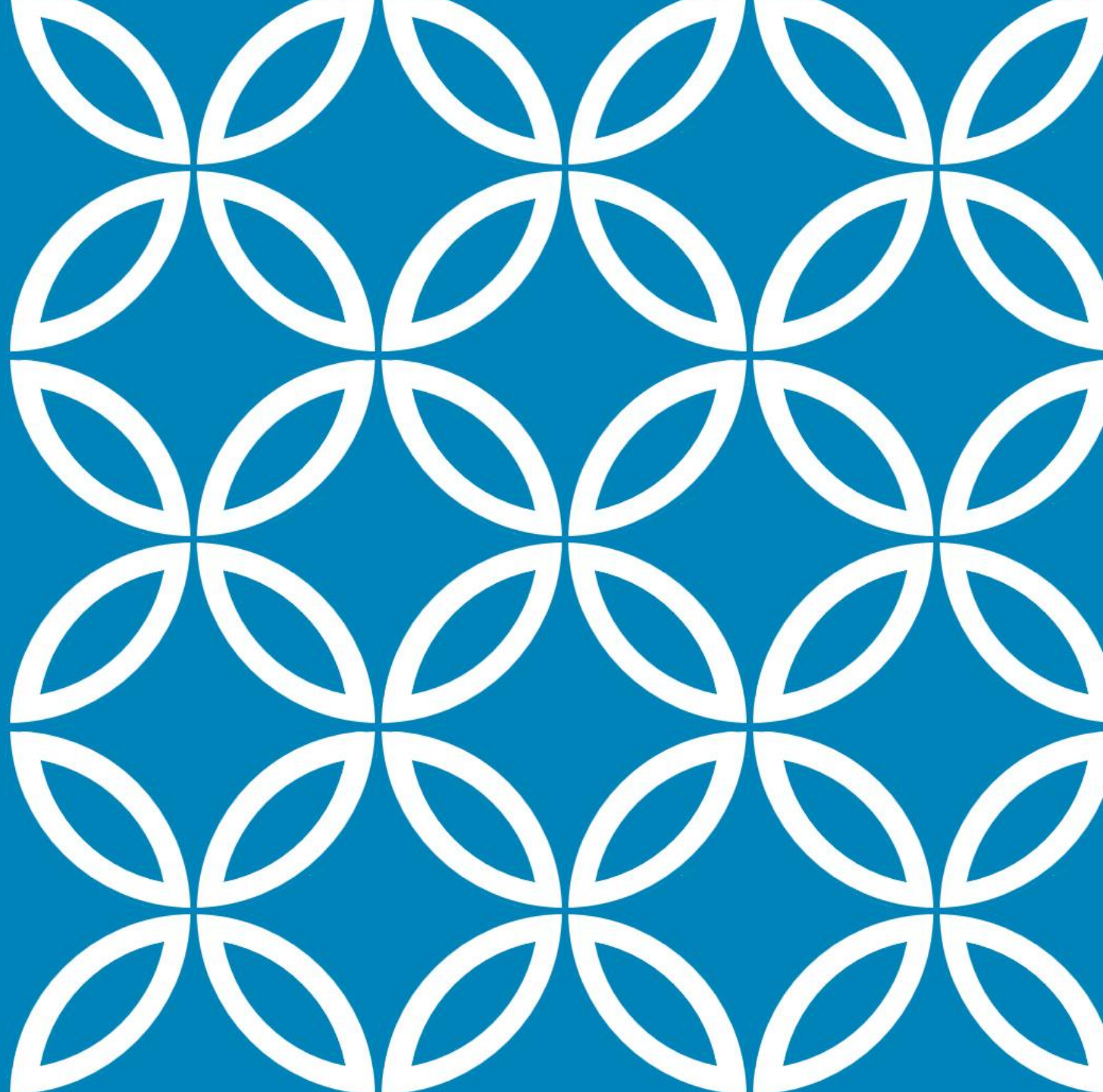


**HEALTH IS WEALTH:
A SPIRITUAL CARE POINT VIEW**



HEALTH IS WEALTH

There is a deep meaning behind “Health is Wealth”. **Most people give highest importance to Wealth in their life.** They measure their success by how much wealth they have with them. But they don't realize that wealth is not the most important thing in life. It's Health. If you loose your health, you loose your happiness, you loose your wealth, you loose your career, you loose your peace of mind, and eventually you loose everything. This is why those who are wise will always tell you to give time to your health because “Health is Wealth”.





May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

1 Thessalonians 5:23

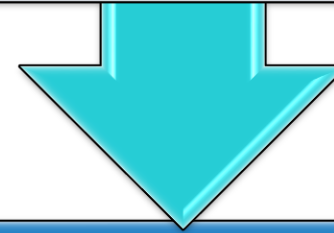
THE DEVINE CONNECTION

THE DEVINE CONNECTION



BODY, MIND, SOUL BALANCE

The soul has often been a subject of mystery. There are a variety of definitions of what the soul is. To simplify it, I define the soul as “all that is within” – your internal world.



In the creation story, it is written that God created hu-MAN-ity by forming him from the ground of the earth and breathing into his nostrils. It says in [Genesis 2:7](#): “And Hu-MAN-ity became a living soul”. Our personhood comprises of three parts – *body, soul and spirit.*

BALANCE

MENTAL HEALTH

What is the difference between mental health and mental illness? The former refers to our emotional and psychological state, our social well-being and how we feel about ourselves and interact with others. Mental health is not the same as mental illness, although poor mental health can lead to mental and physical illnesses.



MENTAL ILLNESS

Mental illness refers to a wide range of disorders that affect mood, thinking and behavior. Mental illness can affect anyone regardless of age, gender, social standing, religion or race/ethnicity. People with mental illness often experience distress and problems functioning at work, home and in social situations. Mental illness is not something the person can “overcome with willpower,” and can be caused by biological factors such as genes or brain chemistry, trauma and abuse, and family history of mental illness.



