

what does the bible say about wellness

What Does the Bible Say About Wellness? A Holistic Approach to Faith and Wellbeing

Are you searching for a deeper understanding of how your faith intersects with your physical, mental, and spiritual wellbeing? Many wonder, "What does the Bible say about wellness?" It's a question that touches upon a core aspect of the Christian life – the holistic integration of faith and healthy living. This in-depth exploration delves into biblical principles that offer a framework for cultivating a life of vibrant wellness, addressing not just the spiritual, but also the physical and emotional aspects of your being. We'll examine relevant scriptures, explore practical applications, and challenge you to consider a more integrated approach to your overall health journey.

The Mind-Body-Spirit Connection: A Biblical Perspective

The Bible doesn't explicitly lay out a "wellness plan," but it's replete with principles that profoundly impact our holistic wellbeing. It consistently emphasizes the interconnectedness of our physical, mental, and spiritual selves. We aren't simply souls inhabiting bodies; we are integrated beings created in God's image. This understanding is crucial for comprehending the biblical approach to wellness.

Consider the creation account in Genesis 1:27: "So God created mankind in his own image, in the image of God he created them; male and female he created them." This verse establishes our inherent dignity and value, underscoring the importance of caring for the vessel God has given us. Neglecting our physical health is, in a sense, neglecting a gift from God.

The Importance of Physical Wellness: Nourishing the Temple

1 Corinthians 6:19-20 provides a powerful statement on the significance of physical health: "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." This verse calls us to treat our bodies with respect, recognizing them as sacred vessels inhabited by the Holy Spirit. This doesn't necessarily mean adhering to rigid dietary rules or intense workout regimens, but it does imply a commitment to making healthy choices that nourish our bodies.

Practical applications of this principle include:

Balanced Diet: Choosing nutritious foods reflects a commitment to honoring God's gift.

Regular Exercise: Physical activity boosts both physical and mental health, mirroring God's intention for

vibrant living.

Adequate Rest: Sleep is essential for physical and cognitive function, reflecting a respect for our need for rejuvenation.

Avoiding Harmful Substances: Substance abuse directly contradicts the principle of honoring God's temple.

Mental Wellness: The Power of a Sound Mind

While the Bible doesn't use the term "mental wellness," its teachings directly address the importance of a healthy mind. Proverbs 17:22 states, "A cheerful heart is good medicine, but a crushed spirit dries up the bones." This verse highlights the profound connection between our emotional state and our physical wellbeing. A positive mindset, nurtured through faith and prayer, can significantly impact our overall health.

Cultivating mental wellness from a biblical perspective might involve:

Prayer and Meditation: Connecting with God through prayer and meditation can provide solace, peace, and clarity.

Cultivating Gratitude: Focusing on the blessings in our lives fosters a positive outlook.

Forgiveness: Letting go of resentment and bitterness frees us from emotional burdens.

Seeking Support: Reaching out to trusted friends, family, or a counselor when facing challenges is a sign of strength, not weakness.

Spiritual Wellness: The Foundation of Wellbeing

Spiritual wellness is the cornerstone of a truly holistic approach. Jesus himself emphasizes the importance of seeking first the kingdom of God: Matthew 6:33, "But seek first his kingdom and his righteousness, and all these things will be given to you as well." A strong spiritual foundation provides purpose, meaning, and resilience in the face of life's challenges.

This might include:

Regular Bible Study: Engaging with scripture provides nourishment for the soul.

Fellowship with Believers: Connecting with a supportive church community strengthens faith and provides encouragement.

Serving Others: Acts of service bring joy and purpose, enriching our spiritual lives.

Practicing Forgiveness: Extending forgiveness to others releases us from bitterness and promotes inner peace.

Practical Steps Towards Biblical Wellness

Integrating biblical principles into your wellness journey is not about adhering to strict rules, but about

making conscious choices aligned with God's values. It's a journey, not a destination, requiring consistent effort and self-compassion. Remember that setbacks are inevitable; the key is to learn from them and keep moving forward.

