

Martin Luther said ...

“This life, therefore, is not godliness but the process of becoming godly, not health but getting well, not being but becoming, not rest but exercise. We are not now what we shall be, but we are on the way.”

We are unable to be whole in this lifetime, but we can become familiar with wholeness by striving towards God in prayer and living well.

The Wellness Wheel is a tool we can use to discern and understand whole person health.

More Information

For more information about Parish Nursing or Church Worker Wellness, contact

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Michigan District

The Lutheran Church—Missouri Synod
People of Hope ... Vigorously Making Known the Love of Christ

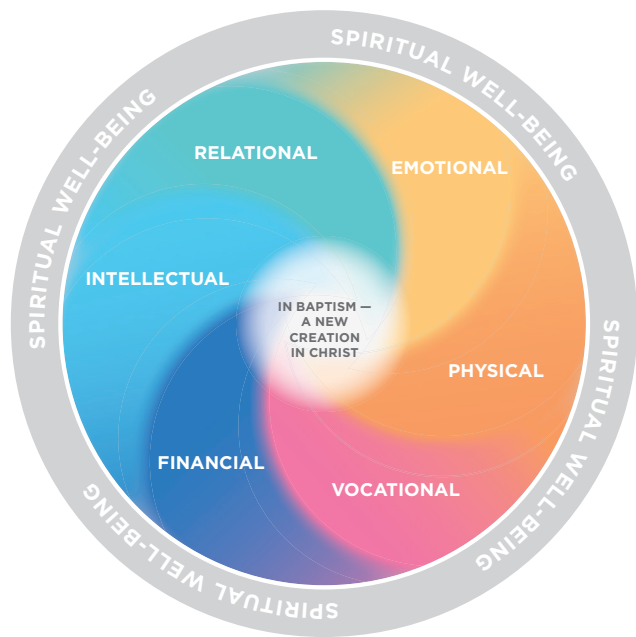
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Michigan District PRAYER WALK GUIDE

*This guide utilizes the
Wellness Wheel*





The Wellness Wheel

As you walk around your neighborhood or a local park, you have an opportunity to take in all the natural beauty our Lord has blessed you with this day.

As you look at this Wellness Wheel, ponder the gratitude you have for the mind, body, and spirit He gave you. Also consider how these gifts enable you to demonstrate our Lord's grace, mercy, and forgiveness to your neighbors. Here are some questions and prayer prompts to think about while you're walking today.

Baptismal Well-being

How do you thank God for His sustaining work in you through your Baptism? What Scripture comes to mind when you think about your Baptism? How do you express gratitude for your baptismal life in Christ? How would you describe to your neighbor what it means to be a baptized child of our Triune God?

Relational Well-being

How do you thank our Father for giving you His Son and uniting you with Him? What Scripture comes to mind when you think about what Jesus did and continues to do for you? How do you show and describe gratitude for the relationship you have with our Father? How does that look when you interact with others? What blessing do you receive in knowing He is always available to you in your times of joy and sorrow?

Emotional Well-being

Emotions are on a spectrum and sometimes we need to assess them and thank God for them. Some of your emotions are unwanted and you may need to lay those feelings and desires at the foot of the cross. Is there someone you can trust to talk to about your feelings? If not, ponder and pray for discernment in making that decision.

Physical Well-being

How do you honor your body as a gift from our Lord? How do you rest in Him? What Scripture comes to mind when you think about resting in Him? Think of one step you could take to improve your physical well-being and pray for guidance from our Lord.

Financial Well-being

How would you describe a good financial steward? Does any Scripture come to mind when you think about managing finances? Are you carrying any financial burdens at this time and does that interfere with how you interact with others? Do you find it challenging to pray about finances? What should your first step toward better financial well-being look like?

Vocational Well-being

Serving the Church and caring for God's people can be rewarding but also draining. How do you apply healthy boundaries in your vocation? How is your calling glorifying our risen Lord? What talents and abilities has our Lord blessed you with to help others? Ponder and thank God for all the blessings He has bestowed onto and into you this day.

Intellectual Well-being

Learning and applying what we learn about our Christian faith is such a blessing and we can thank God for His Word. When was the last time you dove into our Confessions for personal use? What should a first step towards intellectual well-being look like for you? How will you use your well-being to help your neighbor?

Spiritual Well-being

We do not come to faith by our own understanding. The Holy Spirit and our faith have been given to us. When was the last time you asked the Spirit to intercede in a situation or decision? What struggles are you faced with that you can entrust to the Spirit? What Scripture could you share when talking to others about what the Spirit has done for you?

"We are to grow up in every way into Him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love"
Ephesians 4:15b-16.

