

Total Wellness Class

presented by

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Total Wellness

Presentations can be found at

roms-totalwellness.com



Total Wellness

Topics



Total Wellness

Achieving Total Wellness

An overview of how to achieve Total Wellness (Well-being of spirit, mind, and body).

Stress Management

A discussion of the causes of stress, signs of stress, and how to manage stress.

Mindful Body Movement (“Easy Exercises for Everyone”)

An exercise program for managing stress, improving strength, range of motion, flexibility, and balance is demonstrated.

Healthy Eating

A discussion about how to eat healthy and the importance of eating vegetables/fruit, lean meat, less fat/cholesterol/salt, and limited consumption of alcohol.

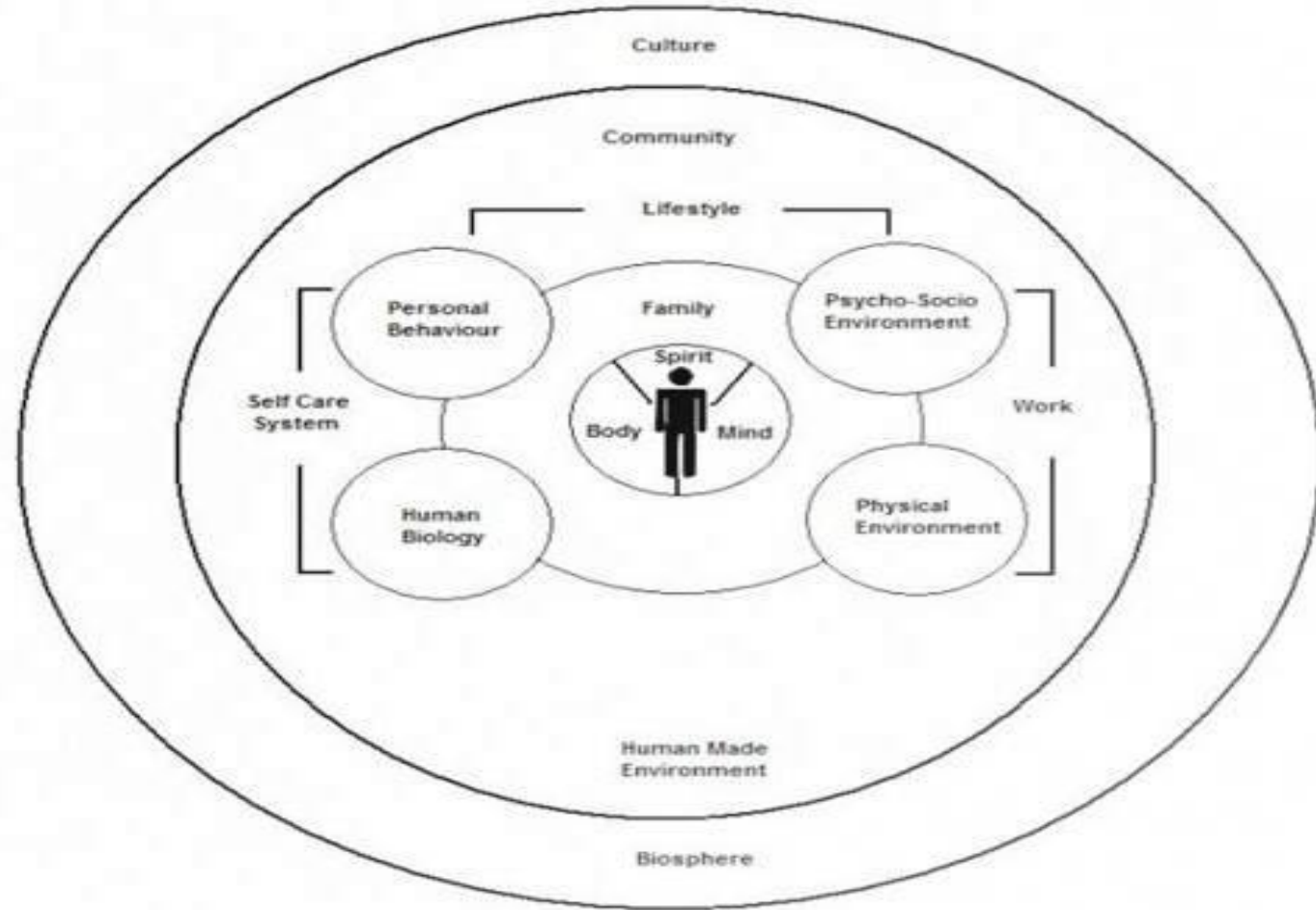
Faith & Spiritual Well-being

A discussion about the importance of having faith and practicing the teachings of your faith. An overview of the Ten Commandments and the Teaching of Jesus is presented.



