

A misty forest scene with tall, thin trees and a mossy forest floor. The trees are mostly bare, with some evergreen branches visible on the left. The ground is covered in a thick layer of green moss and fallen leaves. The overall atmosphere is serene and quiet.

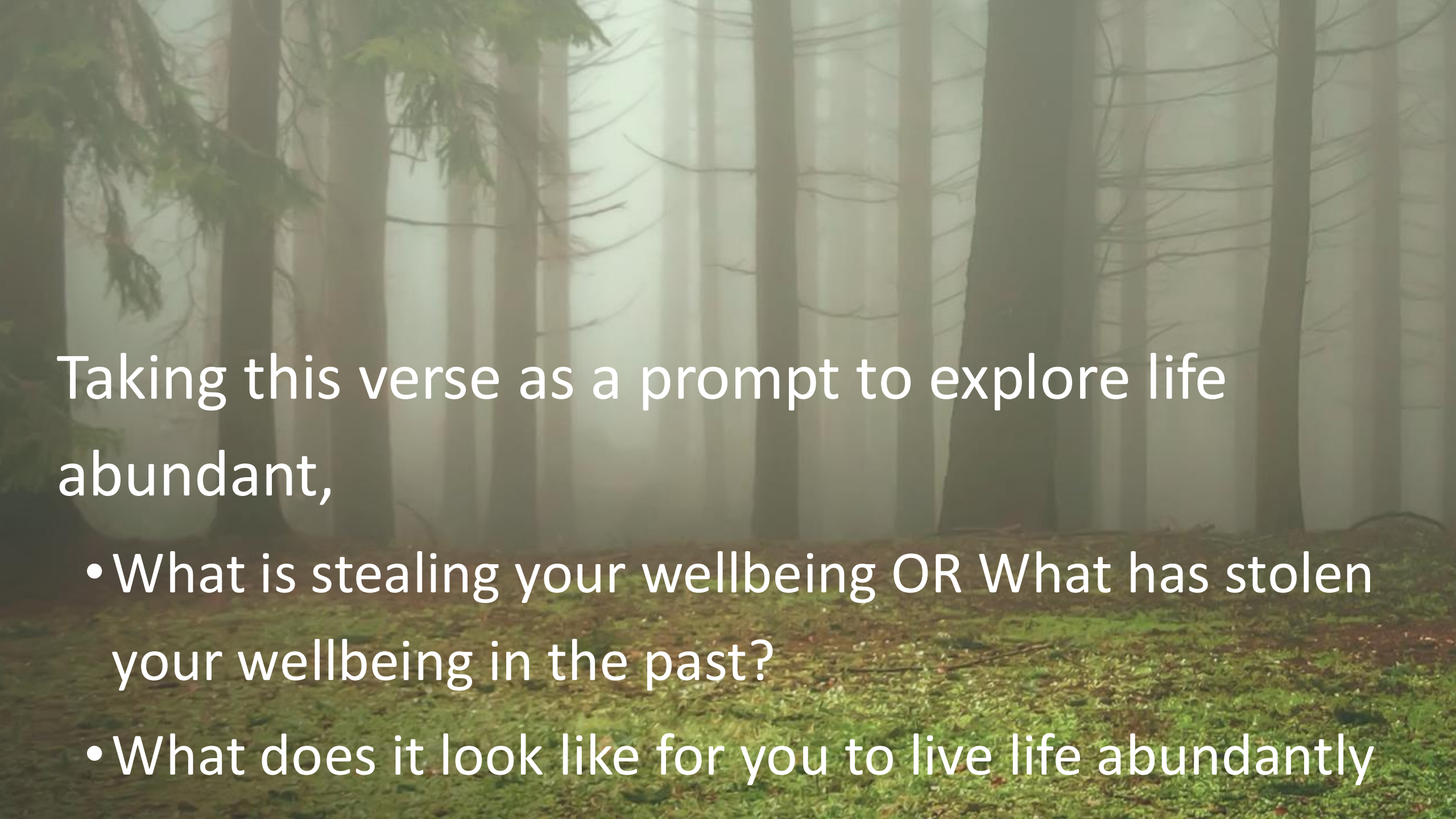
Continually being well

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John 10:10

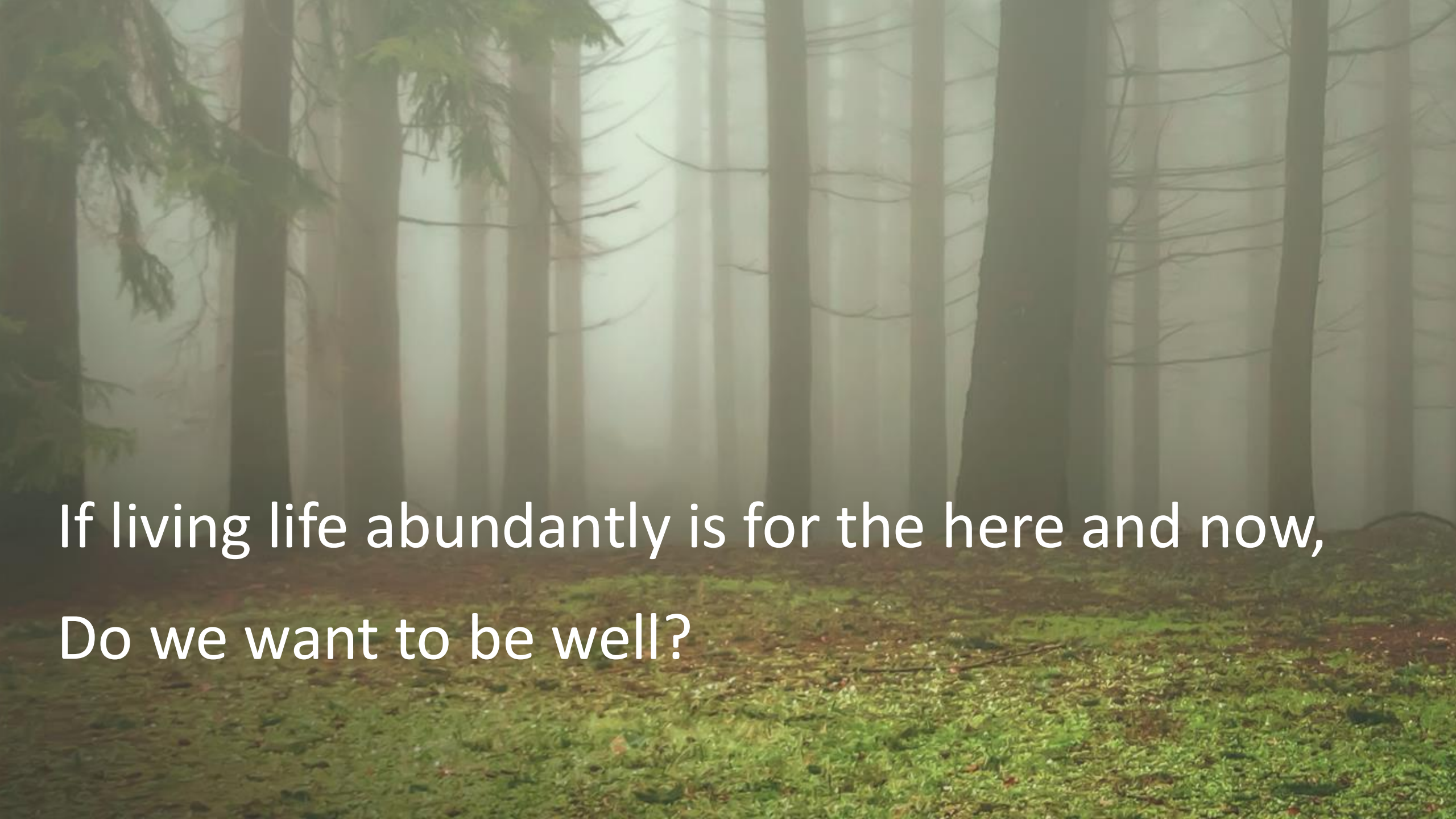
The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.



