

# Focus on the Family

December 11<sup>th</sup>, 2007



## **“Your Personal Health & Wellness... What’s God Got to Do With It?”**

**‘Spiritual Exercises for a Healthier Life’**

This original presentation included 63 slides. This is a brief summary.

Dale A. Fletcher, M.S.



# Today

- Research on Faith & Health
- Relationship Between Spiritual & Physical Health
- Spiritual Exercises & Spiritual Fitness Assessment
- Tie it All Together





# Our Faith/Spirituality

- Serves as a Guide for Our Relationships
  - God, Self & Others
- Gives us a Value System, Sense of Right & Wrong
- Gives us a Meaningful Purpose & Direction in Life
- Provides us Eternal Life
- **Helps us Live a More Full Life**
- **Aids us with Making & Sustaining Lifestyle Changes**
  - Improved Emotional & Physical Health



IRAQ'S NEW TERRORISTS • RAGE OVER 'THE REAGANS'

# Newsweek

November 10, 2002

NEWSWEEK PUBLISHED WEEKLY

## God & Health

Is Religion  
Good  
Medicine?  
Why Science  
Is Starting to  
Believe





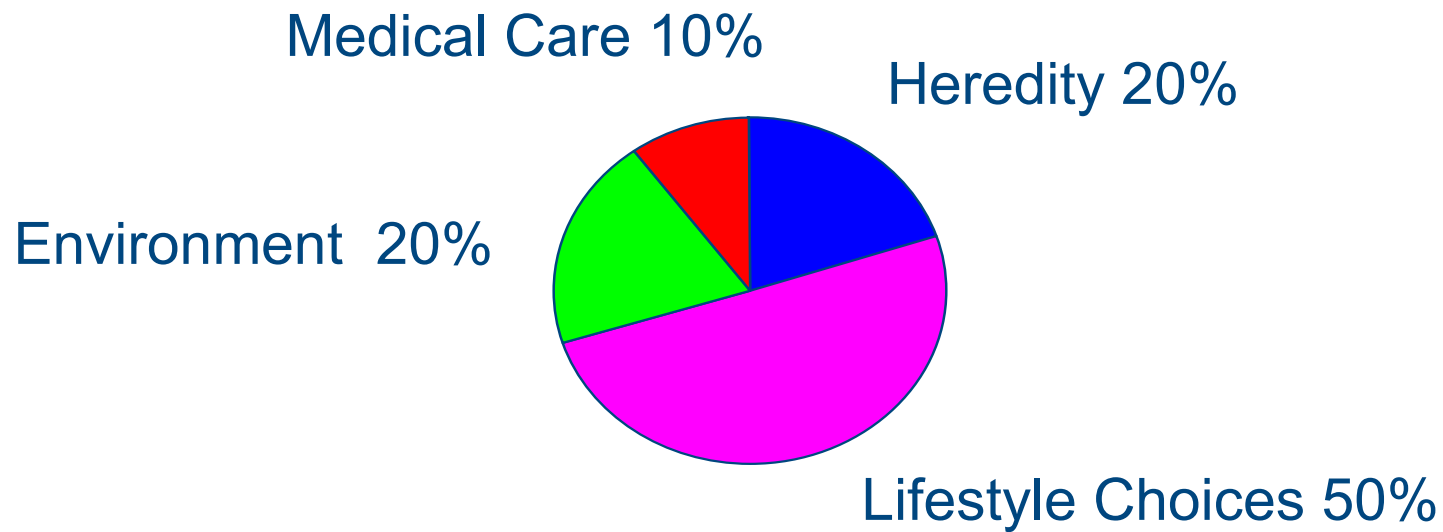
# The Research on Faith and Health

*“Our research and amazing new scientific technology are continually adding exciting new evidence that our Great Creator, God, has equipped us with marvelous mechanisms by which, through faith in him, our spiritual beliefs and behaviors can actually help heal us.”*



