

HEALTH

MENTAL | PHYSICAL | EMOTIONAL
ADDICTION | PAST HURTS


There is no question that all of us are broken and imperfect people with issues in our lives. The Gospel itself is all about a perfect God reaching an imperfect people, right? But, the beauty of our relationship with Jesus is that He doesn't leave us in our brokenness, He helps rebuild us and make us whole. Sometimes this means years or even decades of walking through healing, but healing IS possible.

When it comes to mental and emotional health (often coming from addiction or past hurts), it's incredibly hard, if not impossible, to go through those things alone. While many of these things require professional help from a Christian therapist or counsellor, working through healthy habits in these areas with a discipler can make a huge difference. Your current discipleship relationship might not be enough to fully handle

these things, but using the resources below, and getting connected with professional help can often turn the tide on obvious issues in your life.

Physical health on the other hand is often overlooked when it comes to spiritual growth and discipleship. It's easy to think that physical health has no bearing on your walk with Jesus, but even outside of the Biblical mandate to treat your body like a temple of God, your physical health affects your amount of energy, your mental acumen, your ability to do what God says when He says it, and even your practical longevity in building the Kingdom on this earth.

Our overall health cannot be ignored in our Christian walk, and it can only be swept under the rug for so long. Living a healthy life in every way possible will make a huge difference in the way you follow God.



DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT, WHO IS IN YOU, WHOM YOU HAVE RECEIVED FROM GOD? YOU ARE NOT YOUR OWN; YOU WERE BOUGHT AT A PRICE. THEREFORE HONOR GOD WITH YOUR BODIES.

1 CORINTHIANS 6:19-20

HEALTH CONT.

1

Are you in a mentally healthy place? Do you ever have invasive thoughts like suicide or unhealthy anger? Do you feel like yourself right now?

3

What are you doing to be physically healthy? Do you exercise regularly? Have you made goals for where you want to be physically and are you sticking with those goals?

5

Are you generally emotionally healthy? Do you ever stuff your emotions or let your emotions overtake you? What do you do on a day to day basis to confront your emotions without letting them control you?

7

Has anyone ever done anything to hurt you? What are you doing to work through those hurts? Who do you need to forgive or ask forgiveness from, even if it's a long process?

2

Do you meet with a professional counselor or therapist to discuss your issues? Are there any sin issues you want to keep them from finding out about?

4

Are you eating the correct amount, or do you often eat too much or too little? Are you eating well balanced food? Are you disciplined with the fuel that you put in your body?

6

What addictions do you have in your life (drugs, alcohol, food, relationships, pornography, other)? What are you doing to combat those things? Are you getting professional help?

8

Do you need to get help in any of these areas that you're not currently getting? Who do you need to go to to get help? Which of those things can be handled in discipleship, and which need a professional?

QUESTIONS TO ASK IN DISCIPLESHIP

RESOURCE	AUTHOR / CREATOR	TYPE
e91church.com/counseling	East 91st Street	Website
Victory Over the Darkness	Neil T. Anderson	Book
Bondage Breaker	Neil T. Anderson	Book
Trauma Stewardship*	Laura van Dernoot Lipsky	Book
Don't Look Back	Christine Caine	Book
Start Strong, Finish Strong	Kenneth Cooper	Book
Winning the War in Your Mind	Craig Groeschel	Book
Don't Give the Enemy a Seat at Your Table	Louie Giglio	Book
I Love Jesus, But I want to Die	Sarah J. Robinson	Book
awakenrecovery.com	Greg and Stacey Oliver	Podcast

* Not a Christian Resource

DIGGING DEEPER