

Good Morning! So excited to be here and honored to be able to share with you some things I've learned about being whole in mind, body and spirit!

Before we jump into the lesson I want you to take a moment to write down the first thought, feeling, reaction you have when you hear the phrase, "I am whole."

"I am whole." That is quite a statement, and all of us might have very different reactions to the phrase. I asked several women of all ages and backgrounds the same thing. here are a few of the responses I got..

"Complete, fulfilled..my life is as it "should" be."

"Not Me, I am lacking in so many areas."

"I think of being healed. A part was missing, decayed , broken and now I'm whole."

"Am I whole?"

"I am a patchwork quilt with some missing parts.

"Fulfillment that I don't need others to tell me I'm whole but that I get this from God and that it can't be taken away from me. This gives me peace."

"I am Broken."

"How do I get whole?"

As we can see there's a lot of feelings, ideas about what being whole means. Let's look at some definitions...

Wholeness

noun:

1. the state of forming a complete and harmonious whole; unity.
2. the state of being unbroken or undamaged.

Adjective: meaning all, entire and complete.

Complete: having all necessary parts, elements, or steps; fully carried out; total; absolute.

The Bible gives us a view of health and wellness, where wholeness might mean being well in spirit, mind and body, a need to be complete..

1 Thessalonians 5:23-24 The Message (MSG)

23-24 May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it!

Colossians 2:10 New American Standard Bible (NASB)

10 and in Him you have been made complete,

If we are to be made whole, made complete, then there is an implication that we are broken. That we have some kind of brokenness.

“ To be whole, to be complete, each aspect of a person must be well. When any aspect of our being is not well, the other aspects are adversely affected.”

Anonymous

We need a Spiritual Wellness plan if we want to achieve wholeness in mind, body and spirit!

The first step

RECOGNIZE YOUR BROKENNESS...

Broken:

having been fractured or damaged and no longer in one piece or in working order.

synonyms: shattered, crushed, separated,

having given up all hope; despairing.

synonyms: defeated, beaten, overpowered, overwhelmed, subdued; dispirited, discouraged, crushed, humbled, dishonored, crippled

. having breaks or gaps

synonyms: disturbed, disconnected, unsettled, troubled, incomplete

Do any of these resonate with you? Do you feel broken or damaged in any way?

Here's the catch, If we go by the definitions of wholeness, to say I am Whole I have to say "I'm unbroken and undamaged." Now, who can say that?

No one, so we need to find our definition of what makes us whole from somewhere other than Websters and figure out how to see the beauty in our brokenness so we can be made whole!

Personal sharing...

1st Women's Day Came Broken, (abused relationship, sickness) Matt 5,
Bleeding woman,
Christian, Got engaged, Lost Dad...Broken again
Got married, past came back broken again
Had our amazing son Kellen
Health challenges...broken again
Healing/Freedom..broken again

It is a never ending cycle, because we can not erase or fix our brokenness on our own!

I spent a lot of time trying to find ways to love myself, care for myself, fix myself over the years, some of my plans worked and some didn't.

Because of the abusive relationship I was in, I was left with a lot of emotional, mental, physical, spiritual wounds and scars that I had to deal with and still deal with to this day. Eventually my body shut down and I became very ill for about 10 years. Through those years I experienced Various Immune illnesses, Seizures, Chronic Pain, Problems with my Nervous System, Stomach, Gall Bladder, Liver, Appendicis and Uterus!

To say I Often experienced an Emotional Roller Coster as well through all of this, would be an understatement for sure!

Through these times, I was single, married, a mom, working full time and part time. I led various ministries in my church, was part of the Worship Team and now I am in the ministry Full Time. In all of my life situations, God saw fit to use me as his vessel, whether healthy or not!

In the last 4 1/2 years I have experienced miraculous healing, which I'm extremely grateful for and I choose to live each day as if this time of healing will last.

But ofcourse there are times of setbacks, relapses in my health and I am reminded that fighting to embrace my brokenness is not a one time thing!

About two years ago, I was in need of a jumpstart, I had come to a stand still in my health, mentally, emotionally, physically and spiritually. I needed a new plan. It wasn't until I found a Spiritual Wellness plan that involved God that I started to heal in a way I never have, in a way that provided a lifestyle of self care instead of a momentary solution, a plan that provided a sense of wholeness despite all my imperfections!

