



WELLBEING
FINDING WHOLENESS
AS CHILDREN OF GOD



Relational Beings



Sunday Series

Being stewards

Relational beings

Physical beings

Emotional beings

Vocational beings

Stories & Testimonies



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*“I came that they may have life and
have it abundantly.”*

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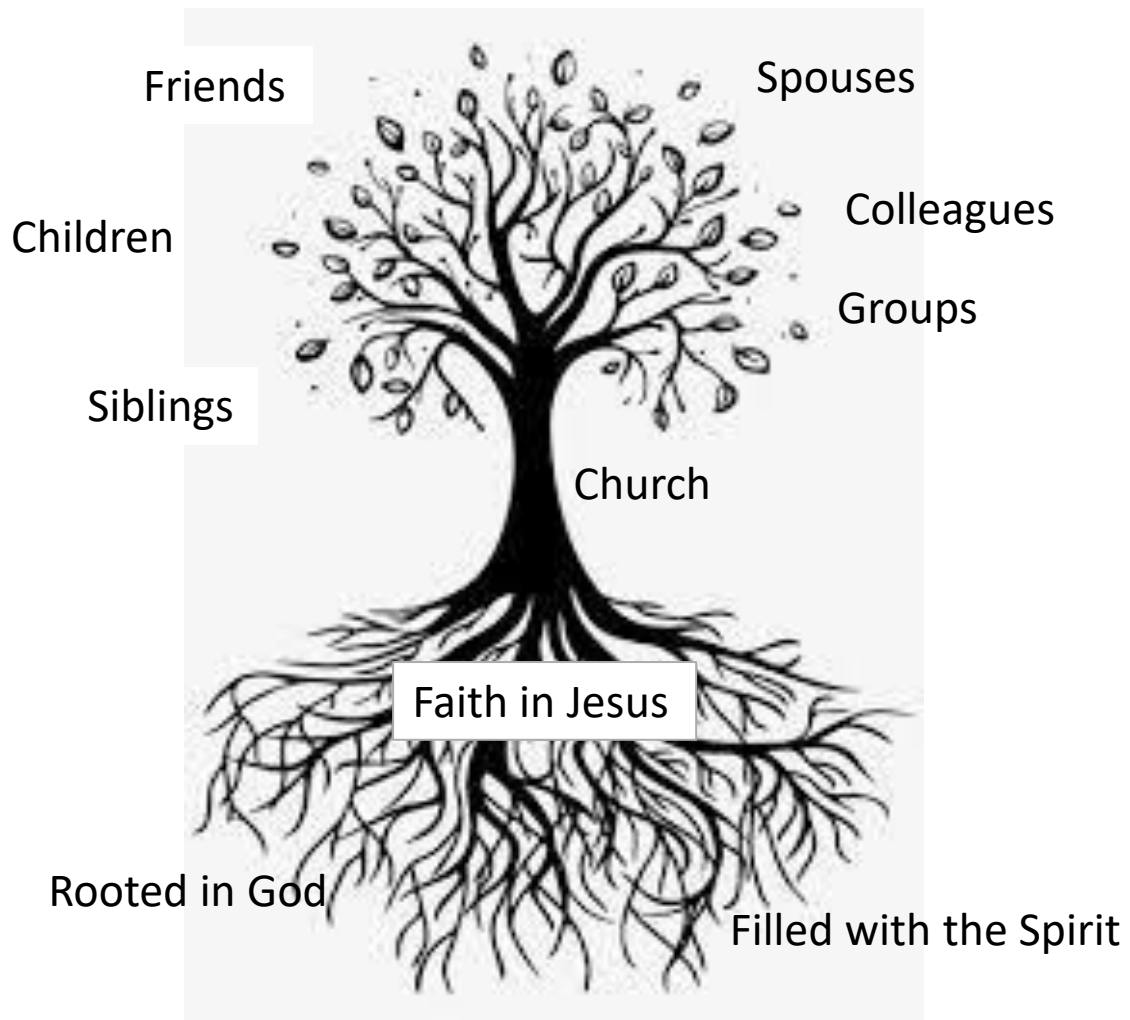
John 10:10



Jeremiah 29:11


- *For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.*








- Less stress
- Improved Healing
- Healthier Behaviours
- A Greater sense of purpose
 - Longer Life




The Lord said it is not good for
man to be alone I will make a
helper suitable for him

Genesis 2:18 (NASB)



⁷The LORD said, “I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering.

Exodus 3:7 (NIV)



²⁴ And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Hebrews 10:24-25 (NIV)




Building friendships

- Give your time and effort
- Offer and invite support
- Be open, honest and Kind
- Be consistent
- Listen well
- Make contact
- Don't give up
- Be yourself



- Take time to be touch base with God
- Invite him to come close
- Talk
- Listen
- Read the word
- Make contact throughout your day
- Take action when you hear God's voice



“Good things as well as bad, you know, are caught by a kind of infection. If you want to get warm you must stand near the fire: if you want to be wet you must get into the water. If you want joy, power, peace, eternal life, you must get close to, or even into the thing that has them...They are a great fountain of energy and beauty spurting up at the very centre of reality. If you are close to it, the spray will wet you: if you are not, you will remain dry.” ~

C.S. Lewis