

I HAVE COME THAT
THEY MAY HAVE
LIFE, AND HAVE IT
TO THE FULL.

John 10.10

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

LIVING WELL

God's plan for your wellbeing.



THE LORD IS PEACE

Judges 6.24

שְׁלֹמֹ

HEBREW
שָׁלוֹם

SHALOM - PEACE

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

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



CREATION

Original Wellbeing

GEN 1 & 2



THE FALL

Lost Wellbeing

GEN 3
ROM 5.12



CHRIST

Restored Wellbeing

GEN 12-15

ACTS 10.38
JOHN 1.12

ISRAEL

Promised Wellbeing



CHURCH

Increasing Wellbeing

1 COR 13



NEW CREATION

Perfect Wellbeing

REV 21.4-5

WE CAN THINK OF OUR LIVES AS HAVING SIX DIFFERENT, BUT INTERRELATED FUEL TANKS. ALL ARE VITAL AND A CHANGE IN WELLBEING IN ONE CAN IMPACT THE OTHERS.



PHYSICAL

WHERE AM I NOW? 1 2 3 4 5 6 7 8 9 10

NEXT STEPS: _____



EMOTIONAL

WHERE AM I NOW? 1 2 3 4 5 6 7 8 9 10

NEXT STEPS: _____



SPIRITUAL

WHERE AM I NOW? 1 2 3 4 5 6 7 8 9 10

NEXT STEPS: _____



RELATIONAL

WHERE AM I NOW? 1 2 3 4 5 6 7 8 9 10

NEXT STEPS: _____



FINANCIAL

WHERE AM I NOW? 1 2 3 4 5 6 7 8 9 10

NEXT STEPS: _____



VOCATIONAL

WHERE AM I NOW? 1 2 3 4 5 6 7 8 9 10

NEXT STEPS: _____