

BUILDING A FIRM FOUNDATION

GOD'S DESIGN FOR HEALTH & WELLNESS IN YOUR FAMILY

A 4-WEEK JOURNEY TO GROW STRONGER IN FAITH, BODY, AND FAMILY

EACH WEEK INCLUDES

- *Family Devotion*
- *Wellness Focus*
- *Family Activity*
- *Reflection & Prayer Prompt*

PRESENTED BY THE CFC/E4M HEALTH & WELLNESS MINISTRY



Lined area for taking notes.

A Prayer for my Family

Dear Lord,

I pray that love and peace reign in my family. May we always put the needs of one another above ourselves, guarding the bonds that You have created.

Lord, cultivate a humility in each of us that paves the way for You to do great things in and through us.

May we grow to love one another and You more with each passing day.

In Jesus Name I pray,

Amen

Prayer requests of family members

Encourage family members to share prayer requests for everyone to pray over this month regarding health and wellness.

[illegible]

WEEK 1: HEALTH BEGINS WITH HONORING GOD IN EVERY AREA OF LIFE.

"SO WHETHER YOU EAT OR DRINK OR WHATEVER YOU DO, DO IT ALL FOR THE GLORY OF GOD." –

1 CORINTHIANS 10:31

FAMILY DEVOTION TIME:

DISCUSS WHY GOD CARES ABOUT WHAT WE PUT INTO OUR BODIES

INVITE EACH FAMILY MEMBER TO SHARE ONE WAY THEY CAN HONOR GOD WITH WHAT THEY EAT THIS WEEK

SHARE ON THE LINES BELOW

WELLNESS FOCUS:

REFLECT ON THE HEALTHY FOODS GOD PROVIDED IN CREATION BY READING

GENESIS 1:29

WHAT ARE THEY?

FAMILY ACTIVITY:

PLAN ONE MEAL TOGETHER AS A FAMILY; INCLUDE AS MANY OF THE FOODS THAT YOU READ ABOUT

ABOVE AS POSSIBLE

(FRUITS, VEGGIES WHOLE GRAINS)

SHARE YOUR PLANS ON THE LINES BELOW

REFLECTION & PRAYER PROMPT:

AS A FAMILY, HOW CAN WE GLORIFY GOD WITH WHAT WE EAT THIS WEEK?

ASK EACH FAMILY MEMBER.

"WHAT IS ONE AREA OF MY EATING WANT TO GIVE TO GOD?"

(EX: SNACKING WHEN I'M NOT HUNGRY. EATING/DRINKING THINGS THAT DO NOT PROVIDE NUTRITION)

WRITE A PRAYER ASKING GOD TO HELP EVERYONE DEDICATE THEIR EATING TO GOD

DEAR GOD,

AMEN

Thriving Thursday Notes

A series of horizontal lines for writing, consisting of solid top and bottom lines with a dashed midline, repeated 10 times.

WEEK 2: STRENGTHENING THE BODY – MOVING TOGETHER IN JOY

EXERCISE IS A FORM OF WORSHIP

"DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT...?"
1 CORINTHIANS 6:19-20

FAMILY DEVOTIONAL TIME:

TALK ABOUT WHAT IT MEANS TO HONOR GOD WITH YOUR BODY.
WHAT DOES IT MEAN THAT MY BODY IS GOD'S TEMPLE?

WELLNESS FOCUS:

INTRODUCE FUN, SHORT FAMILY WORKOUTS (WALKS, DANCE, BIKE RIDES, JUMP ROPE).

FAMILY ACTIVITY:

CHALLENGE YOURSELF TO FIND 15 MINUTES OF FAMILY MOVEMENT TOGETHER AT LEAST 3-4 TIMES THIS WEEK.

REFLECTION & PRAYER PROMPT:

THANK GOD FOR THE GIFT OF HEALTH AND PRAY FOR STRENGTH TO STAY ACTIVE.

ASK EACH FAMILY MEMBER,

"HOW DOES EXERCISE OR BEING ACTIVE GIVE GLORY TO GOD?"

CREATE A PRAYER OF GRATITUDE TOGETHER ON THE LINES BELOW

DEAR GOD,

AMEN

Thriving Thursday Notes

A series of horizontal lines for writing, consisting of solid top and bottom lines with a dashed midline, repeated 10 times.

