



# KINGDOM HEALTH & WELLNESS

Including the Body in the Spiritual Conversation

## E1: PEL Exercise

### The Big Idea:

Our \_\_\_\_\_ to Christ is intricately attached to our \_\_\_\_\_.

### Mapping Out the Course: 4 Main Areas

- My Story and My Coaching
- The Big Problem
- Inside Out Health
- Stewardship: Answering How?

### My Story and My Coaching:

When I began to cooperate with the Holy Spirit in my healing Jesus,

- healed my stressed and \_\_\_\_\_ heart
- restored my \_\_\_\_\_
- balanced and healed my \_\_\_\_\_

As you will learn, your health will come through your \_\_\_\_\_ because you responded to your \_\_\_\_\_.

God has given me this health and wellness platform to \_\_\_\_\_ people into greater \_\_\_\_\_ and abundance.

Q1: Based on John 10:10, how would you define abundant life?

### The Big Problem:

Chronic disease in America represents \_\_\_\_\_ of the 3.3 trillion in health care expenditures per year.

People who attend church were more likely to be \_\_\_\_\_ overweight and have both higher \_\_\_\_\_ and \_\_\_\_\_ numbers.

We need a new \_\_\_\_\_ aligned, \_\_\_\_\_ centered, \_\_\_\_\_ based narrative around food and our physical health.

## Inside Out Health

### Q2: What is Inside Out Health?

Prioritizing our inner health and healing, that of our \_\_\_\_\_ and \_\_\_\_\_, above attempting to change the things that can be seen.

Our \_\_\_\_\_ and \_\_\_\_\_ can be cut short because we don't prioritize \_\_\_\_\_.

The purpose for renovating and establishing health is 3 fold:

1. For the glory of \_\_\_\_\_.
2. For the good of \_\_\_\_\_.
3. To experience more of the \_\_\_\_\_ Christ came to give.

### Stewardship: Answering How?

The best caregivers, leaders, and teachers \_\_\_\_\_ and \_\_\_\_\_ their body, soul, and spirit. If we don't make this a priority eventually we'll be in a position where someone will need to take care of us. (prematurely)

"Habits that don't support us in living a healthy and wholehearted life are like stacked sandbags blocking the flow of a river that is meant to reach the thirsty ground of our hearts." - Alisa Keeton

### E2: Life Wheel Assessment

A health revolution starts with \_\_\_\_\_.

That happens by,

1. Praying the \_\_\_\_\_ of faith.
2. Accepting His \_\_\_\_\_ for you.
3. Making one small \_\_\_\_\_ at a time.

Creating sustainable health is a long obedience and act of love made in the same direction.

This is a call to a journey of stewardship. Where we don't blame, sidestep, or look for quick fixes but partner with God to pursue healing and freedom from the inside out.

What is the first step you'd like to take to regain your health, be it spiritual, emotional, or physical?

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"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ."

1 Thessalonians 5:23