Consider these practical steps:

1. **Seek God's Guidance:** Pray for wisdom and guidance in making healthy choices.
2. **Identify Your Weaknesses:** Acknowledge areas where you need improvement and seek support.
3. **Set Realistic Goals:** Don't try to change everything at once. Start with small, achievable goals.
4. **Celebrate Progress:** Acknowledge and celebrate your successes along the way.
5. **Be Patient and Persistent:** Building healthy habits takes time and effort.

Conclusion

The Bible doesn't provide a step-by-step guide to physical fitness or mental health, but it offers a rich tapestry of principles that guide us toward a life of holistic wellness. By understanding the mind-body-spirit connection, prioritizing spiritual growth, and making conscious choices that honor God's gift of life, we can cultivate a vibrant and fulfilling life that reflects the abundance of God's grace. The journey towards biblical wellness is a lifelong commitment, but one that yields immeasurable rewards.

FAQs

1. Does the Bible condemn all forms of medicine? No, the Bible does not condemn the responsible use of medicine. Seeking medical attention when needed is perfectly acceptable. In fact, it reflects a wise stewardship of the body.
1. How do I balance my faith with secular health advice? Integrate both. Consult with healthcare professionals for medical needs, but remember that faith provides emotional and spiritual strength, essential for recovery and overall wellbeing.

1. What if I struggle with mental health issues? Seek professional help! Mental health struggles are real and require appropriate treatment. Don't hesitate to reach out to a counselor or therapist, and involve your faith community for support.

1. Can I find biblical wellness in different cultures and traditions? Absolutely! Biblical principles of wellbeing are adaptable across cultures. The core message of honoring God's creation applies universally, while the specific expressions may vary.

1. Is it okay to enjoy food and pleasures in moderation? Yes! God created a world of beauty and enjoyment. Moderation and gratitude are key; enjoying life's pleasures doesn't contradict a commitment to holistic wellbeing.

what does the bible say about wellness: Honoring God With Your Body R Price Futrell, 2021-02-25 Health is not valued till sickness comes. Thomas Fuller We weren't created by God to malfunction and break down but rather to operate at maximum efficiency. Living a life with Sickness and Disease was not the intended norm. But mankind has a way of messing up the best of plans so God laid out numerous admonitions, concepts, clues, commands, and examples for us to follow to preserve and protect our health. Most just haven't spent much time looking at what He told us, and it appears that we as a people, once again, are suffering as a result of inattention and neglect. But the people of God know how to bounce back!! Come take a look at what He said for your benefit and physical protection. It will likely be one of the most important studies you've ever engaged in. Before you can honor God with your body, you need to know-how. Then it becomes a choice where Consequences are rarely the result of Coincidence.

what does the bible say about wellness: *The Wellness Revelation* Alisa Keeton, 2017-08-08 What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In *The Wellness Revelation*, certified fitness professional Alisa Keeton will challenge you to get fit with God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. *The Wellness Revelation* will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out.

what does the bible say about wellness: *Spiritual Secrets to a Healthy Heart* Kara Davis, 2013-02-05 Kara Davis, MD, combines the most current medical research with biblical principles and practical health tools to give you everything you need to keep you—and your heart—healthy.

what does the bible say about wellness: The Bible and Mental Health Christopher C.H. Cook, Isabelle Hamley, 2020-08-30 Is it possible to develop such a thing as a biblical theology of mental health? How might we develop a helpful and pastoral use of scripture to explore questions of mental health within a Christian framework? This timely and important book integrates the highest levels of biblical scholarship with theological and pastoral concerns to consider how we use scripture when dealing with mental health issues.

