Kingdom Wellness



Mind Body Spirit Devotional

#### **Kingdom Wellness**

- Let us start with the definition of kingdom and wellness.
- Kingdom
- a. the eternal kingship of God
- b. the realm in which God's will is fulfilled
- Wellness
- a. the quality or state of being healthy in body and mind, especially as the result of deliberate effort.
- b.an approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases.

It seems as though referencing the words kingdom and wellness together make the pair of words at odds, or do they have a togetherness?

- I would guess that most Chrisitians would be in search for the realm in which God's will is fulfilled, and seeking the eternal kingship of our Heavenly Father. I am.
- Only until recently the Holy Spirit guided me to think of the two words,
- Kingdom and Wellness as power together. Using the words together make the task of kingdom wellness obtainable and everlasting.
- Taking kingdom wellness to another level gives insight on how in our day-to-day activity we can truly make a difference in our battle spiritually.
- It never dawned on me that my health choices were a reason for the lion to devour me. I thought my depression was the reason I could not be healthy. Until the Holy Spirt got a hold of me through prayer and taking time for myself to find out why I truly was so unhappy. Why did I keep beating myself up day in and day out about my image and why can't I just stop eating bad food. Once I let the Holy Spirit work on my thoughts about kingdom wellness, I started to see why.
- Kingdom Wellness has an impact on our daily life. Through our mind, body, and spirit, kingdom wellness can push us to the next level. Take time now to meditate on Kingdom Wellness= Mind, Body, and Spirit and see how together these words can make a difference in you and the world around you using the amour of God.
- "The sword of the spirit, the word of God (Ephesians 6:17)", the scriptures below will add to your arsenal to defend yourself daily for Kingdom Wellness.
- Take time to pray now that the Holy Spirit will guide you through the next 32 days as scripture brings you closer to Kingdom Wellness.

*1 Philippians 4:7* And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

#### 2 Body

*1 Corinthians 6:19-20* **19** Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; **20** you were bought at a price. Therefore, honor God with your bodies.

### 3 Spirit

*1 Corinthians 15:44* it is sown a natural body; it is raised a spiritual body. If there is a natural body, there is also a spiritual body.

### 4 Mind

*1 Corinthians 15:44* it is sown a natural body; it is raised a spiritual body. If there is a natural body, there is also a spiritual body.

### 5 Body

*1 Corinthians 3:16* Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?

## 6 Spirit

*John 6:63* It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and *they* are life.

7 Rest

1 Corinthians 2:16 for, "Who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.

*1 Corinthians 3:17* If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.

#### 10 Spirit

*1 Corinthians 2:11* For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God.

## 11 Mind

*Philippians 2:5* In your relationships with one another, have the same mindset as Christ Jesus:

### 12 Body

*Romans 12:1* Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

## 13 Spirit

Hebrews 4:12 For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

14 Rest

*Hebrews 8:10* This is the covenant I will establish with the people of Israel after that time, declares the Lord. I will put my laws in their minds and write them on their hearts. I will be their God, and they will be my people.

### 16 Body

*Romans 12:2* Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

17 Spirit

*John 4:24* God is spirit, and those who worship him must worship in spirit and truth."

18 Mind

John 4:24 God is spirit, and those who worship him must worship in spirit and truth."

19 Body

*1 Corinthians 10:31* So, whether you eat or drink or whatever you do, do it all for the glory of God.

20 Spirit

*Galatians 5:16* But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

21 Rest

*1 Peter 1:13* Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.

## 23 Body

*1 Timothy 4:8* For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

## 24 Spirit

*Genesis 1:2* The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters.

## 25 Mind

*Isaiah 26: 3* You will keep in perfect peace those whose minds are steadfast, because they trust in you.

## 26 Body

Matthew 6:22 "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.

# 27 Spirit

*Galatians 5:22-23* But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, selfcontrol; against such things there is no law.

# 28 Rest

*Colossians 3:2* Set your minds on things above, not on earthly things.

### 30 Body

*Matthew 6:23* But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

## 31 Spirit

*2 Timothy 1:7* For God gave us a spirit not of fear but of power and love and self-control.

Final Day

Mind 2 Timothy 1:7 For God gave us a spirit not of fear but of power and love and self-control.Body Philippians 1:20 | eagerly expect and hope that I will in no

way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death.

**Spirit** *Romans 8:6* For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.