



Wellness Suggestions - OSLC Health & Healing Ministry



"This life, therefore, is not godliness but the process of becoming godly, not health but getting well, not being but becoming, not rest but exercise. We are not now what we shall be, but we are on the way." Martin Luther

Spiritual: As we celebrate the work of Christ and the power of His resurrection in our lives, let us focus on practices that nurture a true reverence for God and our relationship with Him. Let us all embark together in 2010 in a life-changing discovery of who our God is and what it means to be rightly related in trust and obedience to Him in daily living. This, like physical training, requires a goal, a plan, a realistic approach, a commitment, and discipline! There is no cookie cutter approach to this, as the Holy Spirit is in the business of crafting us into unique reflections of Jesus Christ, but here are some suggestions:

GOAL: This year practical godliness should characterize my life as never before.

PLAN: The Word, sacraments, prayer, fellowship, etc. are means to this end.

APPROACH: Manageable realistic goals are most likely to be achieved.

COMMITMENT: God helping me, I will commit to these goals I have set.

DISCIPLINE: New behaviors/priorities require decisions. Pray God will direct & strengthen you to do what He has set before you.

"Exercise Daily in God - no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever. You can count on this. Take it to heart. This is why we've thrown ourselves into this venture so totally. We're banking on the living God, Savior of all men and women, especially believers."

Health:

1 Timothy 4:8-9 (The Message)

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy.
5. Make time to pray.
6. Play more games.
7. Read more books than you did in 2009.
8. Sit in silence for at least 10 minutes each day.
9. Sleep for 7 hours.
10. Take a 10-30 minute walk daily. And while you walk, smile.

Personality:

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts on things you can't control. Invest energy in the positive present moment.
13. Don't over do. Keep your limits.

Personality:

14. Don't take yourself so seriously. No one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake.
17. Envy is a waste of time. You already have all you need.
18. Forget issues of the past. Don't remind your partner of his/her mistakes of the past. It will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree.

Society:

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything.
28. Spend time with people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Life:

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. GOD heals everything.
35. However good or bad a situation is, it will change...
36. No matter how you feel, get up, dress up and show up...
37. The best is yet to come.
38. When you awake alive in the morning, thank GOD for it.
39. Rejoice and be Thankful! (Phil. 4:4-9)
40. "Be Still, and Know that I AM God." (Ps 46:10)