Harold G. Koenig, M.D.  
Duke University  
Author, *The Healing Connection*

# Key Determinants of Health

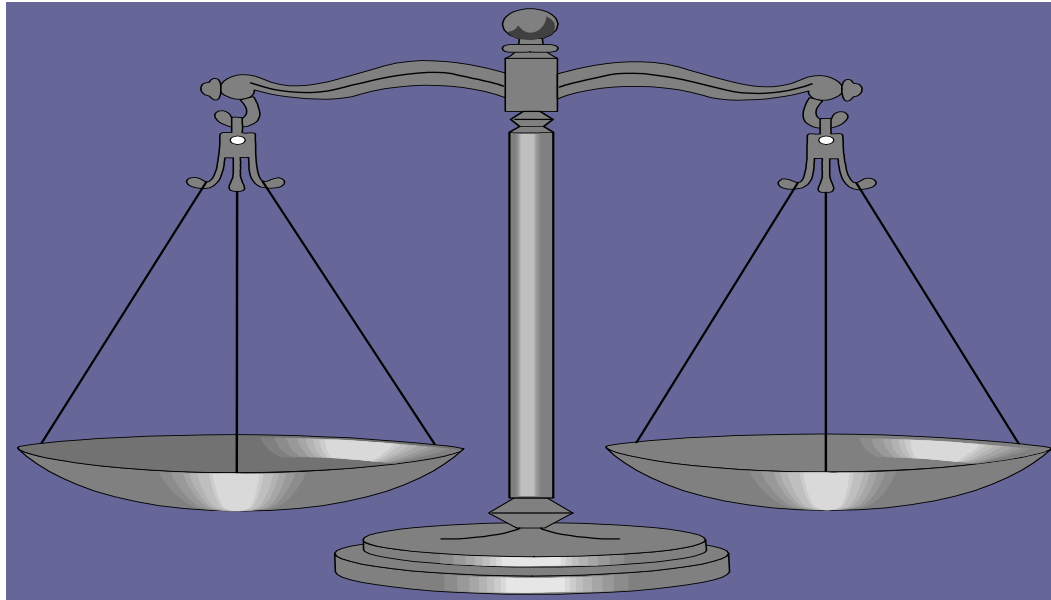


# The Research on Faith and Health

Faith seems to impact positively on our health in the following areas:



# Achieving a Healthy & Holistic Balance



- **Emotional & Mental**
- **Physical**
- **Spiritual**

**GOD  
is  
Glorified**

Live  
His  
Purpose

Physical  
Health  
Emotional  
Health  
Spiritual  
Health

Healthy Choices  
Lifestyle  
of  
Godliness

Spiritual Exercises

Knowledge  
A Divine Power  
Belief  
Personal Relationship  
with God  
Deeper Faith  
Jesus  
Holy Spirit

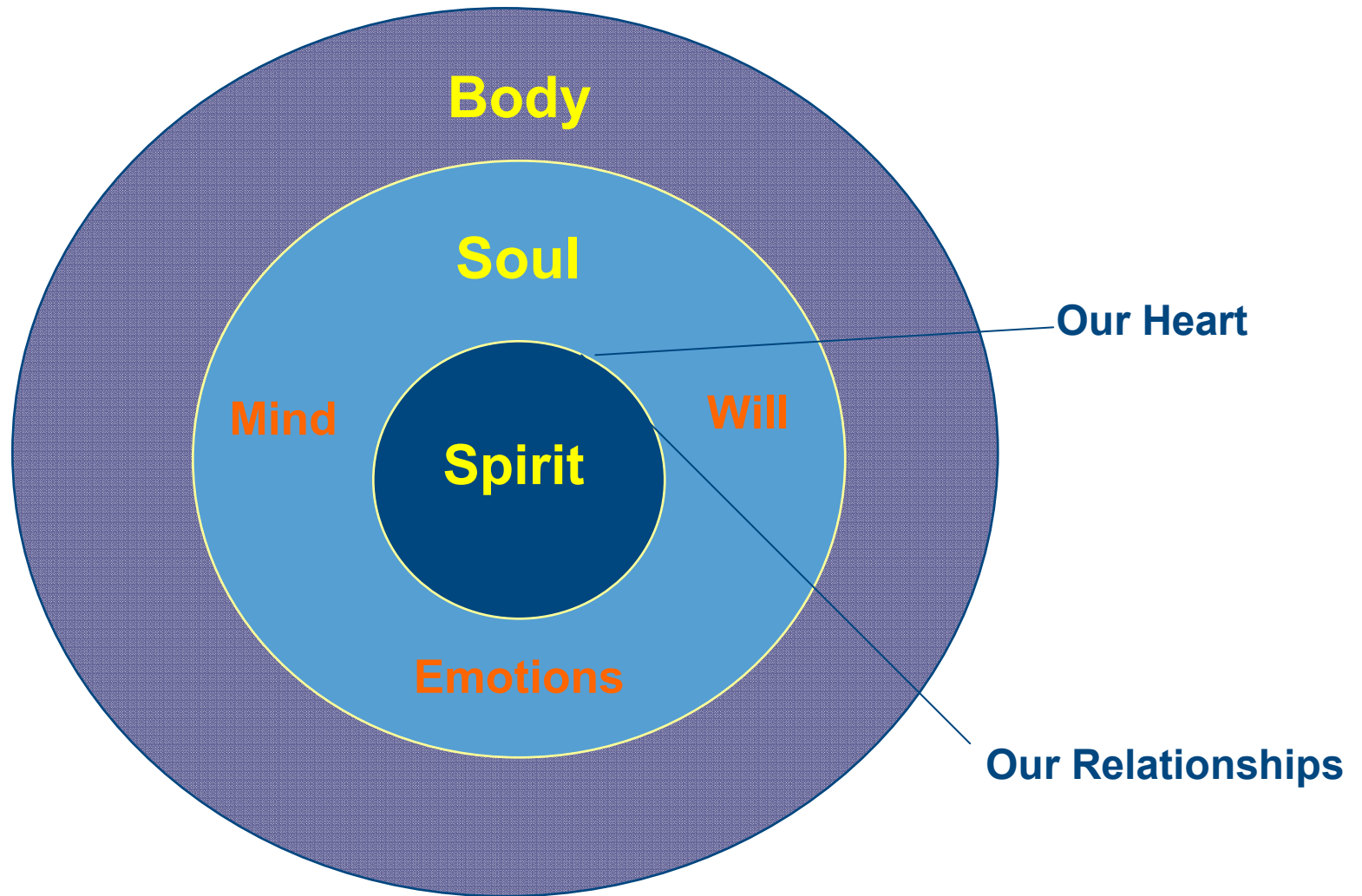
Abundant  
Life  
Fruit  
Abide  
in God's  
Presence  
Obedience  
Love of  
God  
Love of  
Self  
Our Motivation