Definition of Health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.



Total Wellness is well-being of:

Mind

Body

Spirit



Total Wellness

Mind (Mental) – intellect, thoughts, reasoning, resolving, emotions, feelings

Body (Physical) – anatomy, physiology, biology, genetics, biochemistry

Spirit (Spiritual) – 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

How to Achieve Total Wellness

- Avoid unhealthy relationships, violence, and unsafe sexual practices
- Avoid the misuse of tobacco, alcohol, and other addictive drugs
- Have hope, assurance, conviction, confidence, positive self-esteem, and gratitude
- Display love, joy, peace, faithfulness, kindness, liberty, and self-control



- Manage stress with relaxation, meditation, mindfulness, prayer, exercise, and restful sleep
- Move your body by stretching, walking, dancing, exercising, and engaging in physical activity
- Eat vegetables, fruits, lean meat, less fat, less salt, less sugar, and smaller portions
- Reduce and control body weight
- Have regular doctor visits, health screenings, and physical examinations



- Acquire knowledge, understanding, and wisdom
- Earn, save, and spend money wisely
- Work, be active and productive
- Have fun with family and friends
- Laugh, enjoy life, and maintain a positive attitude
- Love and respect others and yourself



How to Achieve Total Wellness

Manage Stress

Move More

Eat Less

Get Rest

Have Faith



Stress Management



What is Stress?

Stress can be defined as a **state of worry or mental tension caused by a difficult situation.**

Stress is a **natural human response** that prompts us to address **challenges and threats** in our lives.

<https://www.who.int/news-room/questions-and-answers/item/stress>



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What is Stress?

- Stress is the **natural reaction** your body has when **changes, threats, or challenges** occur.
- Stress can result in many different **physical, emotional and behavioral responses**.
- **Everyone experiences** stress from time to time. You can't avoid it.
- Stress management techniques can help you deal with it.

Causes of Stress

- The **causes of stress can be different** for each person because we all have our own ways of responding to change and challenges .
- Stress is the **result of how you respond** to any event that is challenging, threatening, or requires **you to change** the way you usually function.

Stress Hormones

- Stress causes the body to increase the production of stress hormones.
- Stress hormones are chemical messengers that play a role in the body's physiological and behavioral responses to stress.
- Examples of stress hormone include epinephrine, norepinephrine and cortisol.

Stress Hormones

- Stress hormones help initiate the adaptive “fight-or-flight” **response** to stress. Stress hormones serve an **adaptive purpose** during times of acute stress.
- Chronic stress can cause persistent **high levels of cortisol** which can negatively impact a person’s physical and mental health.

Stress Producing Events

- Death
- Heavy traffic
- Marriage
- Deadlines
- Job change
- Accidents
- New job
- Money problems

Stress Producing Events

- Crowds
- Conflict
- Pregnancy
- Legal problems
- Moving
- Divorce
- Retirement
- Illness

Behavioral Signs of Stress

- Over- reacting
- Poor appetite
- Withdrawing from relationships
- Changing jobs often
- Feeling agitated most of the time
- Using alcohol or drugs
- Sexual Dysfunction



Physical Signs of Stress

- Headache
- Neck pain
- Back pain
- Fatigue
- Upset stomach
- Heart burn
- Constipation
- Diarrhea



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Physical Signs of Stress

- Weight loss
- Weight gain
- High blood pressure
- Shortness of breath
- Chest pain
- Heart attack



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Results of Stress

- Worrying a lot about things such as family, work, and money problems.
- Feeling tired, sad, hopeless, and thinking that there is no way out of your situation
- Feeling nervous and depressed



How to Reduce Stress

- **Recognize and become aware** of how your body and mind react and respond to stress producing events.
- **Choose an effective way** to respond to stress producing events.
- **Avoid events or things** that produce stress, but this is not always possible.
- **Change how you react and respond** to the stress producing event.



How to Reduce Stress

- Don't worry about things you can't control
- Do something about things you can control
- Prepare to the best of your ability for events that you know may produce stress
- Work to resolve conflict with other people
- Ask for help from friend, family, or professionals
- Set realistic goals at home and at work



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How to Reduce Stress

- Mediate
- Pray
- Exercise
- Get away from your daily stress with group sports, social events, and hobbies
- Don't try to do more than you really can
- Say no if someone asks you to do something you don't have time or ability to do
- Try to look at change as a challenge, not a threat



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Tips For Dealing With Stress



Take a few slow deep breaths
Think positively
Focus on the good things in your life

Tips For Dealing With Stress



Count to ten before you react to the stressful situation.

