



WELLBEING
FINDING WHOLENESS
AS CHILDREN OF GOD



Sunday Series

Being stewards

Relational beings

Physical beings

Emotional beings

Vocational beings

Stories & Testimonies




WE ARE PHYSICAL!

The Beginning-A Physical Earth



The Beginning-A Physical Body





God saw all that he had made,
and it was very good.

Gen 1:31a(NIV)

**Achieving
One's Potential**

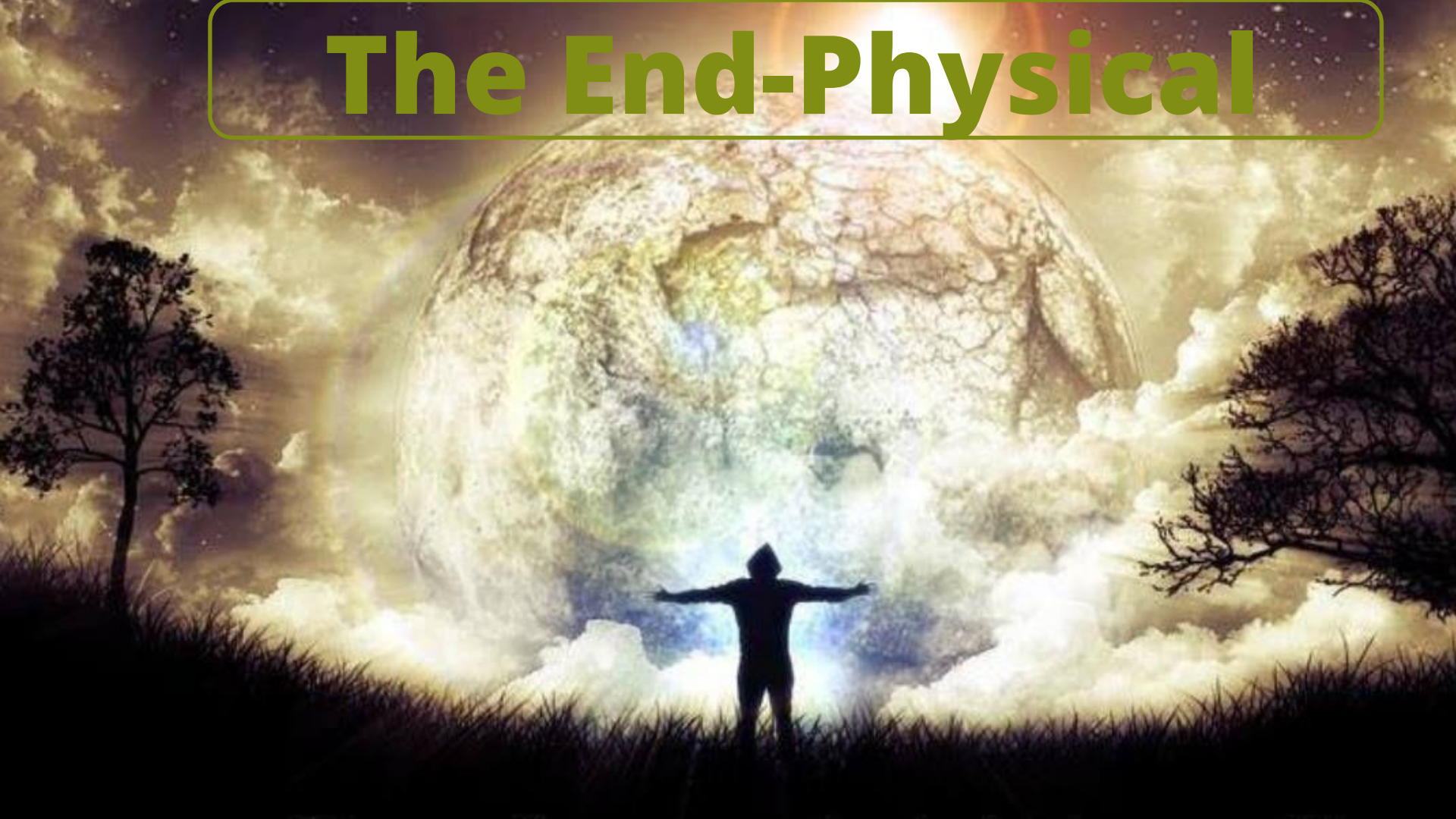
**Esteem/
Accomplishment**


Love/Belonging

Safety

Physiological


The End-Physical





21 Then I saw 'a new heaven and a new earth... 3 And I heard a loud voice from the throne saying, 'Look! God's dwelling-place is now among the people, and he will dwell with them.


Rev 21 excerpts v1-4(NIV)



They will be his people, and God himself will be with them and be their God. 4 “He will wipe every tear from their eyes. There will be no more death” or mourning or crying or pain, for the old order of things has passed away.


Rev 21 excerpts v1-4(NIV)





22 We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. 23 Not only so, but we ourselves,

Rom 8 v22-24 (NIV)



who have the first fruits of the Spirit,
groan inwardly as we wait eagerly for
our adoption to sonship, the
redemption of our bodies. 24 For in
this hope we were saved.

Rom 8 v22-24 (NIV)

The Middle-Care















THE POWER OF HUGS THE MORE THE MERRIER

STRENGTHENS THE
IMMUNE SYSTEM

MAKES US MORE PATIENT

PERFECT TREATMENT
FOR STRESS AND ANXIETY

BUILDS SELF ESTEEM
ESPECIALLY IN CHILDREN

RELEASES DOPAMINE:
SOURCE OF GOOD FEELINGS
AND MOTIVATION



HELPS US GET THROUGH
PAINFUL OR STRESSFUL
SITUATIONS

RELEASES OXYTOCIN WHICH
FILLS US WITH HAPPINESS

CONVEYS MANY EMOTIONS
WITHOUT SAYING A WORD

BALANCES THE
NERVOUS SYSTEM

IS A STRONG DISPLAY OF
LOVE AND SUPPORT





WHAT ONE THING IS GOD
HIGHLIGHTING FOR YOU?
