



# Spiritual Wellness

2 CORINTHIANS 5:17

## Brunch 'N Bible Study

*"Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved."*

*Acts 2:46-47*



## WHAT IS SPIRITUAL WELLNESS?

**Spiritual Wellness** involves connecting with your purpose and something beyond ourselves such as God. Spiritual Wellness is creating spiritual habits, practicing mindfulness, adopting an attitude of gratitude, and giving back. Spiritual Wellness is also the practice of having values, principles, morals, and beliefs that guide your actions and decisions.

# SPIRITUAL WELLNESS CHECK



1. WHAT MAKES YOU FEEL HOPE?

2. DURING DIFFICULT TIMES, HOW DO YOU COMPE AND WHERE DO YOU TURN FOR COMFORT?

3. WHERE AND HOW DO YOU FIND MEANING AND PURPOSE IN YOUR LIFE?

4. WHAT ARE YOUR VALUES AND ARE THEY GUIDING YOUR DECISIONS?

5. DO YOU HAVE TOLERANCE AND EMPATHY FOR OTHER PEOPLE'S LIVE VIEWS AND ISSUES?



## READ 2 CORINTHIANS 5:17

1 .AS YOU READ, HIGHLIGHT WORDS, OR PHRASES THAT JUMP OUT TO YOU. WRITE OUT THE KEY POINTS FROM THE VERSE BELOW:

2. BASED ON WHAT YOU JUST READ, HOW DO YOU THINK SPIRITUAL WELLNESS TIES INTO THE THEME OF THIS TEXT?

# PARALLELS: BECOMING A NEW CREATURE IN CHRIST AND SPIRITUAL WELLNESS

Spiritual wellness does not have to have a religious component. That being said.... is spritual wellness biblical?

## SPIRITUAL WELLNESS

Connecting with yourself and a higher power such as God



A daily "renewal" or re-baptism - every day you become a "new creature"



Release negative energy from the body - process emotions



Allowing new energy, emotions, and feelings to exist within us



You have a healthy belief system and morals you live by



## NEW CREATION IN CHRIST

Being grounded and centered in Christ. (1 Peter 3:21)

Dying daily to the "ways of the world" and choosing Christ. (Romans 12:2)

Releasing sin daily and desires of our flesh. (1 John 1:9)

When we release sin and fleshly desires, we allow joy, peace, and a spirit led life to exist within us. (1 Corinthians 6:19)

We use the Bible as a standard of how to live our lives and guide us. (Hebrews 4:12)

Spiritual wellness practices help center us so we can make for space for God's presence in our lives. (Ephesians 3:17)



# BECOMING A NEW CREATURE IN CHRIST IS NOT JUST ABOUT SAVING THE SOUL....

## Salvation in its fullest includes:

- Choosing Jesus to be the center of your life
- Forgiveness of sins
- Physical, spiritual, and emotional healing
- Transforming social and economic relationships and much more!



In other words, full salvation requires a **holistic approach** that includes spiritual wellness practices and living a spirit led life.

## JESUS WAS HOLISTIC

**Holistic wellness: looking at and treating the whole person.**

- Not only did Jesus heal physical ailments, but he addressed issues of the mind, body, and soul.
- Jesus doesn't separate us into "bodies" and "souls", he valued the interconnectedness of our wellbeing (spiritual, physical, mental, emotional)

**We must take a holistic approach to our lives the same way Jesus did! While spiritual wellness and becoming a new creature in Christ may seem like two opposing life-views, they are actually very similar and can co-exist in our lives!!!**

**We must look at the interconnectedness of our wellbeing the same way Jesus did!**



## SPIRITUAL WELLNESS PRACTICES

- Meditation
- Prayer
- Yoga
- Journaling
- Mindfulness
- Lazy days
- Church
- Nature
- Identifying your self-love language

**1. WHAT DOES SPIRITUAL WELLNESS LOOK LIKE FOR YOU? WHAT ARE SOME SPIRITUAL WELLNESS PRACTICES YOU CAN ADD TO YOUR DAILY ROUTINE?**

## PRAYER

**END YOUR TIME IN PRAYER AND THANK GOD FOR WHAT HE REVEALED!**



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