A misty forest scene with tall, thin trees and a mossy forest floor. The text is overlaid on the image.

Taking this verse as a prompt to explore life abundant,

- What is stealing your wellbeing OR What has stolen your wellbeing in the past?
- What does it look like for you to live life abundantly

A misty forest scene with tall, thin trees and a mossy forest floor. The text is overlaid on the lower half of the image.

If living life abundantly is for the here and now,
Do we want to be well?

John 5:1-15

After this there was a festival of the Jews, and Jesus went up to Jerusalem.

² Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew *zatha*, which has five porticoes. ³ In these lay many ill, blind, lame, and paralytic people. ⁵ One man was there who had been ill for thirty-eight years. ⁶ When Jesus saw him lying there and knew that he had been there a long time, he said to him, "Do you want to be made well?" ⁷ The ill man answered him, "Sir, I have no one to put me into the pool when the water is stirred up, and while I am making my way someone else steps down ahead of me." ⁸ Jesus said to him, "Stand up, take your mat and walk." ⁹ At once the man was made well, and he took up his mat and began to walk.

John 5:1-15 cont.

Now that day was a Sabbath. ¹⁰ So the Jews said to the man who had cured, "It is the Sabbath; it is not lawful for you to carry your mat." ¹¹ But he answered them, "The man who made me well said to me, 'Take up your mat and walk.' " ¹² They asked him, "Who is the man who said to you, 'Take up your mat and walk'?" ¹³ Now the man who had been healed did not know who it was, for Jesus had disappeared in the crowd that was there. ¹⁴ Later Jesus found him at the temple and said to him, "See, you have been made well! Do not sin any more, so that nothing worse happens to you." ¹⁵ The man went away and told the Jews that it was Jesus who had made him well.

John 5:1-15 as a case study to wellbeing

⁶ When Jesus saw him lying there and knew that he had been there a long time, he said to him, “Do you want to be made well?”

⁶ Question of Consent

⁷ The ill man answered him, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am making my way someone else steps down ahead of me.”

⁷ Naming of Barrier

⁸ Jesus said to him, “Stand up, take your mat and walk.” ⁹ At once the man was made well, and he took up his mat and began to walk.

^{8 & 9} Shared healing

John 5:1-15 as a case study to wellbeing cont.

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¹⁵ The man went away and told the Jews that it was Jesus who had made him well.

¹⁰ Maintenance holders of barriers

¹¹ Proclaiming wellbeing

¹⁴ Being well is a journey

¹⁵ Covering your backside with barrier keepers

Let's use John 5:1-15 to identify the following to what's stealing your wellbeing (John 10:10):

⁶ Do you want to be well

⁷ What are the barriers to your wellbeing

^{8 & 9} Who or what can support you in tending to your wellbeing

¹⁰ Who or what is a barrier keeper for you

¹¹ What will help you proclaim your wellbeing

¹⁴ When have you been well before and how can you support your wellbeing moving forward

¹⁵ How have you covered your backside with the barrier keeps

Engaging in practices of knowing your wellbeing

Being well is not about perfection but about being present to yourself to know when your becoming unwell.

Learning from your body's wisdom, how can you begin to know the signs of becoming unwell before your wellbeing is harmed or injured.

Wellbeing is unique to each of us, shared insights of course, but how those insights apply to our lives and context is unique.



Moving within our wellbeing



When you used John 5:7 to help you explore any barriers to your wellbeing, was there one to rise to the surface for you?

If you could remove that barrier what would your life look like?

What supports do you need to be able to begin addressing that barrier?

If the barrier cannot be removed at this time, how would you like your relation to the barrier to change?

How will you celebrate/acknowledge that you are making progress on this barrier to your wellbeing?

What does checking in on this barrier and your wellbeing include for you?

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Cohort sign-up

1 – 45min intake/goal setting session

4 – 60min one-on-one sessions

1 – 45min implementation/planning session

2 – 90min cohort sessions

\$500 seed money for wellbeing

*Cost \$600