what does the bible say about wellness: Gospel Principles The Church of Jesus Christ of Latter-Day Saints, 1997 A Study Guide and a Teacher's Manual Gospel Principles was written both as a personal study guide and as a teacher's manual. As you study it, seeking the Spirit of the Lord, you can grow in your understanding and testimony of God the Father, Jesus Christ and His Atonement, and the Restoration of the gospel. You can find answers to life's questions, gain an assurance of your purpose and self-worth, and face personal and family challenges with faith.

what does the bible say about wellness: A Study of Ephesians Shante Grossett, 2020-10-14 Join me for an in-depth four week study of the book of Ephesians where we'll break down the truths about our identity in Christ and learn how to live each and every day in light of it. Let's take a deeper look at the foundation of the gospel and how it establishes our identity and empowers us to live the Christian life God called us to.

what does the bible say about wellness: What the Bible Says about Healthy Living Rex Russell, 2010-10-27 Three Biblical Principles that Will Change Your Diet and Improve Your Health In a world infatuated with junk food and fad diets, why have we overlooked the simple instructions provided in the Bible that have guided and people for thousands of years toward better health? You don't have to be Jewish or a Christian to discover wisdom for healthier living in this doctor's scripturally - based book on eating and feeling better, and living longer. These simple principles will help you find energy, freedom from illness, and more vibrant health!

what does the bible say about wellness: Africa Study Bible, NLT , 2017-05-09 The Africa Study Bible brings together 350 contributors from over 50 countries, providing a unique African perspective. It's an all-in-one course in biblical content, theology, history, and culture, with special attention to the African context. Each feature was planned by African leaders to help readers grow strong in Jesus Christ by providing understanding and instruction on how to live a good and righteous life--Publisher.

what does the bible say about wellness: Thin Within Judy Halliday, Arthur Halliday, 2005-04-17 I want to lose weight, but dieting just doesn't seem to work. I've tried everything, and I'm still three sizes too big. Help! I hate the way my body looks. Sound familiar? Like many women and men, perhaps you have tried virtually every weight-loss plan that exists only to give up in disappointment and despair. Have you faithfully counted fat grams and calories? Have you subjected yourself, week after week, to the humiliation of hearing what your current weight should be compared to what it is? Have you exercised excessively, given up your favorite foods, and felt guilty when you've failed to meet your weight goals? Time tested for more than 30 years, Thin Within is the original hunger-fullness plan. Tens of thousands of participants in the program have joyfully reported the release of unwanted weight. More importantly, they have maintained that weight with a new and incomparable peace with themselves and with the One who designed them. Thin Within makes it possible to: Identify and resolve issues that cause you to eat more than your body needs Leave diets behind forever Discover and enjoy those foods that promote health and vitality Experience the abundant life as you reach and maintain your natural God-given size

what does the bible say about wellness: Journey of the Soul Bill Gaultiere, Kristi Gaultiere, 2021-02-16 The healthy Christian life is one of continuing spiritual, emotional, and relational growth. But so many of us feel stuck or stagnated at one stage of the journey. It's not always clear to us where or why we are stuck, making it difficult to take the next step on our journey of the soul. That's where Bill and Kristi Gaultiere come in. After decades in private practice as counselors and therapists, they have developed a unique model for growing in grace. In Journey of the Soul, they draw on more than 70,000 hours of providing therapy and spiritual direction to show you how to

identify your current stage of faith and the next steps to take based on your unique needs and struggles. With Scripture, self-assessments, and soul care practices to support your progress along the way, this insightful and inspiring book will be a treasured companion on your journey no matter where you are or how long you've been following Jesus.

what does the bible say about wellness: Living True Christy Wright, 2020-11-03 Have you lost your identity in the busyness of life? In her latest book, *Living True: 40 Days to Get Back to You*, #1 bestselling author Christy Wright guides women on a 40-day journey back to who they were created to be. As an in-demand speaker, Christy connects with and challenges thousands of women every year in the areas of faith, personal development and business. Between endless errands and an overwhelming schedule, it's easy for women to feel like they've lost themselves in the busyness of life. She's heard hundreds of women say, "I'm pulled in so many directions by so many people. I don't know who I am anymore." In *Living True*, Christy walks readers through four sections that will help them discover: Who God Is — 10 Attributes of God Who You Are — 10 Things God Says About You Where You Are — 10 Seasons of Life Where You Are Going — 10 Reasons to Be Hopeful After reading *Living True*, readers will find grace in their current season and confidence to step into who they were created to be.

