WELLNESS WEDNESDAYS

SPIRITUAL HEALTH: Experiencing God's Goodness and Mercy



"Repent, for the kingdom of heaven has come near." ~ Jesus (in Matthew 4:17)

The kingdom of God is where God is, and wherever He is, is a good place to be.

The good news that Jesus brought is that <u>God's kingdom</u> is <u>available</u> and <u>everywhere</u>.

The gospel—the good news— is also something we share and experience in community with others.

SPIRITUAL HEALTH CHALLENGE WEEK 4 Sit in silence for 10 minutes.