# Our Emotional & Mental Health



# #1 - We Are a Three Part Whole



We are Spirit, have a Soul and live in a Body

# Caring for Our Heart

## Proverbs 4:23

- “Guard your heart above all else, for it determines the course of your life.” NLT
- “Keep your heart with all diligence, for out of it spring the issues of life.” NKJ
- “Above all else, guard your heart, for it is the wellspring of life.” NIV





# Stress and Health

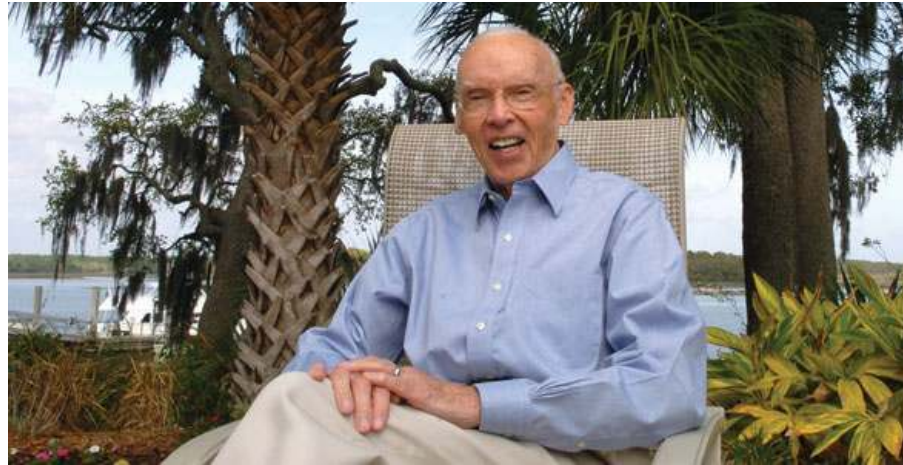




# Our Physical Health



# Keys for Good Physical Health



# On Priorities . . .

**“The key is not to  
prioritize your schedule,  
but to  
schedule your priorities.”**



**Stephen Covey  
Seven Habits of  
Highly Effective People**



# Our Spiritual Health





# Spiritual Exercises... for a Healthier Life

*“Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but **spiritual exercise** is much more important for it promises a reward in both this life and the next. This is true and everyone should accept it.”*

1 Timothy 4:7-9 (NLT, 1st Edition)

# An Example of a Spiritual Exercise

Pray



# What Does Spiritual Exercise Look Like to You?





# 18 Spiritual Exercises

- Our Beliefs and Attitudes About God
- Our Relationship With God
- How we Practice Our Faith



# Our Beliefs and Attitudes About God

- Believe in God
- Believe God's Spirit Lives in You
- Believe God Forgives You



# Our Relationship With God

- Have Faith & Trust in God
- Love God
- Believe In & Receive God's Love
- Obey God
- Read and Study the Bible
- Cry Out to God
- Surrender to God/Let Go
- Pray and Meditate
- Abide in God's Presence



