

Living Abundantly

FAITH-BASED WELLNESS GUIDE



A guide to inviting God into your health, abiding in His peace, and feeling whole in the identity He's given you.

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We are Designed for Peace

Often times, the stress of life (and the unnecessary pressures we put on ourselves) can send our nervous systems into fight or flight. But this is not what we are made for. The most repeated phrase in the Bible is “do not fear”. We are designed for peace!



practical tip

When you are feeling anxious or stressed, take a few moments to slow down, take some deep breaths, and ask God for His peace. Thank Him for His goodness. Even just a few seconds of deep breathing and gratitude can shift your nervous system to the “rest and digest” state.

Our mental, spiritual, and physical health are interconnected, and when we come into alignment with God’s design for peace, we begin to truly thrive.

Philippians 4:6-8

“Do not be anxious for anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.”



How do I Practically Choose to Operate in God's Peace?

1. Ask Him for His peace. Before you even get out of bed in the morning, ask the Holy Spirit to fill you with peace and strength.
2. Speak Scripture over your situation, and ask God for the strength and grace to overcome any health challenge. He is near.
3. Take time to reflect. Set aside time to be still, thank God for His goodness, and know that He is good even when your situation is not.

“My grace is sufficient for you, My power is made perfect in weakness

2 Corinthians 12:9



practical tip:

Before eating a meal, take some time to intentionally choose gratitude. Thank God for providing what is on your plate, and ask Him to bless it as nourishment to your body. Consider all the hands that went into this meal: those who cooked it, the grocery store employees who stocked the shelves, even the farmers who harvested it, and intentionally thank God for them.

A Note on Mindful Eating

Fueling our bodies can feel stressful when we label foods as “good” or “bad”. The truth is, assigning morality to foods is not helpful. All foods, whether it is a cookie or a chopped salad, provide energy for the body. Restricting foods often leads to craving them more intensely or even binge-eating.

Intuitive eating looks like giving yourself permission to eat what you want, while also taking care to nourish your body with what it needs. Take some deep breaths, listen to your fullness cues, and eat mindfully. Nourish your body with the essentials: protein, carbs, fiber, healthy fats, and enjoy your favorite treats without guilt and food fear!

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“Don't you know that you yourselves
are God's temple and that
God's Spirit dwells in your midst?”

1 Corinthians 3:16

Temples, not Idols

Temples are places where the Holy Spirit can dwell; idols are just nice to look at.

So many people view exercise and food as a way to look better, when in reality, God has given them to us to help us feel better in our skin, and allow our bodies to function optimally.

When we focus on nourishing our bodies from a place of respect for ourselves and love for the Lord, the pressure is off- because our *identity* is already secure in Him.



Reflection Page

- When it comes to improving my health, am I relying on my own strength, or God's?
- How can I intentionally choose gratitude in moments when I feel overwhelmed?
- What is one small, practical step I can take this week towards surrendering my health to God?



In the photo of the Raspberry & Vanilla Lollipops, the ice cream was poured directly into the glasses after being made, and it was left to freeze until solid. When the shot glasses came out of the freezer, they got frosty and it was difficult to see that there was a red layer at the bottom.

Conclusion and Next Steps

Surrendering your health to God may be the missing piece in your wellness journey. If you've been striving to achieve perfection, it may be time to embrace a more peaceful approach.

Take some time to reflect on what health truly means to you. You may find that some thought patterns need to be realigned with God's thoughts about you.

If it feels like the right next step for you, my inbox is always open for coaching inquiries- and faith based programs are now available!



May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

Thank you!

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