

# **Spiritual Wellness**

**(Well-being of Spirit)**

# Spirit

**nonphysical part of a person which is the seat of emotions, morals, character**

**the essence of identity, importance, and esteem**

**the force within a person that gives life, energy, and power which allows us to function as living human beings.**

**“God created mankind in his own image, in the image of God he created them; male and female he created them.” (Genesis 1:27 NIV)**

**“Then the LORD God form a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” ( Genesis 2:7 NIV)**

**“The Spirit gives life; the flesh counts for nothing. The words I have spoken to you – they are full of Spirit and life” (John 6:63 NIV)**

**“God is spirit, and his worshipers must worship in the  
Spirit and in truth.” (John 4:24)**

# **Achieving Well-being of Spirit**

**Have faith**

**Read the Sacred or Holy Books of your faith**

**Practice the teachings of your faith**

**Pray, meditate, sing, and participant in sacred rituals of your faith**

**Display love, joy, peace, faithfulness, kindness, liberty, and self-control**

# Teachings of Your Faith

**Judaism: Torah - the Five Books of Moses (Pentateuch) – Moses**

**Christianity: Holy Bible (Old Testament and New Testament) – Jesus**

**Islam: Qur'an – Prophet Muhammad**

**Hinduism: Vedas**

**Buddhism: Buddha**

**Others: e.g. Bahai, Sikhism, Spiritism, African Traditional, Indigenous**

# **Achieving Well-being of Spirit - Christians**

**Having faith**

**Reading the Holy Bible**

**Praying, meditating, singing, and participating in sacred rituals of the church**

**Displaying love, joy, peace, faithfulness, kindness, liberty, and self-control**

**Practicing the 10 Commandments (Exodus: Chapter 20, Deuteronomy Chapter 5)**

**Practicing the teachings of Jesus Christ (Gospels of Matthew, Mark, Luke and John)**

# What is Faith?

**“Now faith is confidence in what we hope for and assurance about what we do not see.”** (Hebrews 11:1, New International Version)

**“It is what gives assurance to our hopes; it is what gives us conviction about things we can’t see”.** (Hebrews 11: 1, New Testament for Everyone)

# Faith

**“And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.”**

**(Hebrews 11:6, New International Version)**

**Faith**

**Assurance**

**Confidence**

**Conviction**

**Believe**

# **The Ten Commandments (Exodus 20: 1-17 NIV)**

- 1. “You shall have no other gods before me”.**
- 2. “You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them”**
- 3. “You shall not misuse the name of the LORD your God”**
- 4. “Remember the Sabbath day by keeping it holy”**

# **The Ten Commandments (Exodus 20: 1-17 NIV)**

**5. “Honor your father and your mother”**

**6. “You shall not murder.”**

**7. “You shall not commit adultery.”**

**8. “You shall not steal”.**

**9. “You shall not give false testimony”**

**10. “You shall not covet”**

# What Jesus Said About the Commandments

**<sup>16</sup> Just then a man came up to Jesus and asked, “Teacher, what good thing must I do to get eternal life?”**

**<sup>17</sup> “Why do you ask me about what is good?” Jesus replied. “There is only One who is good. If you want to enter life, keep the commandments.”**

**<sup>18</sup> “Which ones?” he inquired.**

**Jesus replied, “You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, <sup>19</sup> honor your father and mother,’ and ‘love your neighbor as yourself” (Matthew 19: 16-19 NIV)**

# What Jesus Said About the Commandments

**<sup>36</sup> “Teacher, which is the greatest commandment in the Law?”**

**<sup>37</sup> Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.” <sup>38</sup> This is the first and greatest commandment.**

**<sup>39</sup> And the second is like it: “Love your neighbor as yourself. <sup>40</sup> All the Law and the Prophets hang on these two commandments.” (Matthew 22:36-40 NIV)**

