

# 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 Christians 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 Spirit 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.