what does the bible say about wellness: Christian Paths to Health and Wellness Peter Walters, John Byl, 2021 *Christian Paths to Health and Wellness*, Third Edition, is a faith-based text that helps students explore and apply key concepts of holistic health and wellness. A new web study guide assists students in retaining and using what they learn.

what does the bible say about wellness: Center Church Timothy Keller, 2012-09-04 Practical and Gospel-centered thoughts on how to have a fruitful ministry by one of America's leading and most beloved pastor. Many church leaders are struggling to adapt to a culture that values individuality above loyalty to a group or institution. There have been so many church growth and effective ministry books in the past few decades that it's hard to know where to start or which ones will provide useful and honest insight. Based on over twenty years of ministry in New York City, Timothy Keller takes a unique approach that measures a ministry's success neither by numbers nor purely by the faithfulness of its leaders, but on the biblical grounds of fruitfulness. *Center Church* outlines a balanced theological vision for ministry organized around three core commitments: Gospel-centered: The gospel of grace in Jesus Christ changes everything, from our hearts to our community to the world. It completely reshapes the content, tone, and strategy of all that we do. City-centered: With a positive approach toward our culture, we learn to affirm that cities are wonderful, strategic, and under-served places for gospel ministry. Movement-centered: Instead of building our own tribe, we seek the prosperity and peace of our community as we are led by the Holy Spirit. Between a pastor's doctrinal beliefs and ministry practices should be a well-conceived vision for how to bring the gospel to bear on the particular cultural setting and historical moment. This is something more practical than just doctrine but much more theological than how-to steps for carrying out a ministry. Once this vision is in place, it leads church leaders to make good decisions on how to worship, disciple, evangelize, serve, and engage culture in their field of ministry—whether in a city, suburb, or small town. — Tim Keller, *Center Church*

what does the bible say about wellness: Spirit, Soul, and Body Andrew Wommack, 2018-12-18 Have you ever asked yourself what changed when you were born again? You look in the mirror and see the same reflection - your body hasn't changed. You find yourself acting the same and yielding to those same old temptations - that didn't seem to change either. So you wonder, Has anything really changed? The correct...

what does the bible say about wellness: The Christian's Guide to Holistic Health David Sandstrom ND, 2019-02-28 Perhaps you've seen several doctors and not found a solution to your health challenges. Now, you're ready to take greater responsibility for your health, and you're looking for some answers. The trouble is, embracing a natural, and holistic lifestyle can be rewarding, and overwhelming at the same time. There's plenty of information out there, but whom do you trust? Many experts claim to be "holistic." However, when it comes to matters of the mind

and the spirit, most resources come up short. Using Biblical truths, *The Christian's Guide to Holistic Health* helps you navigate the complexities of whole-person health. A genuinely holistic health model addresses not only the physical but the mental/emotional and the spiritual aspects of the human condition. If we want to reach our full health potential, we must address the whole person—body, mind, and spirit effectively. David uses his gift for teaching and brings a balanced view of science and scripture. He avoids extremes in theology, tackles complicated subjects, and makes them easy to read and understand. Whether you have a serious condition and need a breakthrough, or simply want to maintain your health, you'll find this information useful. This book puts you on the fast track to vibrant health, and vitality.

