

# WHOLENESS of BODY - MIND - SPIRIT

**What does it mean? Why do you need to know?**



Wholeness exists when there is harmony among the three dimensions of our lives: body, mind, and spirit. Wholeness also means harmony exists in our relationship with God, other persons, and nature.

The body, the mind, and the spirit are inseparable, dynamic, interactive. Each dimension of a person has a profound impact on every other aspect of personhood.

Jesus Christ exemplified the total integration of body, mind, and spirit, the inseparable nature of the whole person as a spiritual being having a physical experience.

As followers of Christ we are beginning to see the Church's role in promoting wholeness and we understand the value in offering ministry in terms of health. Health ministry helps people draw into a closer relationship with Christ.

Health Ministry begins by offering or making available compassionate care by meeting practical, physical needs of people. It easily and naturally extends to meeting emotional and spiritual needs. Health ministry can also work in the opposite direction, addressing social, psychological, or spiritual needs that ultimately impact physical health.

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# WHAT DOES HEALTH MINISTRY LOOK LIKE?

## Implementing a Congregational Health Ministry

1. Create interest within the congregation
  - monthly health column in the newsletter
  - designated health bulletin board
  - presentations about health ministry to various congregational committees
  - letter to the members about Health Ministry
  - church school classes related to wholeness, ministry of presence, etc.
2. Recruit a Health Ministries team of interested, qualified members and designate a Coordinator
3. Provide training course and membership in HMA
4. Determine types of ministry to be offered such as:

Helping Hands	In Home Meals
Transportation	Visiting
Administration	Counseling
5. Conduct a survey of the Congregation about health needs and concerns.
6. Plan a dedication worship service to raise awareness of and validate the work of Health Ministries team.
7. Continually promote health in announcements, newsletter articles, letters and emails and bulletin inserts available at [www.hmacofchrist.org](http://www.hmacofchrist.org)
8. Teach, train, minister, and encourage actions that foster health. Efforts might include:
  - Quarterly church school classes on topics like aging, nutrition, stress management, beliefs about healing, healthy lifestyles, etc.
  - Monthly Blood Pressure Sunday or contest
  - Skill building workshops (conflict resolution, visiting and administration, Listening Ear)
  - Monthly support groups; depends on needs identified – i.e. diabetes, caregivers, etc.
9. Develop a referral system for putting people in touch with services such as home health care, financial advising, will preparation, various therapies, etc.