



HOLISTIC HEALTH

PRACTICES & MINDSETS FOR JOY IN THE
JOURNEY OF THE MINISTRY

AUGUST 2023





TABLE OF CONTENTS



Holistic Health	2
Spiritual	5
Emotional	9
Spiritual & Emotional	13
Discussion Questions	
Physical	15
Relational	19
Physical & Relational	25
Discussion Questions	
Notes	27
Resources	29
ACCFS Overview	32

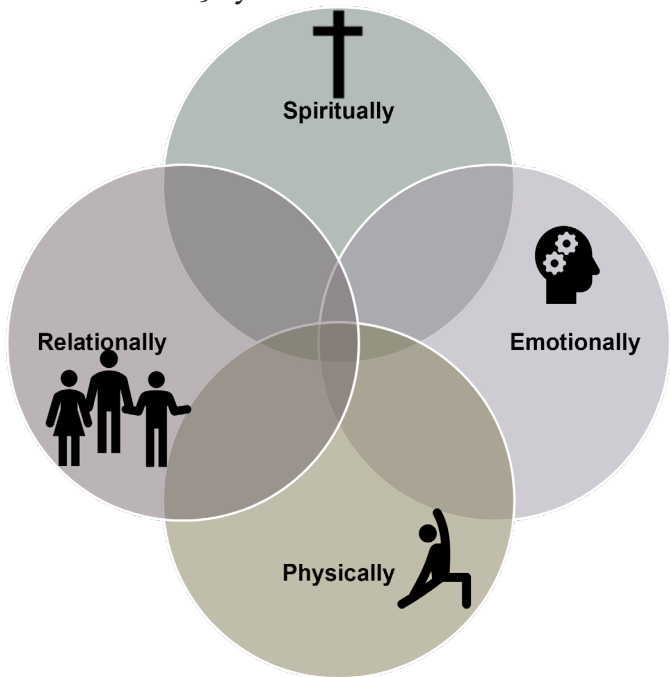
JOY WITH HOLISTIC HEALTH



We are growing increasingly aware of the multifaceted interplay between one's:

- **Spiritual** life
- **Emotional** experience
- **Physical** body
- **Relational** reality

In their overall health, joy, and resilience.



THE FOUR DOMAINS



We are:

- **Spiritual** beings with a living soul.
- **Emotional** beings with psychological realities.
- **Physical** beings with physical bodies.
- **Relational** beings that interact with other people.

SPIRITUAL HEALTH

JOY THROUGH VARIABLES

Two Themes for Spiritual Health

1

Understanding
the Law of
Undulation

2

Leaning into
Biblical Hope

The Law of Undulation

How busting a myth and accepting (not liking) reality can lead to joy.

SPIRITUAL

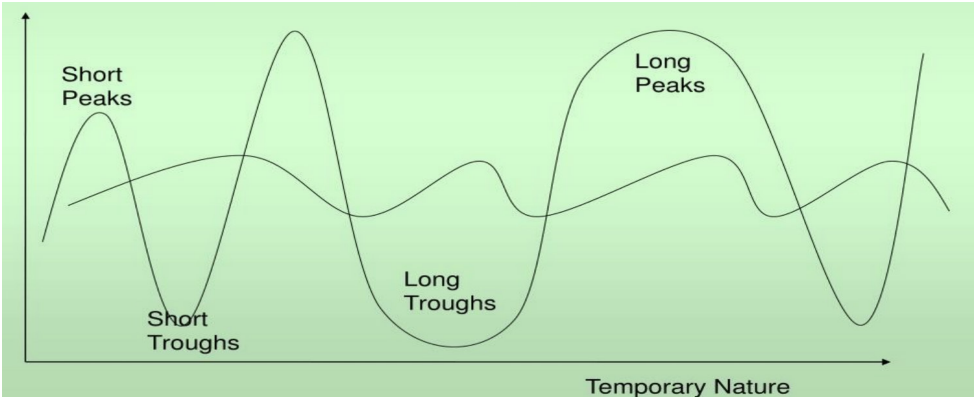


Image from Christian Literature and Parallel Lives. Fundamental Principles for Counter Acting Spiritual Oscillations

Law of Undulation: Key Points

1. Human beings naturally hold the unconscious expectation that life should be in a constant state of goodness.
2. We typically believe that the “default setting” of life should be good and when it is not, we are perturbed until it is good again.
3. The fact that our heart craves constant good is our heart’s longing for Eden to be restored... in other words – Heaven!
4. Unfortunately, life has periods (long-short, big-little, etc.) that show us that this world isn’t our home.
5. Both God and Satan are at work in the peaks and the troughs.

SPIRITUAL



Law of Undulation: Trials, Acceptance, & Joy

“Blessed is the man that endureth temptation [perseveres under trial]: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.” James 1:12

- Acceptance is not liking what is not likeable.
- Acceptance is not resigned defeat.
- Acceptance is acknowledging reality and that I can know God in this moment.