# TEACHING OF JESUS CHRIST

**Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth and the truth will set you free.” (John 8:31-32 NIV)**

# **TEACHING OF JESUS CHRIST**

**Best way to learn the teaching of Jesus Christ is to read the Gospels in the New Testament:**

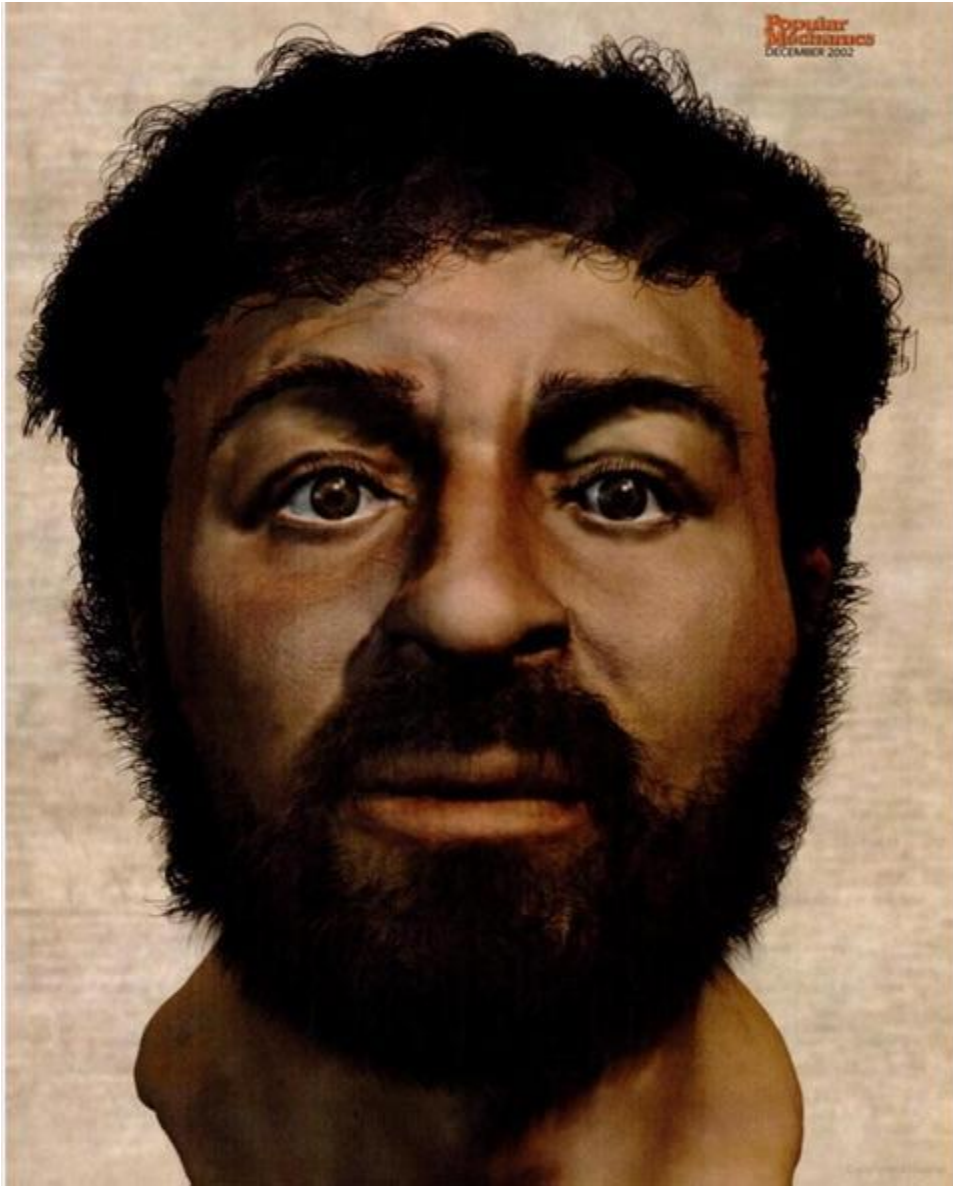
**Matthew**

**Mark**

**Luke**

**John**

# Image of Jesus



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## TV show questions old image of Jesus

LONDON (AP) — Was Jesus dark-skinned? Was He actually born in a cave?

