

**What Is the Pathway to Being Wholehearted?
A Bible Study on Wellness
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**Isaiah 45:7 “I form light and create darkness;
I make well-being and create calamity;
I am the Lord, who does all these things.”**

Session 2: The Pillars of Wellness

In this session, we will look at the pillars of wellness or well-being and explore how Scripture addresses these pillars. Below is a simple diagram showing eight components of wellness. Some models have different labels on them. This one is very comprehensive; it covers everything.



When we speak of wellness, it is important to have balance in all of these areas of your life. Well-being relies on that balance. When things are unbalanced, it results in instability in our life, work, and relationships. In the last session, we talked about the idea of our worldview

affecting our well-being. A Christian worldview in which we admit we are sinners, and we need a savior is really the only way to begin. That Savior, Jesus Christ, who is the second Person of the Holy Trinity, redeemed us and gives us the Holy Spirit, who leads us to the truth. In Isaiah 45:7 the Lord tells us this: *"I form light and create darkness; I make well-being and create calamity: I am the Lord, who does all these things."* So, we will look at these components of wellness from a Biblical perspective.

1. Physical

- Read 1 Corinthians 3:16: *"Do you not know that you are God's temple and that God's Spirit dwells in you."*
- Read Romans 12:1: *"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."*
- Read Psalm 16:8-9: *"I have set the Lord always before me; because he is at my right hand, I shall not be shaken. Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure."*

1) What do these verses tell us about the physical body?

2) What do they say about how God cares for our physical bodies?

3) How would you interpret this in view of your own physical well-being?

2. Emotional

- Read 2 Corinthians 4:8: *"We are afflicted in every way, but not crushed; perplexed, but not driven to despair."*
- Read Isaiah 24:4-5: *"The earth mourns and withers; the world languishes and withers; the highest people of the earth languish. The earth lies defiled under its inhabitants; for they have transgressed the laws, violated the statutes, broken the everlasting covenant."*
- Read Luke 19:41: *"And when he drew near and saw the city, he wept over it,"* and John 11:35: *"Jesus wept."*

4) What are some "emotion" words in these passages?

5) How do you think God views our emotions? Do they have a purpose? Does Jesus have emotions?

3. Spiritual

- Read Proverbs 4:20-23: *"My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight: keep them within your heart. For they are life to those who find them, and healing to all their flesh. Keep your heart with all vigilance, for from it flow the springs of life."*
- Read Matthew 5:6: *"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."*

- Read John 10:10: *“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”*

6) What do you think it means to be spiritual?

7) How does that compare to this meaning of spirituality: *Having a core set of values and acting out compassionately according to those values. Spirituality gives meaning and purpose to life. It makes us feel connected to others and gives clarity in making choices and decisions. It provides a sense of belonging.*

8) Using this definition of spirituality, how does this apply in the secular world? In Christianity?

Before we continue, let us discuss how the physical, emotional, and spiritual components of our well-being are specially connected.

- Read 1 Thessalonians 5:23: *“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.”*
- Read Romans 12:1 again: *“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.”*
- Read Mark 12:30: *“And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”*

9) What is another way of saying, “emotional, physical, and spiritual”?

10) How does Scripture usually present mind, body, and spirit? Can they be separated?

The remaining components of wellness are crucial as well, but it is worth pointing out that mind, body, and spirit can be woven into all eight components. I have combined financial and occupational components together in one discussion and then social and intellectual in another, with a brief mention of environmental.

4. Financial and Occupational

- Read Proverbs 30:7-9: *“Two things I ask of you; deny them not to me before I die: Remove far from me falsehood and lying; give me neither poverty nor riches; feed me with the food that is needful for me, lest I be full and deny you and say, ‘Who is the Lord?’ or lest I be poor and steal and profane the name of my God.”*
- Read Deuteronomy 15:11: *“For there will never cease to be poor in the land. Therefore I command you, ‘You shall open wide your hand to your brother, to the needy and to the poor, in your land.’”*
- Read Hebrews 13:5: *“Keep your life free from love of money, and be content with what you have, for he has said, ‘I will never leave you nor forsake you.’ So we can confidently say, ‘The Lord is my helper; I will not fear; what can man do to me?’”*

- 11) How should we interpret the Word about riches and poverty?**
12) Are you in charge of your money, or is your money in charge of you?
13) How can you protect your faith from the negative barriers that your finances may have on you?

- Read 2 Thessalonians 3:10-12: *“For even when we were with you, we would give you this command: If anyone is not willing to work, let him not eat. For we hear that some among you walk in idleness, not busy at work, but busybodies. Now such persons we command and encourage in the Lord Jesus Christ to do their work quietly and to earn their own living.”*
- Read Genesis 2:15: *“The Lord God took the man and put him in the Garden of Eden to work it and keep it.”*
- Read Colossians 2:23-24: *“Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.”*
- Read 1 Corinthians 3:8: *“He who plants and he who waters are one, and each will receive his wages according to his labor.”*

- 14) What can you surmise about work and occupations from Scripture?**
15) What are some ways you can improve your occupational well-being?
16) How are occupation and vocation similar and how are they different? Explain.

5. Social and Intellectual

- Read Proverbs 10:17: *“Whoever heeds instruction is on the path to life, but he who rejects reproof leads others astray.”*
- Read Ephesians 4:32: *“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”*
- Read Galatians 6:2-3: *“Bear one another’s burdens, and so fulfill the law of Christ. For if anyone thinks he is something, when he is nothing, he deceives himself.”*
- Read John 15:13: *“Greater love has no one than this, that someone lay down his life for his friends.”*

Other suggestions to read: Daniel 1:17, 20; Genesis 41:39; 1 Samuel 2:26

- 17) How would God have us think of the importance of social interactions?**
18) How does the Bible describe people of great wisdom and understanding?
19) What are some healthy ways you can improve your social and intellectual well-being?

6. Environmental

Our environmental well-being is concerned with the spaces surrounding us as we live. This can be both physical and social. For example, if your social environment is surrounded by trauma, such as living with an addict or with abuse, it will affect you

negatively. Do you feel safe in your environment? Are you surrounded by beauty and serenity or by chaos and ugliness? Let's explore what Scripture has to say about these ideas.

- Read Hebrews 12:1: *"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,"*
- Read Luke 6:47-48: *"Everyone who comes to me and hears my words and does them, I will show you what he is like: he is like a man building a house, who dug deep and laid the foundation on the rock. And when a flood arose, the stream broke against that house and could not shake it, because it had been well built."*
- Read 1 Peter 4:9: *"Show hospitality to one another without grumbling."*
- Read Ezekiel 37:26: *"I will make a covenant of peace with them. It shall be an everlasting covenant with them. And I will set them in their land and multiply them and will set my sanctuary in their midst forevermore."*
- Read Psalm 104:14-15: *"You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth and wine to gladden the heart of man, oil to make his face shine and bread to strengthen man's heart."*

20) How does Scripture portray our surroundings or our relationship with our environments?

21) How can you make your environment a better place to be?

Summary: There is so much more that can be said about each of these components of wellness, and in the third session we will concentrate on the emotional component by discussing emotional intelligence and how that relates to our social component as well. These are all so interrelated that it is impossible to separate them when we are discussing our well-being.

Prayer: Lord, take care of us all by giving us the perseverance to hear and study Your Word. No matter how many times we hear it, we are often careless in the application of it. Help us to see the connection between Your Word and how we live our lives in this time and in this place. Give us the steadfastness to live after Your Word, so that we hear the truth of Your mercy spoken again and again each day. Amen.