

Suggested Answers to Bible Study on Wellness Session 2

- 1) **What do these verses tell us about the physical body?** *Our body is a temple in which the Holy Spirit dwells. It is precious because it was bought with a price, which is the death of our Lord Jesus. We should glorify God IN our bodies.*
- 2) **What do they say about how God cares for our physical bodies?** *God created our bodies and cares for them very much from beginning to end.*
- 3) **How would you interpret this in view of your own physical well-being?** *Answers may vary.*
- 4) **What are some “emotion” words in these passages?** *Crushed, relief, distress, perplexed, despair, mourns, withers, languishes, wept.*
- 5) **How do you think God views our emotions? Do they have a purpose? Does Jesus have emotions?** *God honors our emotions. He created us with them, and Jesus has them. Emotions themselves are neither good nor bad. It’s how we regulate them that is important. And because they are part of us, they certainly have a purpose. Honestly, we could go on forever about how God’s Word treats emotions. Suffice it to say, they are essential to our well-being. In session three of this study, we will look more closely at emotional intelligence and some people from Scripture who teach us about it.*
- 6) **What do you think it means to be spiritual?** *Answers will vary.*
- 7) **How does that compare to this meaning of spirituality?** *Answers will vary.*
- 8) **Using this definition of spirituality, how does this apply in the secular world? In Christianity?** *In the secular world, our spiritual life exists without Jesus. When it doesn’t have Jesus, it will kill and destroy us. With Jesus, as Christians, our spiritual life is abundant, righteous, alive, and satisfying. This is because we are connected to God’s will through His Holy Spirit. Through Him we have eternal life received in the means of grace, which is Word and Sacraments. We have a clear purpose, we have connectedness, we have the compassion to reach out to others. Without the practice of our spirituality in a manner that God has designed for us in Word and Sacraments, we can too easily succumb to the world’s ideas about spirituality.*
- 9) **What is another way of saying, “emotional, physical, and spiritual”?** *Mind, body, spirit. Often the Bible refers to these components using these words.*
- 10) **How does Scripture usually present mind, body, and spirit? Can they be separated?** *Scripture often presents these together, and it is evident that they are not able to be separated. They are so closely connected that they are the essence of what being human is. Each one affects the other. That is why balance is so crucial for our well-being.*
- 11) **How should we interpret the Word about riches and poverty?** *The Word is certainly concerned with and full of knowledge about riches and poverty. Books can be and have been written about it. Summarizing it one way can be to understand that God created all mankind, and it is in His understanding only why some are rich and others are not. The concern is whether one is content with what he has. Also, God is*

greatly concerned about how we treat others who have less than we do. As Christians, we have a responsibility to our neighbors and their needs.

- 12) Are you in charge of your money, or is your money in charge of you?** *Question is reflective. Answers will vary.*
- 13) How can you protect your faith from the negative barriers that your finances may have on you?** *Prayer is the best way. When we pray the Lord's Prayer, we are asking for the things we need and nothing more. "Gives us this day our daily bread." We are always in danger of having either too much or too little. In the Proverbs 30 chapter quoted here, there is a prayer very similar to that, asking for neither poverty nor riches because each one can cause us to stray from the Lord.*
- 14) What can you surmise about work and occupations from Scripture?** *God has given us work, and it is a good thing. We are created in such a way that if we don't work, negative things will happen. We will lose focus on our purpose. What we choose to do is something that we as Christians have complete freedom over. What we don't have the freedom to do is anything that will conflict with our core values and beliefs. That will cause unrest and can hurt our neighbors.*
- 15) What are some ways you can improve your occupational well-being?** *Loving what you do in a job is helpful but not necessary. What is necessary is having purpose and understanding that everything you do is for the Lord because it fits into the greater grand narrative of what is good for others. Having a job that provides you with the resources you need to survive and care for your family supersedes the enjoyment of the work; however, you can improve your well-being if you dislike your work and can't change it by supplementing it with enjoyable work on your own time, doing something you love and maybe even making a bit of money on the side with that.*
- 16) How are occupation and vocation similar and how are they different? Explain.** *Occupations are jobs that enable you to have money to pay the bills. A vocation is a station in life, such as mother, brother, friend etc. They can be similar in that your job can be done with the attitude of doing what you do for the Lord since it provides you with the opportunity to interact with others in a godly manner. They can be different in that vocations often are outside of your wage earning sphere and can be considered callings to serve the Lord and your neighbors.*
- 17) How would God have us think of the importance of social interactions?** *God has a great interest in teaching us about the importance of our relationships with others. After all, we are commanded by Him to love our neighbors.*
- 18) How does the Bible describe people of great wisdom and understanding?** *People of great wisdom and understanding are always described as those who fear the Lord and walk in His ways. Fearing the Lord means understanding that you are a creature, not a god, and that you are separated from the true God by your own sinful nature, and through Jesus Christ you are redeemed and brought back to God. Through the power of the Holy Spirit in your life, you can become the sanctified human you are meant to be and walk in His ways by serving your neighbors.*
- 19) What are some healthy ways you can improve your social and intellectual well-being?** *You can improve your social and intellectual well-being by studying God's*

Word with others, attending Divine Service regularly, learning new skills, and helping others through volunteerism, such as spending time with and/or making or donating things to people in homeless shelters, nursing homes, hospitals, etc. You can also make play time for yourself and your family, doing these things intentionally so that you are not isolating yourself too much or working too long without consistent breaks and rest.

20) How does Scripture portray our surroundings or our relationship with our environments? *The people and places we surround ourselves with are going to influence how we behave and make our choices in life. They influence us greatly. God knows this and warns us constantly about not emulating other people in their idolatry. There are hundreds of other Scripture references showing this. However, these verses here are also giving us a picture of how to surround ourselves in healthy ways. The mention of a sanctuary in our midst describes the Body of Christ among us in Word and Sacrament. Words that mention building a house on solid ground that cannot be divided talk about a strong foundation in the truth of Jesus and His Word. We also have words describing hospitality toward others and being surrounded by a cloud of witnesses from our Christian heritage and those who surround us now. There are numerous Scriptures about the beauty of God's creation and how the bounty of His creation provides not for our needs but provides us with beauty as well.*

21) How can you make your environment a better place to be? *There are many ways to do this, and we can't control everything about our surroundings. However, we can make our surroundings better by spending quality time with our family members and friends we can trust, taking time to enjoy nature, taking time to create something such as artwork or a craft with our hands, enjoying beautiful creations of others and creating a pleasing home environment;; taking time to serve others through volunteerism, and taking time to attend church services and participate in the fellowship of a church community.*