what does the bible say about wellness: *The Best Yes* Lysa TerKeurst, 2014-08-19 Are you tired of living with the stress of an overwhelmed schedule and aching with the sadness of an underwhelmed soul? Do you find yourself unable to say no even when you should? Are you stuck under the weight of endless demands and responsibilities? The good news is: it doesn't have to be this way. In *The Best Yes*, New York Times bestselling author Lysa TerKeurst guides you through the insightful lessons she's learned about what it means to live out the purpose that God has in store for you. Lysa demonstrates the incredible power of two words--yes and no--and the way that these simple, daily decisions can shape the story of our lives. Lysa has learned firsthand that there's a big difference between saying yes to everyone and saying yes to God. Drawing from applicable scriptures and her own personal experiences, Lysa teaches us that if we know and believe that God has a plan for each of us, we'll live it out--serving as living proof of His never-ending grace and kindness. Throughout *The Best Yes*, Lysa will give you the practical tools you need to: Stop people-pleasing by embracing a biblical understanding of love Escape the guilt of disappointing others by learning the secret of the small no Overcome the agony of hard choices by grounding your decisions in wisdom Grow closer to God as you sharpen your own discernment Learn to be intentional with your time, your choices, and yourself Incorporate the Best Yes as a filter for your daily decision making If we take time to slow down and rise above the rush of the world's endless demands, we can rest assured that God's wisdom will help us make decisions that will still be good tomorrow. No matter what season of life you find yourself in, you deserve the chance to make decisions that bring out the best you.

what does the bible say about wellness: *Saturdays with Billy* Donald J. Wilton, 2021-04-13 Discover a beautiful friendship between Billy Graham and his friend and pastor, Don Wilton. This heartfelt book looks behind the scenes of Graham's life, which continues to inspire us in our own spiritual journeys. Most Saturdays for 15 years, Don drove the long road to meet with Billy at his home in Montreat, North Carolina. There the two friends spent hours talking about family, politics, sports, and their spiritual lives. Now, in *Saturdays with Billy*, Don shares: More than 20 heartwarming stories of his times with his friend, illuminating the qualities in Billy's character that were true to the end and revealing the heart of the man whose light still shines A quote from Billy before each chapter, as well as photography throughout Just as Billy's words changed Don's life, they have the power to change ours--a testament to a man who leaned on God's grace into eternity.

what does the bible say about wellness: *Healthful Living* Ellen G. White, 1994-10 *Healthful Living* was originally published by the Medical Missionary Board, Battle Creek, Michigan, under the title *Instruction Relating to the Principles of Healthful Living*. So popular when it first came out that it became necessary to come out with a second and then a third edition the first year. We have reproduced this 1898 third edition which also contained two additional chapters, *God in Nature* and *The Spirit Filled Life*. In the third edition an appendix of parallel Scripture references was included. This Scripture referenced appendix will be found exceedingly helpful in making clear to the mind of the reader the fact that the principles presented in this work are not mere human inventions; but are a part of the divine order appointed for the human family at the beginning, and which is to be restored when all things are made new. Wherever it has been received, this book has been recognized as a veritable storehouse of seed thoughts relating to the great practical themes with which it deals.

what does the bible say about wellness: 7 Keys to Spiritual Wellness Joe Paprocki, 2012-02-01 In *7 Keys to Spiritual Wellness*, best-selling author Joe Paprocki provides a prescription for spiritual health based on the rich wisdom of Catholic Tradition. Through his nondogmatic, downright inviting style of writing, Paprocki makes this book eminently accessible to non-Catholics and seekers as well. Recognizing that the spiritual immune system is weakened almost daily by toxic patterns and attitudes that negatively impact our ability to live in a harmonious relationship with God and others, Paprocki offers seven enduring and reliable strategies for achieving spiritual wellness. After identifying practical ways to integrate each of these strategies into daily living, he describes seven persistent dangers to our spiritual well-being and how these dangers manifest themselves in our lives. At its core, *7 Keys to Spiritual Wellness* helps us see the Christian faith not as a collection of rules and doctrine, but as a spiritual path—a path whose guideposts for spiritual wellness are sure to lead us to a more meaningful life and to a much richer experience of our faith.

