



WELLNESS TALK

Back on Track for Purposeful Living

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Why Wellness Matters



- Spiritual strength
- Mental clarity
- Physical vitality
- Emotional balance

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

— 3 John 1:2

Your Body Is God's Temple



Honor God with your body.

Know ye not that your body is the temple of the Holy Ghost... therefore glorify God in your body.
— 1 Corinthians 6:19–20

Common Wellness Challenges



- Stress & burnout
- Poor nutrition
- Lack of exercise
- Insufficient rest

Come unto me, all ye that labor, and heavy laden and I will give you rest- Matthew 11:28

Nutrition – Fuel for Destiny



- Eat whole foods
- Stay hydrated
- Practice moderation

“Prove thy servants, I beseech thee... and let them give us pulse to eat, and water to drink... and at the end of the days their countenances appeared fairer and fatter in flesh.” Daniel 1:12–15

Movement – Activate Your Strength



- Walk daily
- Stretch often
- Exercise consistently

Bodily exercise profiteth little: but godliness is profitable unto all things.
— 1 Timothy 4:8

Rest – God's Reset Button



- Prioritize sleep
- Take breaks
- Observe Sabbath rest

“It is vain for you to rise up early, to sit up late... for so He giveth His beloved sleep-Psalm 127:2

Mental & Emotional Wellness



- Guard your thoughts
- Release anxiety
- Practice gratitude

“Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God... shall keep your hearts and minds.” Philippians 4:6–7

Practical Daily Habits



- Pray
- Plan meals
- Move
- Rest
- Reflect

“Commit thy works unto the Lord, and thy thoughts shall be established.” Proverbs 16:3

Call to Action



Commit today:

- Choose health
- Serve with strength
- Finish well

"I have set before you life and death, blessing and cursing: therefore, choose life, that both thou and thy seed may live. "Deuteronomy 30:19



THANK YOU