

HEALTH MINISTRY: CONNECTING HEALTH AND FAITH

Especially in these economically trying times of job losses, foreclosures, and shrinking investments, how does your congregation deal with its members' wellness and health?

Are members making bad lifestyle choices such as poor diet, inactivity, smoking, excessive drinking, drug use, or unprotected sex? Are they suffering in silence with chronic pain or depression? Are parents confused about how to help their children or their own aging parents?

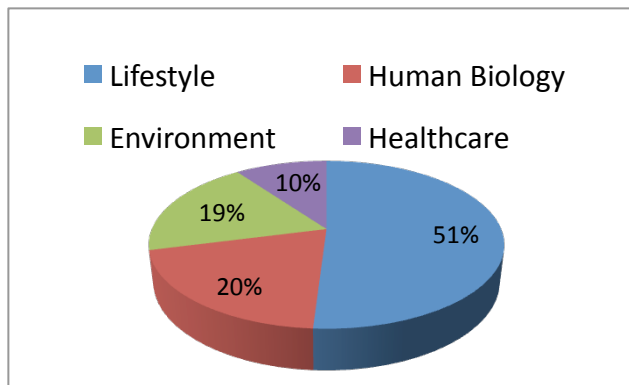
Poor health weighs not only on the body, but on the soul. It can erode one's faith in God.

Fortunately, *you* influence your congregation's health.

Did you know that lifestyle affects health more than genetics, environmental factors, and healthcare combined?

For many Americans, being part of a vibrant faith community influences behavior at multiple levels.

Bottomline: *you* play a compelling role in your congregation's choices and health outcomes.



Actual Causes of Death in the United States. JAMA, pg. 270, 1993.

Information and programs about managing health and making better lifestyle choices are readily available. Yet, these resources are seldom coupled with faith in God and the support of others—the cornerstones of success.

By bringing health education to your faith community you can boost your congregation's happiness, faith, and productivity. Get some active parishioners together, especially those with a health-related background, to kick-start a health ministry!

What is a health ministry?

A health ministry is a proven strategy that arms your congregation with information, support, and in some cases, services to help them stay healthy. It recognizes the intimate relationship between faith and healthy living and the uniqueness of your faith community's needs. Whole-person health is encouraged through:

- Uniting mind, body, and spirit
- Recognizing the interdependence among God's people
- Enhancing parishioners' self-awareness regarding health
- Promoting healthy behavioral changes.

"The prayer of faith shall heal the sick, and the Lord shall raise him up." James 5:15

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Rural Health
PARTNERSHIP
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A WellFlorida Community Partner

Rural Health Partnership protects the health of hard-working rural Floridians and their families through the promotion of health and wellness and coordination of healthcare delivery in nine of Florida's most rural counties.