

I HAVE LEARNED THAT WELLNESS IS DEEPER THAN THE BODY—GOD STRENGTHENS THE SPIRIT EVEN WHEN THE BODY GROWS WEAK.



SPIRITUALITY AND WELLNESS

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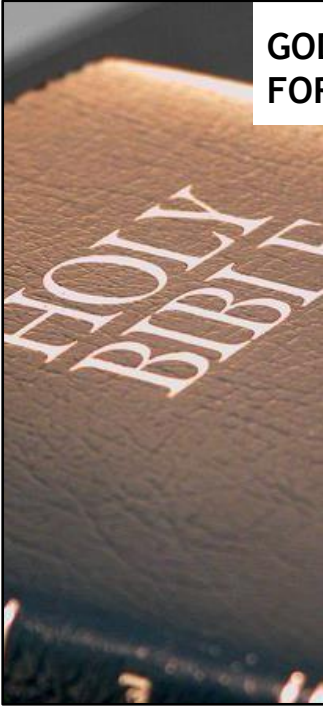
SERVING GOD WITH YOUR SPIRIT, SOUL AND BODY. SPIRITUALITY REFERS TO A PERSON'S INNER LIFE, VALUES, BELIEFS, SENSE OF PURPOSE, AND CONNECTION WITH GOD, OTHERS, AND THE WORLD

**GOD WANTS US TO
PROSPER IN
HEALTH, AS OUR
SOULS PROSPER** - 3rd John 1:2



**SIMPLE
HABITS—WATER, REST,
NATURAL FOOD — WILL
KEEP YOU GOING EVEN
IN OLD AGE.**

- Living a healthier life often begins with simple, consistent practices that reflect both wisdom and intention. Eating natural foods, such as vegetables, fruits, and whole grains, helps reduce the risk of chronic illnesses while providing the body with essential nutrients for energy, immunity, and mental clarity.
- Drinking adequate water daily supports digestion, circulation, and detoxification, reinforcing the body's natural systems.
- Engaging in physical activity—even gentle activities like walking, stretching, or household tasks—improves cardiovascular health, strengthens muscles, and boosts mood.
- Adequate sleep remains crucial, as rest enables the body to repair, restore energy, and maintain emotional balance. Cleanliness, both personal and environmental.
- Reducing sugar, processed foods, and excessive oil helps prevent inflammation and lifestyle-related conditions such as diabetes and hypertension



GOD HAS MADE PROVISIONS IN HIS WORD FOR US TO LIVE HEALTHILY

God's provision of natural foods such as fruits, vegetables, grains, and herbs is emphasized throughout Scripture, beginning from Genesis 1:29, where He declares that every seed-bearing plant and tree with fruit is given for food. This divine arrangement highlights the intentionality behind nutrition: natural foods are designed to nourish, strengthen, and heal the body. For example, traditional Nigerian foods like ugu, bitter leaf, pawpaw, ginger, and honey, etc. offer significant health benefits ranging from improved digestion to enhanced immunity, mirroring God's wisdom in creation.

Staying forgiven, staying grateful, staying in the Word. Bitterness will make the soul sick faster than age will make the body weak. Forgive quickly now. It keeps the heart light.

Rejoice daily. Joy is medicine. Worship is therapy. Singing hymns and spiritual songs can carry you through seasons doctors cannot understand.

Respect doctors and medicine, but do not depend on them alone. Pray before taking medication, bless your food, speak life over your body, rest when needed. Do not feel guilty about slowing down — even God built rest into creation.

Church fellowship can help in more ways than one. Having people care for you, study the bible with you and pray for you, visit you — this is healing that cannot be bottled.

**OUR BODY IS GOD'S
TEMPLE—LET US
TREAT IT WITH
RESPECT**

- 1st Corinthians 6: 19-20



**CLEANLINESS AND
ORDER ARE HABITS
THAT HONOR GOD.**

- The concept of God desiring the holistic well-being of His children is deeply rooted in Scripture, and it reflects the balance between physical, mental, and spiritual health. In 3 John 1:2, we see a clear expression of divine intention: "I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." This scripture reveals that God's plan for His people does not separate spiritual prosperity from physical wellness; instead, it presents them as interconnected parts of a whole life.
- Furthermore, recognizing God as the Creator of the human body encourages believers to treat their bodies with reverence, understanding that maintaining good health enhances one's ability to fulfill divine purpose. By caring for ourselves, we honor God and steward the gifts He has entrusted to us.

