

New Year “Resolution” for Wholeness

“Wilt thou be made whole?” Jesus asks this question in John 5:6 of the man at the pool of Bethesda. Jesus continues to ask the question to each one of us.



The New Year is always a good time to make an assessment of our priorities, our habits, and our health. Make a list of healthy lifestyle choices you already make. Next, make a list of parts of your life that need attention.

Changes do not happen just because we wish it would be like that. We have to be focused with a plan and then set small goals that lead to big differences. Living a healthy, whole life has many aspects.

- ❖ **Emotional Health-** Make choices that keep stress levels under control, make time for fun activities that regenerate the spirit, engage in random acts of kindness.
- ❖ **Financial Health-** Check your credit report for accuracy (Google free credit report), resist the temptation to spend money, maintain an emergency fund, and reserve extra to share.
- ❖ **Medical Health-** Know and maintain healthy “numbers” to reduce your risk factors for disease leading to death.
 - Body Mass Index (BMI) under 26
 - Cholesterol under 200
 - Blood Pressure less than 130/90
 - Glucose levels under 100 before eating
 - Zero tobacco use
- ❖ **Mental Health-** Maintain a positive outlook, use honoring self-talk, seek professional help for thoughts of doing harm to self or others.

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- ❖ **Mental Health-** Maintain a positive outlook, use honoring self-talk, seek professional help for thoughts of doing harm to self or others.

❖ **Nutritional Health-** Choose foods that are the closest to the way God made them. Eat fresh fruits and vegetables, whole grains, complete proteins, dairy, and “minimally” processed foods (5 ingredients or less).



❖ **Physical Health-** Increase physical activity and exercise the “temple” God gave you daily or at least 30 minutes of activity 3 times a week that increases your heart rate. Choose the parking spot a little farther out or walk up the stairs.

❖ **Relational Health-** Maintain strong social and supportive network of

friends and family. Connection to other people (or animal) has proven to keep us healthier.

❖ **Spiritual Health-** Maintain a personal relationship with God through an active prayer life, scripture study, guided imagery, attending worship services, fasting and other spiritual disciplines.



The scripture in John continues. *“Jesus said unto him, Rise, take up thy bed and walk. And immediately the man was made whole, and took up his bed, and walked.”*

The infirmed man exhibited faith, took action, and became a new person because of his encounter with Jesus Christ!

Provided by Community of Christ Health Ministries Association
816-833-1000 ext 1262 www.HMA@CofChrist.org
Compiled by Paula Rummel, RN, Elder, and HMA Executive Director

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