what does the bible say about wellness: *The Christian Athlete* Brian Smith, 2022-04-05 *The Christian Athlete* is a gospel-centered guide that assists athletes who identify as Christians and are seeking to understand how to practically apply their faith to their sport. Athletes desire—and deserve—a more substantive expression of the Christian faith in the context of sport, but they don't know what it looks like or where to turn to learn more. Author Brian Smith shares his story as an athlete and coach, and his experience working with high-level athletes in the last decade to help readers better understand how to integrate faith and sport by: Assisting those who want a wide-angled understanding of how to live the Christian faith in the context of sports Walking through the many questions Christian athletes ask about winning, losing, injuries, practice, and everything in between Moving Christian athletes from simply having clichéd spiritual sayings decorating their bodies or t-shirts to actually living out their faith through all the opportunities their sport offers them *The Christian Athlete* will show readers how to live out a biblical perspective on athletics and urge them to engage in the gifts they are given to glorify God whether they are the team MVP or riding the bench.

what does the bible say about wellness: *Faith and Health* Thomas G. Plante, Allen C. Sherman, 2001-08-02 This volume reviews and integrates the growing body of contemporary psychological research on the links between religious faith and health outcomes. It presents up-to-date findings from empirical studies of populations ranging from healthy individuals to those with specific clinical problems, including cancer, HIV/AIDS, and psychological disorders. Drawing on multiple perspectives in psychology, the book examines such critical questions as the impact of religious practices on health behaviors and health risks; the role played by faith in adaptation to illness or disability; and possible influences on physiological functioning and mortality. Chapters reflect the close collaboration of the editors and contributing authors, who discuss commonalities and differences in their work, debate key methodological concerns, and outline a cohesive agenda for future research.

what does the bible say about wellness: *The Maker's Diet* Jordan Rubin, 2013-07-01 Are you looking for a health plan that is biblically based and scientifically proven? *The Maker's Diet* is just that. Using a truly holistic approach to health, this groundbreaking book leads you on a journey that will change your life. *The Maker's Diet* will help you: Boost your immune system Attain and maintain your ideal weight Have abundant energy Improve your physical appearance Improve digestion Reduce stress Discover how Jordan Rubin's faith-based journey from near death to vital health led him to uncover the timeless principles of the world's healthiest people. By following *The Maker's Diet*, your health dreams can become a reality.

what does the bible say about wellness: *Habits of Grace* David Mathis, 2016-02-12 The Christian life is built on three seemingly unremarkable practices: reading the Bible, prayer, and fellowship with other believers. However, according to David Mathis, such “habits of grace” are the God-designed channels through which his glorious grace flows—making them life-giving practices for all Christians. Whether it's hearing God's voice (the Word), having his ear (prayer), or participating in his body (fellowship), such spiritual rhythms of the Christian life have the power to

awaken our souls to God's glory and stir our hearts for lifelong service in his name. What's more, these seemingly simple practices grant us access to a host of spiritual blessings that we can only begin to imagine this side of eternity—and the incredible joy that such blessings bring to God's children today.

what does the bible say about wellness: *Holy Bible (NIV)* Various Authors,, 2008-09-02 The NIV is the world's best-selling modern translation, with over 150 million copies in print since its first full publication in 1978. This highly accurate and smooth-reading version of the Bible in modern English has the largest library of printed and electronic support material of any modern translation.

what does the bible say about wellness: Good Health, Good Life Joyce Meyer, 2014-12-02 Meeting the demands of your busy life may leave little time for you to focus on maintaining your personal well-being. But it is important to remember that each part of you—mind, body, and emotions—serves a purpose in God's exciting plan for your future. Embracing a healthier lifestyle will help you fully experience all the good things He has in store for you. Joyce Meyer, #1 New York Times bestselling author, understands that modern life is hectic and has created a practical plan for achieving good health, one day at a time. Her easy-to-use 12-Key Plan for Good Health will help you develop life-changing habits for a healthier lifestyle, no matter what your current level of health. By following her simple, yet effective tips on eating, exercise, rest, and stress management, you will unlock a new level of well-being, empowering you to live the fulfilling life you were meant to lead. Derived from material previously published in *Look Great, Feel Great*.