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**CLEANLINESS IS NEXT TO
GODLINESS**

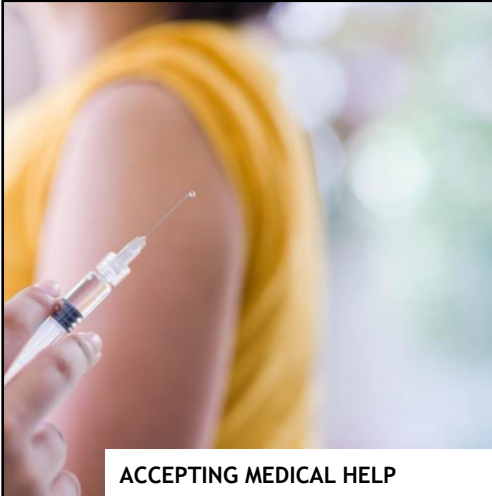


- In the books of Leviticus and Deuteronomy, God gave the Israelites detailed guidelines about washing, avoiding contaminated items, isolating illness, and maintaining a clean environment. Although these instructions had spiritual significance, they also carried major health benefits that protected the community from disease and environmental hazards.
- Today, these principles serve as reminders that good hygiene is not merely a physical routine but also a spiritual discipline that honors God. Simple actions such as cleaning our homes, keeping our surroundings neat, and maintaining personal hygiene are ways of expressing gratitude and obedience. When seen through the lens of spirituality, cleanliness becomes an act of worship and a demonstration of respect for the body God has given us.

**EVEN THE HYGIENE LAWS IN SCRIPTURE
REMINDE US OF HOW GOD
LOVINGLY PROTECTS HIS
CHILDREN.**

4

THE WISDOM OF GOD AND THE POWER OF GOD-MEDICINE AND DIVINE HEALING



**ACCEPTING MEDICAL HELP
REFLECTS WISDOM, HUMILITY,
AND GOOD STEWARDSHIP OF THE
BODY GOD HAS GIVEN.**

The belief that God is opposed to medicine or medical intervention is not supported by Scripture

Throughout biblical history, God used physicians, natural substances, and human wisdom as instruments of healing. For example, in Jeremiah 8:22, the mention of the “balm in Gilead” reflects the accepted use of medicinal substances. In Isaiah 38:21, the prophet instructed that a poultice of figs be applied to King Hezekiah’s boil for healing. Jesus Himself acknowledged the role of physicians in Luke 5:31, saying, “They that are sick need a

physician,” illustrating that seeking medical attention aligns with faith. Seeking medicine is not an indication of weak faith but a recognition of God’s provision through knowledge and science. Faith and medical treatment can coexist harmoniously, just as prayer and action complement each other.

**REDUCING STRESS, IMPROVING EMOTIONAL
WELL-BEING, SUPPORTING HEALING ,
ENCOURAGING HEALTHY LIFESTYLE, PROMOTING
POSITIVE RELATIONSHIPS.**

**A LIFE FILLED WITH GOD'S
PRESENCE IS THE
HEALTHIEST LIFE POSSIBLE.
EVEN WHEN THE BODY IS
TIRED, THE SOUL CAN BE
FLOURISHING.**

TRY THIS WELLNESS RECIPE.



Wake with thanksgiving
Read the scriptures

everyday Pray in the

Spirit daily

Keep your heart free of

offence End the day with

worship

AT 80, I GO TO THE GYM, EAT HEALTHY, DRINK
PLENTY OF WATER, KEEP IN COMMUNITY, KEEP MY¹¹
BRAIN ACTIVE BY READING & LECTURING AT
UNILAG, IN ADDITION TO MY CHRISTIAN WALK.

THANK YOU