WEEK 3: RENEWING THE MIND – HEALTHY THOUGHTS & HABITS
GOD DESIRES TO RENEW OUR MINDS SO WE CAN LIVE IN FREEDOM AND PEACE.

"DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND." – ROMANS 12:2

FAMILY DEVOTIONAL TIME:

TALK ABOUT HOW THOUGHTS CAN IMPACT FEELINGS AND CHOICES. SHARE WAYS TO REPLACE
NEGATIVE THOUGHTS WITH GOD'S TRUTH. ASK EACH FAMILY MEMBER TO SHARE ONE NEGATIVE THOUGHT THEY
NEED TO REPLACE WITH GOD'S TRUTH.

WELLNESS FOCUS:

CREATE A "FAMILY GRATITUDE WALL" – EACH DAY WRITE ONE THING YOU ARE THANKFUL FOR.
SPEND DEDICATED TIME IN PRAYER TIME TOGETHER THANKING GOD FOR YOUR HEALTH.

FAMILY ACTIVITY:

FIND AND SHARE VERSES THAT SPEAK ABOUT HEALTHY THOUGHTS AND
THINGS WE SHOULD THINK ABOUT.
SHARE THEM ON THE LINES BELOW

REFLECTION & PRAYER PROMPT:

READ PHILIPPIANS 4:6-7 TOGETHER.

ASK EACH FAMILY MEMBER:

"WHAT DOES THIS VERSE MEAN TO MY HEALTH AND WELLNESS?"

CREATE A PRAYER ASKING GOD TO GUARD YOUR HEARTS AND MINDS WITH HIS PEACE ON THE LINES BELOW

DEAR GOD,

AMEN

This image shows a full page of primary-ruled paper. It contains ten identical horizontal rows designed for handwriting practice. Each row is defined by three lines: a solid black line at the top, a dashed black line in the middle, and another solid black line at the bottom. The rows are evenly spaced and cover the entire area of the page.

WEEK 4: LIVING IT OUT – WHOLE FAMILY WELLNESS IN CHRIST

"AS FOR ME AND MY HOUSEHOLD, WE WILL SERVE THE LORD." – JOSHUA 24:15

FAMILY DEVOTION TIME:

DISCUSS HOW YOUR FAMILY CAN LIVE AS AN EXAMPLE OF FAITH AND HEALTH IN YOUR SCHOOL, CHURCH, COMMUNITY.

WELLNESS FOCUS:

TALK ABOUT WHY REST IS IMPORTANT ON A WELLNESS JOURNEY, AND THE IMPORTANCE OF SLOWING DOWN. PLAN A "FAMILY REST DAY" AND COMMIT TO SPENDING DEDICATED TIME TO SIMPLY RESTING IN THE PRESENCE OF GOD.

(CAN BE INSIDE OR OUTSIDE)

SHARE ONE WAY YOUR FAMILY CAN LIVE AS A HEALTHY EXAMPLE TO OTHERS.

FAMILY ACTIVITY:

WHAT HEALTHY HABITS CAN OUR FAMILY COMMIT TO LONG-TERM?

CHALLENGE: EACH FAMILY MEMBER CHOOSES 1 LONG-TERM HABIT (NUTRITION, FITNESS, OR SPIRITUAL).

REFLECTION & PRAYER PROMPT:

DEDICATE YOUR FAMILY'S HEALTH JOURNEY TO THE LORD.

CREATE A PRAYER OF COMMITMENT IN HEALTH & WELLNESS AS A FAMILY ON THE LINES BELOW

DEAR GOD,

AMEN

This image shows a full page of primary-ruled paper. It contains ten identical horizontal rows designed for handwriting practice. Each row is defined by three lines: a solid black line at the top, a dashed black line in the middle, and another solid black line at the bottom. The rows are evenly spaced and cover the entire area of the page.

SCAN

*the
QR Code*

HELP US CHANGE THE
WAY PEOPLE APPROACH
WEIGHT LOSS AND
HEALTHY LIVING



**DID THIS WORKBOOK BLESS YOUR
FAMILY?**

You can be a blessing to someone else!
Scan the QR Code and support the growth
of our ministry!
Help us show the world.....

***Your health & wellness matters in your
Kingdom Purpose!***