what does the bible say about wellness: Competent to Counsel Jay E. Adams, 2009-07-13 A classic in the field of Christian counseling, *Competent to Counsel* is one of the first works to fully articulate a vision of nouthetic counseling—a strictly biblical approach to behavioral counseling and therapy. Dr. Jay Adams defends the idea that the Bible itself, as God's Word, provides all the principles needed for understanding and engaging in holistic counseling. Using biblically directed discussion, nouthetic counseling works by means of the Holy Spirit to bring about change—both immediate and long-term—in the personality and behavior of the counselee. As he points out in his introduction, I have been engrossed in the project of developing biblical counseling and have uncovered what I consider to be a number of important scriptural principles. . . . There have been dramatic results. . . . Not only have people's immediate problems been resolved, but there have also been solutions to all sorts of long-term problems as well. *Competent to Counsel* has helped thousands of pastors, students, laypersons, and Christian counselors develop: A general approach to (and theology of) Christian counseling. Specific, practical responses to particular problems useful for teaching, study, and personal application. Since its first publication in 1970, this book has gone through over thirty printings. It establishes the basis for and an introduction to a counseling approach that is being used in pastors' studies, in counseling centers, and across dining room tables throughout the country and around the world.

what does the bible say about wellness: For the Strength of Youth The Church of Jesus Christ of Latter-day Saints, 1965 OUR DEAR YOUNG MEN AND YOUNG WOMEN, we have great confidence in you. You are beloved sons and daughters of God and He is mindful of you. You have come to earth at a time of great opportunities and also of great challenges. The standards in this booklet will help you with the important choices you are making now and will yet make in the future. We promise that as you keep the covenants you have made and these standards, you will be blessed with the companionship of the Holy Ghost, your faith and testimony will grow stronger, and you will enjoy increasing happiness.

what does the bible say about wellness: Jehovah-Rapha: The God Who Heals Mary J. Nelson, 2016-03-01 *Jehovah-Rapha: The God Who Heals* features 72 comforting and encouraging meditations and stories based on healing scriptures. Written by author, speaker, pastor of prayer, and cancer survivor, Mary J. Nelson, *Jehovah-Rapha* will point you to God, the Ultimate Healer. Nelson shares the Word without compromise, releases hope, and focuses on the heavenly Father's infinite love and grace. Each passionate prayer for healing that follows the meditations will help guide you as you pray the scriptures into your personal situation. Woven throughout are compelling

true stories--both biblical and modern--of God's healing power at work, leading you to discover that He is all you'll ever need.

what does the bible say about wellness: *Hometown Healing* Jennifer Slattery, 2019-09-01 A smalltown Texas dinner theater sets the stage for a heartwarming reunion in this delightful Christian romance. When Paige Cordell left Sage Creek, Texas, she had no intention of ever coming back. Even when her life in Chicago comes apart at the seams, she insists that her return is only temporary. But now that she's here—divorced, unemployed, and with a baby in tow—Paige needs to earn enough money to leave. And her only option is working at her first love's dinner theater. With attraction once again unfurling between her and Jed Gilbertson, can the man who once broke her heart convince her to stay for good?