# How We Practice Our Faith

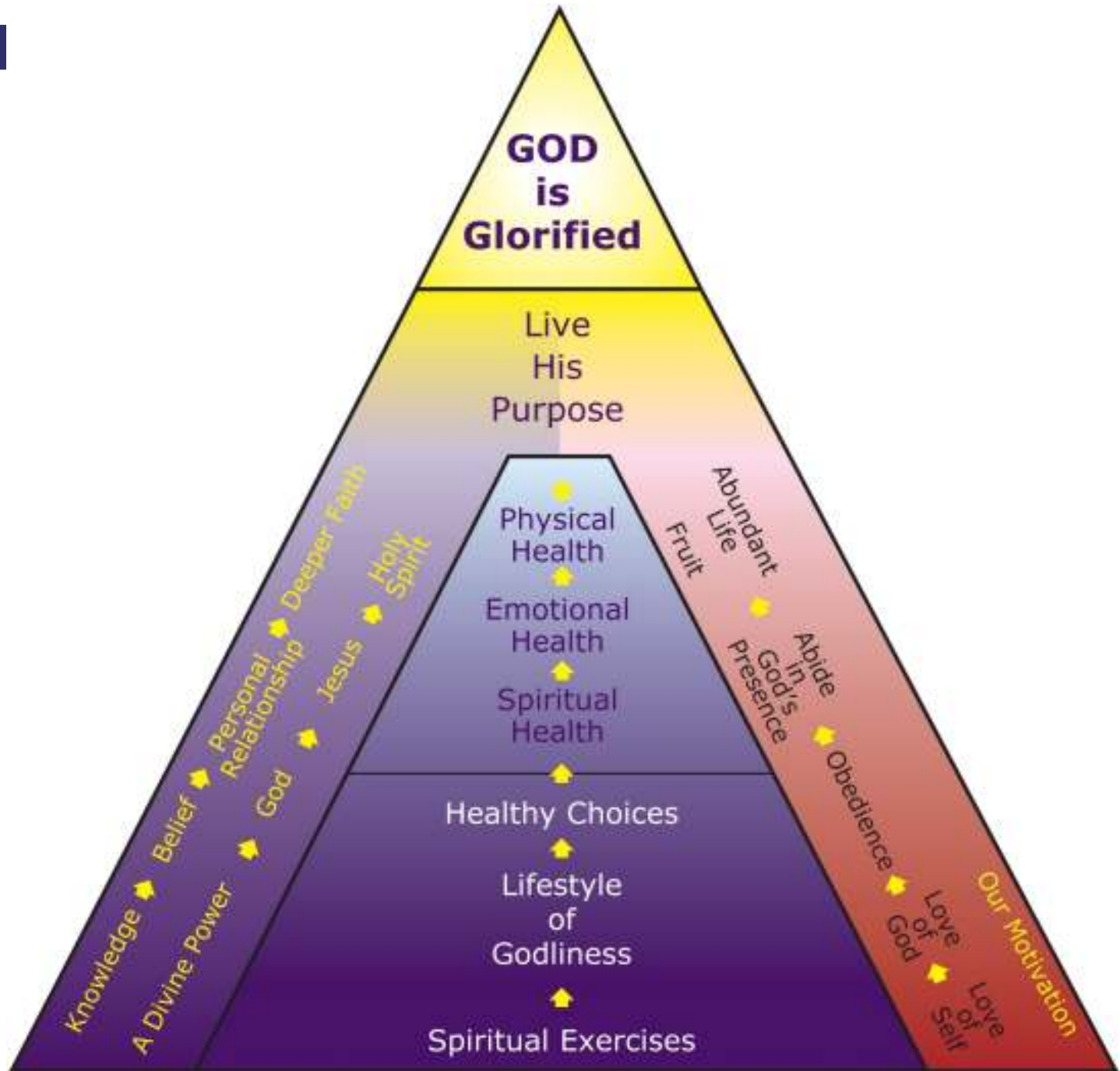
- Be in Community with Others
- Attend Church/Worship with Others
- Love & Serve Others
- Forgive
- Think Spiritual Thoughts/Renew Your Mind
- Confess Your Sins



# Five Spiritual Principles That Promote Good Health

John Hopkins University Video

“Plans to Prosper- A Patient Guide to Good Health”





# Questions/Comments





# What's God Got to Do with Your Personal Health & Wellness?

In summary...

- Your mind, body & spirit are interrelated and inseparable.
- Believing and trusting in God and following the principles in His Word will give you peace, joy and power to make behavior changes and sustain a healthy lifestyle.
- A healthier lifestyle will have positive effects on your health.
- Improved health will better enable you to live out your life purpose.
- God will be glorified

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Contact Dale to present a workshop or retreat

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