The major types of mental illness include:

- Depression
- Anxiety
- Mood disorders, including bipolar
- Personality disorders
- Schizophrenia
- Trauma disorders
- Eating disorders
- Addictive behaviors



GOOD MENTAL HEALTH

IMPORTANCE

When we have good mental health, we are resilient, can handle life's challenges and stresses, have meaningful relationships and make sound decisions. Being mentally healthy, like being physically healthy, is important at every stage of life, from childhood and adolescence through adulthood and old age.

BENEFITS

The benefits of improving one's mental health are well worth the effort. Being mentally healthy helps you feel confident in your worth and abilities, accept your strengths and weaknesses, set realistic goals and create a sense of meaning and purpose in your life. Emotional health and mental health are closely intertwined, and both can positively or negatively impact physical health as well.

GOOD MENTAL HEALTH: THREE SIGNS OF A RESTLESS SOUL

#1 YOUR EMOTIONS ARE INCONSISTENT

- “Why, my soul, are you downcast? Why so disturbed within me?” ([Psalm 42:11](#))
Emotional inconsistency is when your emotions are not proportionate to the adversity or situation. That is a sign of an unhealthy soul life.
- Emotions are the external expression of the state of the internal world. When you find yourself over or under reacting to a situation, you have reason to check on your soul. The lie that has infiltrated our culture is that our feelings is “truth” and we are to “follow our heart”.
- We are not called to live from feelings but from faith in God. And whenever our feelings do not measure up to our faith, we have reason to question those feelings.

GOOD MENTAL HEALTH: THREE SIGNS OF A RESTLESS SOUL

#2 YOU ARE CONSTANTLY OVERWHELMED

- “Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.” ([Matthew 11:28-29](#)).
- If you are constantly busy, stressed, and on the edge, your soul life is in peril. I am not saying that it is dysfunctional to be busy. We all have seasons of busyness. That’s what it is supposed to be – a season.
- If you are constantly busy and overwhelmed, you must be intentional with making a choice to review the way you manage your time, organize your priorities and unwind. We always have a choice to do what is best for our soul.

GOOD MENTAL HEALTH: THREE SIGNS OF A RESTLESS SOUL

#3 YOU LIVE IN FEAR OF THE FUTURE

- “We have this hope as an anchor for the soul, firm and secure.” ([Hebrews 6:19](#))
There is a popular saying that goes, “Hope for the best but expect the worse”. That is the societal definition of what hope is. It is fleeting, unsure and rooted in uncertainty.
- Hope for the **Christian** is as certain as the unchanging nature of God – His goodness. Hope is the confident expectation of good.
- The sign of a thriving soul life is a life of great joy and anticipation. If you live in fear and anxiety of what the future holds, your soul is restless. My prayer is that you will rediscover “the anchor” for your soul ([Hebrews 6:19](#)). A hope that stands firm and secure, even in the midst of the storms of life.



You will keep in
perfect peace
in those whose minds
are steadfast,
because they
trust in you.

Isaiah 26:3

GOOD MENTAL HEALTH INFLUENCES

Being mentally healthy is influenced by life experiences, relationships with others, physical health and one's environment. Just as people may experience physical problems over the course of their lives, they may also experience emotional or mental health problems that affect their thinking, mood and behaviors.

**GOOD
SPIRITUAL HEALTH**

**IS AN INVESTMENT
WITH GOOD RETURNS**



I pray
that you may prosper
in all things
and be in health,
just as
your soul prospers.
3 John 1:2



SPIRITUAL HEALTH

Spiritual health is a sense of internal well-being, purpose, and connection to something greater than yourself. It helps you navigate life's challenges with resilience, peace, and hope. Contrary to common belief, it does not require organized religion; it can be found through nature, art, humanity, or personal values.

INTENTIONAL SEEKING

“WHAT DO WE MEAN BY “SPIRITUAL NEEDS”?”

Spiritual needs and concerns usually relate to what we call the "big" questions of life. These questions can include:

Why is this happening? Why is it happening to me?

What does it all mean?

How do I make sense of everything?

How do I feel about changes in my life?

What gives me comfort and hope?

What do I call "good" in my life? What do I call "bad"?

What am I grateful for?

What do I trust? Who do I trust?

Who is my "beloved community" -- who loves me and is loved by me, no matter what?

What or who -- beyond myself -- do I believe is important in my life?

All these questions relate to spiritual needs, concerns and resources. All people ask these questions during their lives, especially when they or someone they love are sick or in crisis.

SPIRITUAL INJURIES



A “spiritual Injury” may occur because of an event or series of events caused by self, or events beyond a person's control that damages one's relationship with self, other or God. A spiritual injury resides deep within and alienates one from that which gives meaning to life.

SPIRITUAL INJURIES



Spiritual wounds are deep emotional, psychological, or existential injuries that affect your sense of meaning, purpose, and inherent worth. They typically stem from trauma, broken relationships, or crises of faith, and fall into three overarching categories based on psychology, theology, and philosophy.

SPIRITUAL INJURIES



- **Name the Wound:** Acknowledge the deep grief and resentment you feel, rather than pushing it away.
- **Reframe Your Perspective:** Understand that catastrophic injuries fundamentally alter how you see the world; learning to embrace your inherent worth is not an overnight process.
- **Seek Safe Guidance:** Speaking with a mental health professional, trauma-informed counselor, or spiritual leader who specializes in spiritual trauma can provide objective support without shame or judgment.
- **Lean into Safe Communities:** Find communities that promote healthy boundaries and support your autonomy.

HEALTH IS WEALTH

Thank you!!

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