

ULTIMATE WELLBEING

Ultimate wellbeing is found when we allow God to be at the centre of our lives. It is through Jesus Christ that we become children of God, receive the Spirit, become more like Jesus and experience increasing wellbeing. Here's a prayer of invitation:

Lord Jesus,

I admit my need of You and invite You to come and forgive me. I believe that You died and rose again so that I could receive new joy, purpose, hope and wellbeing. Please come into my life and fill me with Your Holy Spirit. I commit to follow You and Your ways all the days of my life.

Amen.

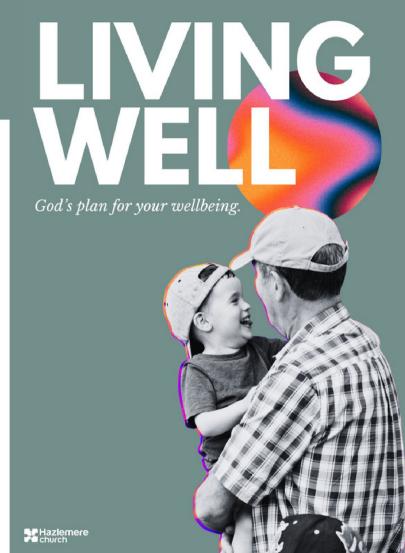
MORE INFO & SUPPORT

MIND: Mental Health Support mind.org.uk 0300 123 3393

BUCKINGHAMSHIRE TALKING THERAPIES oxfordhealth.nhs.uk/bucks-talking-therapies/ 01865 901 600

CAP: Financial & Debt Support capuk.org 01274 760720

CARE FOR THE FAMILY: Family & Bereavement Support careforthefamily.org.uk 029 2081 0800



THE LORD IS PEACE

Perfect Wellbeing

Judges 6.24



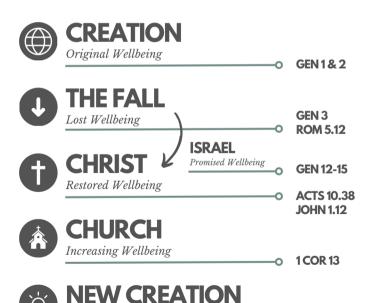
SHALOM - PEACE

In the Bible, shalom means universal flourishing, wholeness and delight.

-0 REV 21.4-5

VOCATIONAL

GOD IS OUR WELLBEING, AND AS WE LOOK AT THE STORY OF THE BIBLE WE CAN SEE GOD'S PLAN FOR OUR WELLBEING UNFOLD...



DIFFERENT, BUT INTERRELATED FUEL TANKS. ALL ARE VITAL AND A CHANGE IN WELLBEING IN ONE CAN IMPACT THE OTHERS. WHERE AM I NOW? 1 2 3 4 NEXT STEPS: **PHYSICAL** WHERE AM I NOW? 1 2 3 4 5 NEXT STEPS: **EMOTIONAL** WHERE AM I NOW? 1 2 NEXT STEPS: **SPIRITUAL** WHERE AM I NOW? 1 2 3 4 5 6 7 8 NEXT STEPS: **RELATIONAL** WHERE AM I NOW? 1 2 3 4 5 6 7 8 NEXT STEPS: **FINANCIAL** WHERE AM I NOW? 1 2 3 4 5 6 7 8 9 NEXT STEPS:

WE CAN THINK OF OUR LIVES AS HAVING SIX