Jesus: The Complete Story, a new documentary television series co-produced by the British Broadcasting Corp., considers these questions in its attempt at a purely scientific investigation into the Messiah of Christendom.

"The combination of new scientific and archeological discoveries with a re-evaluation of the historicity of the Gospel has allowed us to tell the story of Jesus in a fresh and exciting way," co-producer Michael Wakelin said of the three-part series, to begin broadcast April 1.

The documentary is to be broadcast in the United States in its entirety on April 15 on The Discovery Channel, which co-produced it.

For the series, a computer-generated image has been created to suggest what Jesus' face might have looked like, contrary to the fair-skinned and fine-featured image familiar since medieval times.

The new image was created by a forensic artist at the University of Manchester using the 2,300-year-old skull of a Jewish man from Israel. Clues on hair and skin tone were taken from frescoes of Jewish faces painted in the Third Century.

The result is a dark-skinned, curly-haired man with a round, robust face and a stout nose.

The idea of a darker Jesus is becoming more accepted by Catholics — a dark-skinned Jesus was selected in 1999 for a special millennium edition



*For the series, a computer-generated image has been created to suggest what Jesus' face might have looked like, contrary to the fair-skinned and fine-featured image familiar since medieval times.*

of the American Independent newsweekly, the National Catholic Register.

The series goes beyond the skin-tone question, challenging another widely accepted image of Jesus — His birth in a wooden stable. The program argues He was more likely born in a cave.

It also questions whether Judas betrayed Jesus to the Roman authorities, suggesting that a mistranslation could mask the fact that Jesus worked with Judas to provoke His own arrest.

Using diverse historical accounts, the documentary weaves a tale of how a young carpenter may have been inspired to lead a pacifist rebellion against the establishment in Jerusalem, launching a religion now embraced by 2 billion people.

Source: The Commercial Appeal, Sat. March 31, 2001

# TV Show Questions Old Image of Jesus

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# **TEACHING OF JESUS CHRIST**

**Those who mourn will be comforted.**

**The meek will inherit the earth.**

**Those who hunger and thirst for righteousness will be filled.**

**The merciful will be shown mercy.**

**The pure in heart will see God.**

**The peacemakers will be called children of God.**

**(Matthew 5:4 -9 NIV)**

# TEACHING OF JESUS CHRIST

**“Man shall not live on bread alone, but on every word that comes from the mouth of God.”** (Matthew 4: 4 NIV)

**“Do not put the Lord your God to the test.”** (Matthew 4: 7 NIV)

**“Worship the Lord your God and serve him only.”** (Matthew 4: 10 NIV)

# TEACHING OF JESUS CHRIST

**“You are the light of the world.... let your light shine before others, that they may see your good deeds and glorify your Father in heaven” (Matthew 5: 14-16 NIV)**

# TEACHING OF JESUS CHRIST

**“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins”. (Matthew 6: 14-15 NIV)**

# TEACHING OF JESUS CHRIST

**“Do not store up for yourselves treasures on earth,... But store up for yourselves treasures in heaven,...For where your treasure is, there your heart will be also.”** (Matthew 6: 19-21 NIV)

# TEACHING OF JESUS CHRIST

(New International Version)

**“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money” (Matthew 6: 24 NIV)**

# TEACHING OF JESUS CHRIST

**<sup>25</sup> “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life?”** (Matthew 6: 25-27 NIV)

# TEACHING OF JESUS CHRIST

**“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6: 31-34 NIV)**

# TEACHING OF JESUS CHRIST

**“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged,...”** (Matthew 7:1-2 NIV)

# TEACHING OF JESUS CHRIST

**“So in everything, do to others what you would have them to do to you, for this sums up the Law and the Prophets”**

**(Matthew 7: 12 NIV)**

# TEACHING OF JESUS CHRIST

**“Watch out for false prophets.... By their fruit you will recognize them... every good tree bears good fruit, but a bad tree bears bad fruit.”** (Matthew 7: 15-17 NIV)

