

# WELLNESS WEDNESDAYS

## *SPIRITUAL HEALTH: Experiencing God's Goodness and Mercy*

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### INTRODUCTION TO **SPIRITUAL HEALTH**

**Mental health refers to emotional, psychological and social wellbeing.**

Mental health is not determined by the presence or absence of mental illness, and it is dynamic in nature (i.e. subjective experiences or wellbeing change over time). It is a dynamic continuum.

**5 processes of recovery:**

- 1) Discovering and nurturing hope for the future.
- 2) Establishing a positive sense of identity.
- 3) Taking responsibility for building a meaningful life.
- 4) Pursuing the information needed for self advocacy and self care (basically, knowing who you are).
- 5) Developing support systems and engaging in community.

**Spiritual health refers to the wellbeing and vitality of a person's spiritual life.**

It involves nurturing and developing one's relationship with God. Spiritual health includes various aspects, including beliefs, values, purpose, meaning, and connection to something greater than oneself.

**Spiritual health**

- Finding inner peace, purpose, and fulfillment
- Finding strength, hope, and guidance in God
- Living in peace, knowing your inner/outer lives match
- Community of friends who also love and seek God

***Become more and more like Jesus as we walk through Psalm 23.***

SPIRITUAL HEALTH CHALLENGE WEEK 1  
**Read through Psalm 23 each day this week.**