserves to sustain the role of caring for others. At its core, a faith life helps us build a relationship with God, our neighbors, and ourselves. This affirms that we are body-and-spirit beings created and loved by God. We can explore a richer faith life and enjoy the benefits this experience will bring to overall wellness.

Thought Starters

- How have you experienced God’s healing in your life in the past?

- How has your experience in health ministry shaped your understanding of *wellness*?

Reflection Starters

God welcomes our active spiritual gratitude for well-being (Luke 17:11-19).
We can engage our faith in times of need for healing (Mark 5:24-34).
Our faith is an active way to engage will personal wellness (Mark 10:51-52).

Action Starters

Look for an opportunity to receive healing rather than to offer it.
Make a list of places and people that feed your faith life apart from your work.
Find a favorite setting for a regular reflective time.

Goal Starter

What one goal would help bring your *faith life* into better balance?



MEDICAL

Partnership with your health care provider to manage your medical care

Even if you are a health care professional, you need the objective counsel of someone to care for you. When it comes to medical care, we bring something important to the conversation; we also bring the ability to listen and learn. We can build a partnership with a health care provider that lets us participate in managing our health care.

Thought Starters

- Identify three ways your role in ministry affects your health.
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- Identify one to three topics to discuss with your doctor for a stronger partnership.
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Reflection Starters

Jesus embraced the human body by using compassionate healing touch (Matthew 20:29-34).

People participated in healing by coming to Jesus for his touch (Mark 7:31-35).

Jesus engaged in reciprocal healing ministry by responding when asked (Luke 5:12-13).

Action Starters

Think of medical care as a tool for keeping you fit for fulfilling your call.

Ask for help if you need it. Being in a helping role doesn't mean you can't seek care for yourself.

Consider whether you need to rebalance your ministry activities with activities to support your own health.

Goal Starter

What one goal would help bring your **medical care** into better balance?



MOVEMENT

Discovering ways to enjoy physical activity

Movement seems to be the easiest thing for busy people to drop from a crowded schedule. But when we consider the ways the parts of the body are hinged and rotate and reach in every direction, it's easy to see that God means for us to move. It's part of how we celebrate our body-and-spirit connection to God. No matter what our physical activity level is now, we can discover ways to enjoy movement.

Thought Starters

- Name some ways you can add movement to your life to show how you feel about God.
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- How would you describe the connection between your body and your spirit?
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Reflection Starters

The earliest pages of the Bible show God's movement—walking—in the Garden of Eden (Genesis 3:8).

David, the greatest king of Israel, danced before the Lord with all his might (2 Samuel 6:24).

Biblical writers describe the life of faith in language of movement (Isaiah 40:31 40:31, Corinthians 9:24, Philippians 2:6, Hebrews 12:1).

Action Starters

Start with small changes in movement—a few extra steps or a few minutes experimenting with a new activity.

Invite the companionship of a trusted friend as you try a form of movement you've never tried before.

Jot down some ideas for incorporating movement into the ways you provide health ministry.

Goal Starter

What one goal would help bring your **movement** into better balance?



WORK

Appreciating your skills, talents and gifts

People know there is always something that needs doing or someone to care for. We can appreciate the skills, talents, and gifts we bring to our work—or calling— or life and find meaning for our lives while still maintaining whole-life balance.

Thought Starters

- How can your attitude toward your life or vocation be an experience of God's glory in your life?
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Reflect on why it's important to set boundaries between your giving to others' and your personal health.

Reflection Starters

Work and ministry are honorable to God (Genesis 2:15).

In your work to serve people, ultimately seek to serve God (Colossians 3:23-24).

Pray for God to prosper your ministry life plans (Psalm 90:13-17).

Action Starters

Clarify expectations for yourself, your family, and the people you serve. Review balance between your ministry to others and family life.

Discern an area of ministry life or vocation that feeds your spirit and one that perhaps has become a chore.

Goal Starter

What one goal would help bring your *work* into better balance?



EMOTIONAL

Managing stress and understanding your feelings to better care for yourself

Self-care habits are difficult to prioritize against the busyness of life. It's easy to turn to unhealthy habits in response to stress, whether it's food, mindless television, excessive spending, alcohol, or something else. In the moment, we feel better, even though we know it's bad in the long term. Through understanding our feelings, it's possible to make changes to manage stress in healthier ways.

Thought Starters

Reflect on a time when you made a positive choice for emotional health. What resulted?

Name one thing you would like to be different in your emotional wellness a year from now.

Reflection Starters

God can withstand our "yelling" in distress (Psalm 13:1-2).

God offers peace when we trust with a steadfast mind (Isaiah 26:3-4).

When you feel weighed down, perhaps by your health ministry, God cares for you (1 Peter 5:7).

Action Starters

Plan a special half-day outing for a stress break.

List five favorite activities that are restorative for *you*.

Identify one key change you could make to reduce stress.

Goal Starter

What one goal would help bring your *emotional life* into better balance?



NUTRITION

Making smart food choices and developing healthy eating habit

Food choices often are something we think about only in the short term, yet they have long-term effects. Good nutrition builds strong bodies that lead us to being whole people better connected to God. Whatever our eating habits are now, we can increase our understanding of how food affects our overall well-being and preparedness for ministry.

Thought Starters

- How do you feel about the reasons for your eating habits?

- How can your food choices outwardly represent your health ministry?

Reflection Starters

The Bible offers imagery of land bursting with God's *good* gift of food (Psalm 65:9-13). Jesus offers food for healing purposes, showing how we should receive it (John 6:11, 33-35). Mealtime nurtures community as well as our bodies (Acts 2:46).

Action Starters

At the beginning of the week, think ahead to the food traps in your schedule. Make a plan to avoid at least three of them.

Keep a food journal for a few days. When, why, and what are you eating? What would you like to change?

Choose two or three favorite recipes and research how to prepare them in healthier ways.

Goal Starter

What one goal would help bring your *nutrition* into better balance?



FRIENDS & FAMILY

Giving and receiving support through relationships

Health ministry means people contact—probably a lot! This is an opportunity for you to both give and receive support. God, Jesus, and the Holy Spirit were the very first relationship. Even God exists in community. Coping with life is sometimes hard, but friends and family make it easier. Giving and receiving support through relationships contributes to our health and ultimately to an enduring ministry.

Thought Starters

- Who can you ask to be your community for support in a choice to turn toward health?

- Find a way to say thank-you to one person who is significant in your life.

Reflection Starters

Maintain an attitude of being a lifelong learner to find wisdom (Proverbs 19:20).

Honoring others in family relationships is key to cultivating support (Ephesians 5:21 6:4).

Bearing with and forgiving one another builds supportive friendships (Colossians 3:13).

Action Starters

Identify a person to seek a deeper relationship with.

Think of an activity you enjoy. Now think of who you can invite to enjoy it with you.

Assess the amount of time you spend nurturing relationships you value. Is it enough for your health and the health of people you care most about?

Goal Starter

What one goal would help bring your *friends & family* life into better balance?