Positive psychology researcher, Todd Kashdan, says that the #1 thing that a person can do to feel happier is to learn to tolerate uncomfortable emotions.

SPIRITUAL



Biblical Hope

1 Peter 1:1-9

1. Relationship with Christ is the Basis of Hope.

¹ Peter, an apostle of Jesus Christ, to the strangers scattered throughout Pontus, Galatia, Cappadocia, Asia, and Bithynia,
² Elect according to the foreknowledge of God the Father, through sanctification of the Spirit, unto obedience and sprinkling of the blood of Jesus Christ: Grace unto you, and peace, be multiplied.

³ Blessed [honored, praised] be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively [alive!] hope by the resurrection of Jesus Christ from the dead,

2. Believers Have a Lively Hope.

3. Biblical Hope is about Spiritual Reality.

⁴ To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you,

⁵ Who are kept [guarded, garrisoned] by the power of God through faith unto salvation ready to be revealed in the last time.

4. Biblical Hope is Confident Assurance.

5. Our Abiding Joy is Not Based on Circumstances.

⁶ Wherein ye greatly rejoice [exult], though now for a season, if need be, ye are in heaviness through manifold temptations:

⁷ That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:

6. Trusting God Through Trials.

7. Our Faith Shall Be Sight.

⁸ Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory:

⁹ Receiving the end of your faith, even the salvation of your souls.

EMOTIONAL HEALTH

AN IMPORTANT INGREDIENT OF JOY



Three Areas of the Brain

Cognition: Thinking, learning, planning, remembering.
"Can I learn?"



Relational:
Emotional state.
"Am I loved?"

Survival: Sensory processing and integration.
"Am I safe?"

Psalm 16:11 "Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore."

EMOTIONAL



The Practice of Facing Your **Shadow**

- Lack of emotional health restricts joy.
 - We all have shadows from past experiences and our personalities.
- Emotional Healthy Individual:
 - Recognizes things might not be as they seem. (misperception easy)
 - Makes space for emotions.
 - Connects with the resources they have when emotions are present.
 - Stays connected to the present (reality) when emotions intensify.
- Knowing our shadow better positions, us to connect with present moment, regulate emotions and experience joy.

EMOTIONAL



Moving Toward Emotional Health

1. Acknowledge the past (and personality) impacts your perception, emotions and behaviors.
 - How might my past experiences be impacting me in the present?

2. View emotions and actions as pointers toward insight.
 - What am I feeling? What did I do?

3. Seek help from trusted support.
 - Who could I invite into this with me?

EMOTIONAL



The Practice of Mindfulness as a Help

Definition: Mindfulness is the ability to be fully present and aware of what we are doing in any moment.

- A mindful person is attuned to his/her:
 - Thoughts, feelings and surrounding environment.
- Mindfulness can help regulate emotions, gain insight, and reduce the negative impacts of our shadows.

Psalm 16:11 “Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.”

SPIRITUAL REFLECTION QUESTIONS



1. Name some (A) Bible characters and (B) people in your life that have exhibited faithfulness to God through the peaks and troughs of their lives.
 - In what ways do they inspire you?
 - Remember, we are not looking for perfect people or people who did not have setbacks, sins, discouragement or failings.
2. Share some Bible verses, songs, and practices that promote gratitude and reflection on joy and biblical hope for you personally.
3. Describe some ways you have seen God's grace and restoration shine through in broken lives and in a broken world.
 - Express gratitude and praise to God!



PHYSICAL HEALTH

OUR BODIES AND JOY



Health: The general condition of the body and the functioning of the body systems

- How we *feel* physically affects our emotional, spiritual, and relationship health.

Indicators of good physical health:

- Normal blood pressure, cholesterol and blood sugar levels.
- Good stamina and endurance for physical activities.
- A balanced diet that provides you with enough nutrients and energy.
- Drink enough water to stay hydrated throughout the day.
- A healthy weight for your height and age.
- Adequate sleep and rest to recover from stress and fatigue.

PHYSICAL



Develop Healthy Habits

Healthy Habits

- Sleep
- Exercise
- Diet
- Breathing/Mindfulness
- Resting
- A good understanding of your hormones/body cycles

Learn to listen to your body:

- What is your health telling you?
- How does our body respond to stress?
- How does your body feel when you're angry?
- What is your posture when you are discouraged?

Practice activity scheduling to encourage the development of healthy rhythms.

PHYSICAL



Healthy Pace

Pace: the speed at which something is done or happens.

*“...let us run with endurance the race
that is set before us,”
Hebrews 12:1 ESV*

Reflection: Who or what sets your pace?

PHYSICAL



Pursue Rest

Rest: the ending of motion or action of any kind; the freedom from activity.

The habit of rest takes **intentional** effort:

- **Physical Rest:** Slow down and quiet your mind and body each day.
- **Mental Rest:** Quiet your mind to increase awareness and focus on the important things.
- **Spiritual Rest:** Quiet the noise around you and take time alone with God.