# TEACHING OF JESUS CHRIST

**“ Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid on the One who can destroy both soul and body in hell.”** (Matthew 10: 28 NIV)

# TEACHING OF JESUS CHRIST

**“Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit”** (Matthew 12: 33 NIV)

# TEACHING OF JESUS CHRIST

**“ A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him.”** (Matthew 12:35 NIV)

# TEACHING OF JESUS CHRIST

**“Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself’. All the Law and the Prophets hang on these two commandments”** ( Matthew 22:37-40 NIV)

# TEACHING OF JESUS CHRIST

**“ There is only One who is good. If you want to enter life, keep the commandments... You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, honor your father and mother, and love your neighbor as yourself.”** (Matthew 19:17-19 NIV)

# TEACHING OF JESUS CHRIST

**“What comes out of a person is what defiles them. For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.”** (Mark 7:20-23 NIV)

# TEACHING OF JESUS CHRIST

**“...all things are possible with God.”** (Mark 10:27)

**“What is impossible with man is possible with God”**  
(Luke 18:27)

**“...Everything is possible for one who believes.”** (Mark 9:23 NIV)

# TEACHING OF JESUS CHRIST

**“Have faith in God.... Whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.” (Mark 11:22-25 NIV)**

# TEACHING OF JESUS CHRIST

**“But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. Do to others as you would have them do to you”**

**(Luke 6: 27 -31, NIV)**

# TEACHING OF JESUS CHRIST

**“But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.**

**(Luke 6: 35 -36, NIV)**

# TEACHING OF JESUS CHRIST

**“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you.....”** (Luke 6: 37-38 NIV)

# TEACHING OF JESUS CHRIST

**“No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thorn bushes, or grapes from briars”. (Luke 6: 43-44 NIV)**

# TEACHING OF JESUS CHRIST

**“A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of”. (Luke 6: 45 NIV)**

# TEACHING OF JESUS CHRIST

**“Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.” (Luke 16:10 NIV)**

# TEACHING OF JESUS CHRIST

**“ From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.” (Luke 12:48 NIV)**

# TEACHING OF JESUS CHRIST

**“The coming of the kingdom of God is not something that can be observed, nor will people say, ‘Here it is,’ or ‘There it is,’ because the kingdom of God is within you”**

**(Luke 17:20-21)**

# TEACHING OF JESUS CHRIST

**“The people of this age marry and are given in marriage. But those who are considered worthy of taking part in the age to come and in the resurrection from the dead will neither marry nor be given in marriage, and they can no longer die; for they are like the angels. They are God’s children, since they are children of the resurrection.”** (Luke 20: 34-36 NIV)

# TEACHING OF JESUS CHRIST

**“ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.”** (John 3: 16-17 NIV)

# TEACHING OF JESUS CHRIST

**“... whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life.” (John 5: 24 NIV)**

# TEACHING OF JESUS CHRIST

**“Do not let your hearts be troubled. You believe in God; believe also in me.”** (John 14:1 NIV)

**“I am the way and the truth and the life. No one comes to the Father except through me.”** (John14:6 NIV)

**“The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work.”** (John 14:10 NIV)

# TEACHING OF JESUS CHRIST

**“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” (John 13: 34-35 NIV)**

# TEACHING OF JESUS CHRIST

**“Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.”** (John 14:21 NIV)

# TEACHING OF JESUS CHRIST

**“Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. Anyone who does not love me will not obey my teaching.”** (John 14:23-24)

# TEACHING OF JESUS CHRIST

**“As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love... My command is this: Love each other as I have love you. Greater love has no one than this: to lay down one’s life for one’s friends. You are my friends if you do what I command.”**

**(John 15: 9-14 NIV)**

# TEACHING OF JESUS CHRIST

**“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.....But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand”**

**(Matthew 7: 24-26)**