

Healthy Church Initiative



Healthy Church Initiative

PREMISE

- Faith Communities dot the landscape more than any other institution.
- Preach, Teach, Heal.
- Churches touch people at their most critical junctures.
- Churches hold a deep understanding of the link between one's spirituality & one's well being
- Church members are challenging their leaders to define their ministry of health differently.



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In the beginning was religion,
and one of the purposes of religion was to heal.
Through the course of centuries it came to pass that
healing by priests of religion was given over
to healing by the physicians of medicine.
Thus did a new religion arise: the medical religion.
Some practitioners specialized in the body and its organs:
others specialized in the mind and its proper working.
As for the priests of the old religion, their ministry
of healing was replaced by a ministry of consolation
in sickness and preparation for death.
In these latter days, voices have been heard in the land crying
*“Cannot religion go beyond consolation?
Is there not more than that for religion to do in health care?”*



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CONNECTING THE RELATIONSHIPS

Leading Causes of Death

- ❖ Heart Disease
- ❖ Cancer
- ❖ Cerebrovascular Disease
- ❖ Chronic Pulmonary Disease
- ❖ Accidents
- ❖ Pneumonia & Influenza
- ❖ Diabetes
- ❖ Suicide
- ❖ AIDS
- ❖ Homicide

Lifestyle Factors

Leading to Half

- ❖ Tobacco
- ❖ Diet, Sedentary Lifestyle
- ❖ Infections
- ❖ Alcohol
- ❖ Ill-Managed Stress
- ❖ Toxic Agents
- ❖ Firearms
- ❖ Motor Vehicles
- ❖ Sexual Behavior
- ❖ Illicit Drug Use

Underlying OR Spiritual Causes

- ❖ Loneliness
- ❖ Depression
- ❖ Self-Esteem
- ❖ Unreconciled Past
- ❖ Loss of Self Worth
- ❖ Lack of Social Support
- ❖ Sense of Abandonment
- ❖ Little Meaning or Purpose
- ❖ Lack of Authority



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Building the Relationships



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Taking the Survey



Sample Survey Questions:

1. *At this moment, the word which most closely describes my life would be...*
 - Meaningful/Purposeful/Hopeful
 - Challenging, it is what it is
 - Indifferent/empty
2. *The issue that affects my health most significantly is....*
 - Inability to control my weight
 - Making time for what is important
 - Long hours and stress of the job
 - Living up to the expectations of others
 - Current lifestyle



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Taking the Survey



Sample Survey Questions:

3. *To decrease my stress I need to....*
 - Make time for what is important
 - Reframe expectations of myself and others
 - Build meaningful relationships
 - Learn to develop realistic goals for living

4. *If I were to change my lifestyle, I would need support in....*
 - Being more physically active
 - Being less judgmental
 - Spiritual reflection/meditation
 - Minimizing stress
 - Building meaningful relationships



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Taking the Survey



Sample Survey Questions:

5. *What keeps me up at night....*
 - Worry about kids/parents
 - Caregiving for spouse/child/parent
 - Workplace stress
 - Concern about the future
 - Finances/debt

6. *One health issue I would like to see addressed in our congregation is....*
 - Emotional self care
 - Physical issues
 - Skills in coping
 - Healthy sexuality
 - Impact of aging



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Taking the Survey



Sample Survey Questions:

7. I feel happiest when....
- I am connected in a relationship
 - I feel my life has meaning
 - I feel healthy
 - I am reaching out of myself
 - I am fulfilled by my job (financially healthy)
8. In my personal relationship with God, God is....
- Vibrant and integrated in my daily life
 - More theological/conceptual than real
 - A bystander in my life
 - Occasionally present
 - Not real in my life



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Taking the Survey



Sample Survey Questions:

9. The best medicine for my soul would be....
- Forgiveness
 - A spiritual companion
 - Acceptance/love
 - A healthier self image



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Creating Downstream Actions



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Exploring the Toolkit

- ❖ Faith and Health Connected Bible Study
- ❖ Sermon Series
- ❖ Starting a Health and Wellness Ministry
- ❖ Class Options (Samples)
 - *Words that Paralyze: Creating Language of Life*
 - *Listening to Your Heart: Mind, Body, Spirit of Heart Health*



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Second and a Half Curve Thinking

