

Healthy Living for Stronger Faith

Connect to God with Your Whole Self

As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ... And over all these virtues put on love, which binds them all together in perfect unity.

— Colossians 3:12, 14

Our faith doesn't just connect us to God with our spirits but as whole beings. How do all the areas of your life connect you to God?



FAITH LIFE

What feeds your faith life? Often we ignore the very practices that contribute to a healthy faith. Write down three ways that you connect to your faith and make it a goal to practice each at least one time in the next month.



MEDICAL

Taking preventive action now can ward off bigger problems later. In an annual wellness visit, bring up questions to better understand how to support your own medical health as a beloved child of God.



MOVEMENT

Moving is a fantastic way to connect to the grace of the human body. Move more with a solo-dance party in the kitchen, helping a child in your life practice a favorite sport, or taking your dog—or a friend's—for an extended walk while praising God for the marvelous way God created you.



WORK

Honor health in God's calling by taking a few minutes in your work day to practice a short gratitude meditation for your abilities or offer encouragement for a coworker's talents during a walking break.



EMOTIONAL

If you start to feel anxious or depressed, monitor your feelings. If your mood doesn't improve within a few weeks and it starts to impact your daily life, consider talking to a counselor, reaching out to your support system, or even just checking out a self-help book to practice positive coping skills.



NUTRITION

Consider starting a lunch group that brings together body and spirit! By having four or five people rotate bringing a home-cooked lunch one day a week, you will get to know people better and encourage each other in healthy eating choices.



FRIENDS & FAMILY

Get out of the digital world and intentionally connect with the people in your life. Ask questions face-to-face. Then practice listening for understanding, not judgment.

Incorporate *Healthy Living for Stronger Faith* into your church bulletin.
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