Second Step..

EMBRACE YOUR BROKENNESS FOR WHOLENESS....

Change the way You talk to Yourselves-Thoughts

“ We humans, it seems, have anywhere from 12,000 to 60,000 thoughts per day. But according to some research, as many as 98 percent of them are exactly the same as we had the day before.” Jennifer Reed Hawthorn

With so many repetitive thoughts going around in our head each day, to think we can figure out how to guide ourselves, without any guidance, seems a bit unwise.

Ecclesiastes 7:23

23 I have always tried my best to let wisdom guide my thoughts and actions. I said to myself, “I am determined to be wise.” But it didn’t work. **24** Wisdom is always distant and difficult to find.

[Psalm 119:169](#)

[*Taw*] O Lord, listen to my cry; give me the discerning **mind** you promised.

Gaining discernment, offering our thoughts to God is an important part of being made whole, otherwise our thoughts can be unloving and will continue to break us.

“ Even more significant, 80 percent of our thoughts are negative. This is important because of what we call the mind/body connection, *psychoneuroimmunology* in medical terms. Negative thoughts are particularly draining. Thoughts containing words like “never,” “should,” and “can’t,” complaints, whining or thoughts that diminish our own or another’s sense of self-worth deplete the body by producing corresponding chemicals that weaken the physiology. No wonder we’re exhausted at the end of the day!”
Jennifer Reed Hawthorn

We need a way to combat the negative thoughts in our mind, to find more loving truths about ourselves, God offers a way for us..

[Isaiah 26:3](#)

You will keep in perfect peace all who trust in you, all whose **thoughts** are fixed on you!

(**[Romans 12:2](#)**) Renew your mind

Look in the Right place.

Ask God to help us to view ourselves as He sees us– as someone who is worthy of respect and love.

We can't believe the lie that we can never be good enough; Recognize that God meets you, meets me wherever we are.

Realize that nothing and no one except God has the power to complete us (Not body, strength, relationships, careers, friends, our wellness plan)

We need to Rely on God alone for the healing and fulfillment we're seeking, and know that we can always count on Him.

Restore Your broken heart

“And it is deep in our soul that our emotions and our minds impact our choices and subsequent physical behavior.”

Jeremiah 17:9 ESV

The heart is deceitful above all things, and desperately sick; who can understand it?

Feelings affect us emotionally, mentally, physically and spiritually. They can encourage or discourage us, motivate or accuse us, bring us joy or pain. Even if we feel like we don't have feelings or just don't want to talk about them because we think the word “Vulnerability” is a “Bad” word, we need to turn them over to God so he can heal the brokenness.

Psalm 6:3

I am sick at **heart** . How long, O Lord, until you restore me?

John 16:33 ESV

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

We try to make major changes in our life on our own strength, leaving God out of the picture, but we can not achieve true wholeness in our own strength and abilities.

PS.29:11

It may take time for the major changes to happen in our life, but as we gain strength and peace from God, there are small steps we can be taking. (Tiny Steps For Spiritual Wellness Sheets)

Mind....

Goof around for a bit. Schedule in five minutes of play several times throughout your day.

Punctuate your day with a mini-meditation with one minute of awareness of your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.

Body...

Oxygenate by taking three deep breaths. Breathe into your abdomen and let the air puff out your stomach and chest.

Get down and boogie. Put on your favorite upbeat record and shake your booty!

Spirit.....

Imagine you're your best friend. If you were, what would you tell yourself right now? Look in the mirror and say it.

Use your commute for a "Beauty Scavenger Hunt." Find five unexpected beautiful things on your way to work.

To achieve a true sense of wholeness, we need a Spiritual Wellness plan that invites God into the deepest part of who we are – into our spirit –, so we can be transformed from the inside out~

When we do this we will achieve unity,- wholeness in mind, body and spirit!

I hope today has helped you to see yourself the way God see's you, perfectly imperfect! That you leave here believing, 'I am enough!" And that you can confidently say, "I am Whole!"

AMEN!

Questions to Reflect On:

To what degree are you whole in mind, body and Spirit?

In what ways are you embracing your brokenness?

How are you inviting God into your wellness plan?