

Suggested Answers to Bible Study on Wellness Session 1

- 1) **How would you express the meaning of well-being?** *Reflective. Answers may vary.*
- 2) **How do you compare the two words--wellness and well-being--and what would be your understanding of them?** *Reflective. Answers may vary.*
- 3) **Who is speaking here?** *Jesus.*
- 4) **What do these words tell us about how God cares for our well-being?** *He cares for our well-being in a way that the world does not get. He gives us peace that the world does not understand. This peace from Him leads us out of troubles and fears, which can cripple us without it.*
- 5) **According to this verse, where do peace and strength come from?** *The Lord alone.*
- 6) **According to the world, where do peace and strength come from?** *From within us.*
- 7) **What do all of these verses say about mankind's heart or inclinations?** *They convey the concept of original sin. Humans are born with the inclination to turn away from God. We cannot pull ourselves out of the pit.*
- 8) **How does that differ from the way of thinking today?** *Today's philosophy along with the quotes, conveys a sense of being able to pull ourselves together and become successful by our own inclinations.*
- 9) **How does the difference between these two worldviews (the world vs Scripture) help us to understand the beginning of being well or having peace?** *The reality of the situation, as expressed in the scriptural worldview, is that we cannot attain a sense of well-being or even self-confidence on our own. Looking into ourselves accomplishes nothing. The quotes give us a counterfeit meaning of purpose. The beginning of becoming whole and having peace or well-being is understanding that we are fallen sinners and need a savior. The sooner one comes to that acknowledgment, the sooner one can be healed.*
- 10) **According to these verses, where does wisdom come from?** *From God only.*
- 11) **From where do we get our salvation?** *From Jesus only.*
- 12) **What was our state of being before we became Christians?** *We were dead in our sins, in a pit we could not pull ourselves out of, separated from God and wisdom and following the "prince of the power of the air," Satan.*
- 13) **What is the state of our being after becoming Christian?** *We are redeemed and*

belong to God through Christ Jesus. We are no longer condemned by our own sins. However, we live in this world in a state of both saints and sinners. We will always be in the battle of flesh and spirit, sometimes referred to as secularization. Yet we are given the Holy Spirit who is always sanctifying us (or making us holy) until the day of resurrection when we will be completely restored.

14) Discuss what it means to you to be wholehearted. Do you think it is a good word to describe well-being? What word or phrase might work better for you? Explain why. Answers may vary.