

WELLNESS WEDNESDAYS

SPIRITUAL HEALTH: Experiencing God's Goodness and Mercy

6

IS IT ACTUALLY POSSIBLE TO BECOME **MORE & MORE LIKE JESUS?**

How can we become more like Jesus?

It is much like training for a marathon.

- Starts with a decision to change and be like Jesus.
- Ask Jesus to be the centre of your life and the ways in which you live it out.
- Read the Bible.
- Join a church, home group, like-minded Jesus followers.
- Learn about some spiritual (training) practices.
- Do the spiritual practices.
- Be around others who also want to become more like Jesus.
- Don't give up—ask the Holy Spirit to help you.
- Jesus is your running partner!

PSALM 23 NRSVA¹

The Lord is my Shepherd, I shall not want.

Jesus is my Lord, guide, protector, provider.

He makes me lie down in green pastures;

Jesus wants the best for me. He watches over me while I rest. He delights in me. He helps me rest full and satisfied in Him. I don't fear. I can sleep in peace.

He leads me beside still waters;

Jesus leads me to good things. He quenches my thirst. He fills me up. There is peace wherever He is. The waters are still and peaceful.

He restores my soul.

Jesus restores my soul. He wants good for me.

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WELLNESS WEDNESDAYS

He leads me to right paths for his name's sake.

Jesus is my guide. He leads me in right direction.

**Even though I walk through the darkest valley,
I fear no evil; for you are with me;
your rod and your staff—they comfort me.**

*Jesus guides and protects me during difficult times.
He is with me and walks with me. He does not leave me when I am afraid.*

**You prepare a table before me
in the presence of my enemies;**

Jesus comforts me with good even when I am surrounded by "enemies."

You anoint my head with oil;

Jesus blesses me. He anoints my head. I am filled with the Holy Spirit.

My cup overflows.

Jesus fills my life to overflowing. Abundance. Wholeness. Shalom.

**Surely goodness and mercy shall follow me
all the days of my life,**

Jesus promises that I will be followed by goodness and mercy all my life.

**And I shall dwell in the house of Lord
my whole life long.**

Jesus is with me always, now and forever.

SPIRITUAL HEALTH CHALLENGE

Choose one spiritual practice to pursue.

1. Prayer
2. Bible Study
3. Worship
4. Meditation
5. Fasting
6. Silence & Solitude
7. Service
8. Fellowship