what does the bible say about wellness: The Daniel Plan Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman, 2013-12-03 NEW YORK TIMES BESTSELLER The Daniel Plan is far more than a diet plan. It is an appetizing approach to achieving a healthy lifestyle by optimizing the five key essentials of faith, food, fitness, focus, and friends. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts. Your path to holistic health begins here, as Pastor Rick Warren and fitness and medical experts Dr. Daniel Amen and Dr. Mark Hyman guide you to incorporate healthy choices into your current lifestyle. The concepts in this book will encourage you to deepen your relationship with God and develop a community of supportive friends who will encourage you to make smart food and fitness choices each and every day. This results in gradual changes that transform your life as they help you: Conquer your worst cravings Find healthy replacement foods for the foods you love Discover exercise you enjoy Boost your energy and kick-start your metabolism Lose weight Think more clearly Explore biblical principles for health . . . and ultimately create an all-around healthy lifestyle It's time to feast on something bigger than a fad. Start your journey to impactful, long-lasting, and sustainable results today! Plus, get more from The Daniel Plan with The Daniel Plan Cookbook, The Daniel Plan Journal, and The Daniel Plan 365-Day Devotional.

what does the bible say about wellness: *Life as a Vapor* John Piper, 2009-01-16 31 meditations from the founder of Desiring God that will connect you to a fresh understanding of God and renew your faith. You do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away (James 4:14). Living knowing that your life is a vapor is different than just living. Things here are passing away. You've got to hold on to what will stand. Savor what matters. This collection of thirty-one articles is full of that heart-longing after Christ that distinguishes Piper's preaching ministry. You will feel as though you have stumbled into a garden as you enter these pages. The Scripture cuts, Christ is exalted in God, and we worship Him. Life Is Short. Eternity Is Long. Live Like It. You will exist forever. You and God are both in the universe to stay—either as friends on His terms, or enemies on yours—which it will be is proven in this life. And this life is a vapor. Two seconds, and we will be gone. In these thirty-one meditations, John Piper will connect you to a fresh understanding of God and a renewed relationship with Him. You'll find your faith stirred to make every day count for Christ when you consider life as a vapor. Story Behind the Book Time is precious. We are fragile. Life is short. Eternity is long. Every minute counts. Oh, to be a faithful steward of the breath God has given me. Three texts resound in my ears: "Redeem the time" (Ephesians 5:16); "It is required of stewards that one be found trustworthy" (1 Corinthians 4:2); "His grace toward me was not in vain; but I labored even more than all of them, yet not I, but the grace of God with me" (1 Corinthians 15:10). Surely God means for our minutes on earth to count for something significant. Paul said, "In the day of Christ I will have reason to glory because I did not run in vain nor toil in vain" (Philippians 2:16). In the same way, I have good hope from the Lord that my "labor is not in vain in the Lord" (1 Corinthians 15:58).

what does the bible say about wellness: Move for Joy Kasey Shuler, 2019-09-24 Have you ever felt bad about not exercising? Do you find yourself jumping from one program to the next because it was either too hard or too boring? Written by a personal trainer, Move for Joy will help you stop starting over. You will:-Identify and overcome any workout excuse-Use the five fitness

motivators to drive your goals-Walk away empowered with the knowledge to change your exercise plan to flex with any season By connecting your fitness journey with the joy of Jesus, this book will help you put together a sustainable workout guide that supports your life, how you were made to move, and what you truly enjoy.

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what does the bible say about wellness: What Does the Bible Really Say? Martin Davie, 2021-01-08 In 2019 a series of ten articles by various authors was published on the liberal Anglican website ViaMedia.News under the collective title 'Does the Bible Really Say....?' The purpose of this series was to challenge the belief that the Bible rules out acceptance of same-sex sexual relationships and same-sex marriage. The essays in this book are response to these ViaMedia.News articles. They show that the arguments that these articles put forward are not sustainable in the light of what the Bible actually says. Underlying the current debate in the Church about human sexuality is the question asked of Eve by the snake 'Did God really say?' (Genesis 3:1). Through nature and Scripture God has said clearly that he has created human beings as male and female and has ordained marriage between one man and one woman as the sole legitimate setting for sexual intercourse. We know that this is what God has told us and yet in the face of pressure from our contemporary culture we are tempted to question whether this is what he really meant. It is of the utmost importance that this temptation is resisted. The purpose of this book is to encourage such resistance.

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