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28-30

RELATIONAL HEALTH



JOY IN RELATIONSHIPS

Study of Adult Life

720
participants

1938 –
Harvard
Researchers

2 groups

Question Studied:
“What makes us happy in life?”

Relationships

RELATIONAL



“Then I returned, and I saw vanity under the sun. There is one alone, and there is not a second; yea, he hath neither child nor brother: yet is there no end of all his labour; neither is his eye satisfied with riches; neither saith he, For whom do I labour, and bereave my soul of good? This is also vanity, yea, it is a sore travail. Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.”

Ecclesiastes 4:7-10

RELATIONAL



Husband & Connection

Are YOU there?

- Accessibility – Can I reach you?
 - Prioritize husband.
- Responsiveness – Will you respond emotionally?
 - Allow yourself to be moved by his experience.
- Engagement – Will you stay engaged?
 - Let him know you are in it for the long haul.

*“And the Lord God said,
It is not good that the man should be alone;
I will make him an help meet for him.”
Genesis 2:18*

RELATIONAL



Leadership & Comfort

Invalidating

- Dismissing, ignoring, or judging another's experience.
- "I don't know why this bothers you so much; it's not a big deal."
- "You should be thankful that..."
- "At least..."

Validating

- Expressing acceptance of another's experience, thoughts, emotions.
- "Clearly this is a difficult situation for you. How can I support you right now?"
- "That must be really hard."
- "It makes so much sense to me that you are frustrated."

*"Bear ye one another's burdens,
and so fulfil the law of Christ."
Galatians 6:2*

RELATIONAL



Church & Care

- Seek to understand and care based on your role in the relationship.
- Seek to let go of them being able to understand what it is like to be in your role in leadership.
- Seek to connect with others based on the experience.
- Prayerfully operate from place of shared knowledge.
- Engage with humility and interest.

*“So we, being many, are one body in Christ,
and every one members one of another.”*

Romans 12:5

RELATIONAL



Realistic Mindset

Fulfillment

Difficulty

Time

Relationships don't have to be perfect to be wonderful.

RELATIONSHIP REFLECTION QUESTIONS



Connect

Connecting can be challenging, particularly when we don't feel connected.

Of the three ways to connect (accessibility, responsiveness, engagement), which comes easiest for you in regards to your spouse?

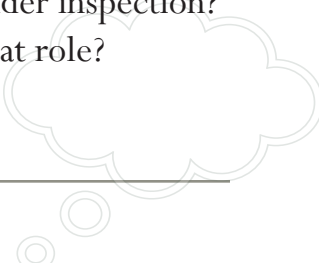
Comfort

Validation comes easy for some and difficult for others. How would you assess your validation skills?

Care

Take an inventory of your relationships in the church. Pick one to focus on.

What role do you play in the relationship under inspection?
What adjustments could be made to fulfil that role?



NOTES

NOTES

RESOURCES



Holistic View of Health Webinar
www.accounseling.org/holistic-view-of-health-webinar

Bio-Psycho-Social-Spiritual Model
www.accounseling.org/bio-psycho-social-spiritual-model



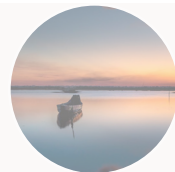
Resiliency Podcast Episodes
www.accounseling.org/resiliency-podcast-episodes

Identity Course
www.accounseling.org/identity-course



Emotional Intelligence Course
www.accounseling.org/emotional-intelligence-course

Emotional Regulation Course
www.accounseling.org/emotional-regulation-course



Validation Podcast
www.accounseling.org/validation-podcast

ELDER WIVES RESOURCES



Elder Wives Presentations

www.accounseling.org/elderwives

Elder Specific Resources

www.accounseling.org/newelder



Minister Resources

www.accounseling.org/ministers

***Breaking Bread* podcasts**

www.accounseling.org/podcast



ACCFS Webinars

www.accounseling.org/webinars

www.accounseling.org/upcomingwebinars

NEW COURSE

SPIRITUAL FORMATION **Abiding in Jesus Together**

We are all being formed – every. day. From fashion to opinions, we are all being molded by our environment. Spiritual formation is the process of the Holy Spirit, with our cooperation, bringing us into a deeper relationship with God and conforming us to be more like Jesus. This 10-lesson course will help us slow down so that we can be molded by God. It is designed to be done with a small group. A discipleship community that will long outlive this 13-week course.

See more details & register at
www.accounseling.org/spiritual-formation-course/.

Hundreds of individuals call ACCFS annually seeking information about mental health or relationship issues for themselves or others.

**Apostolic
Christian
Counseling &
Family Services**

Counseling
is available in office
& remotely
for all types of issues.

Website

is filled with resources for churches, Sunday Schools, groups, & individuals.

**Helping the
Hurting
Nurturing Hope
Encouraging
Growth**

Church

Presentations & trainings are conducted in dozens of churches every year.

Media



Breaking Bread Podcast



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ACCFS Courses offer growth, support, accountability, & discipleship for individuals & groups.

Webinars teach & facilitate conversations on various topics to encourage & support ministers, mentors, & others.



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