This makes you stop, think, and relax .

Tips For Dealing With Stress



Exercise, walk or jog during the day

Tips For Dealing With Stress



Take a good stretch.

Stretching makes muscles relaxed and helps you feel less tense.

Tips For Dealing With Stress



Listen to music, sing and dance

Tips For Dealing With Stress



Take hot baths or showers to help relax.

Tips For Dealing With Stress



Massage tense muscles

Muscles in the back of the neck and upper back

Tips For Dealing With Stress



Talk to family and friends about your feelings

Tips For Dealing With Stress



Get help when you need it.

Relaxation Techniques

- Deep breathing
- Visualizing
- Muscle Contracting and Relaxing
- Meditating
- Stretching and Exercising

Deep Breathing

Steps to deep-breathing:

1. Lie down on a flat surface or sit upright in a comfortable chair
2. Place both hands on your stomach, just above your naval
3. Breathe in slowly and try to make your stomach rise
4. Breathe out slowly and let your stomach go back down
5. Count to 3 as you breath in and count to 4 as you breathe out
6. Focus on the movement of air in and out of your nose and the rhythm of your breathing



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Visualizing

Visualizing involves the following steps:

1. **Begin deep breathing**
2. **Imagine or see yourself experiencing a pleasant feeling, place, or event**
3. **Do not become frustrated with wandering thoughts just let them flow in/out of your mind, just focus on your breathing and your vision**

Muscle Contracting and Relaxing

1. Choose muscle groups in specific body parts such as face/neck, chest/abdomen, upper/lower extremities
2. Tighten (contract) for a count of ten and then release (relax).
3. Focus on the difference between tight muscles and relaxed muscles.



Meditating

1. Meditating involves focusing on a specific thought, feeling, or body movement.
2. You can meditate by performing exercises that use the same motions over and over, like walking, running, or swimming.
3. You can meditate by stretching your muscles, focusing on deep-breathing, or while you are visualizing.



Body Movement



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Body Movement = Exercise

Improve your health and manage stress with body movement and physical activity.

Several ways you can become more active in your daily life:

- Walk more
- Use the stairs more often
- Do yard work , gardening, and other physical chores that require you to spend more energy
- Be more active at work
- Reduce time sitting, watching television and working on computer
- Do something active with a friend
 - Dancing
 - Walking/ Hiking
 - Jogging/Running
 - Cycling
 - Lifting Weights

Benefits of Body Movement

- Improves sleeping habits
- Better psychological outlook
- Reduces stress and tension
- Increases energy
- Helps protect body against injury and disease
- Fewer GI disorders
- Promotes better posture

Physical Benefits of Body Movement

Nervous System

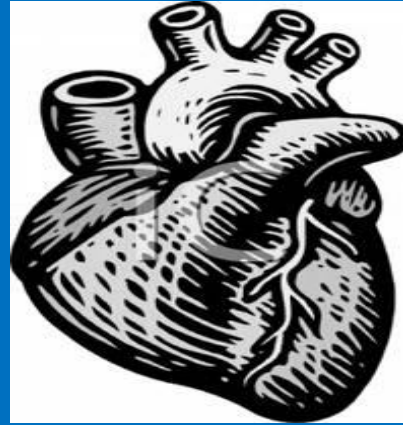


**Increases oxygen and hormones in the blood for more
“brain power”**



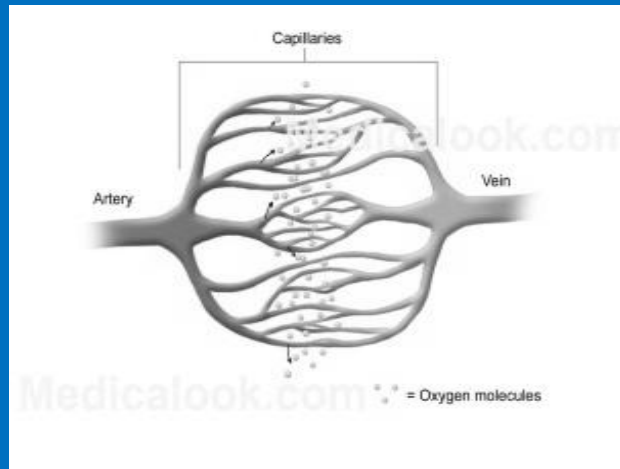
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Cardiac System



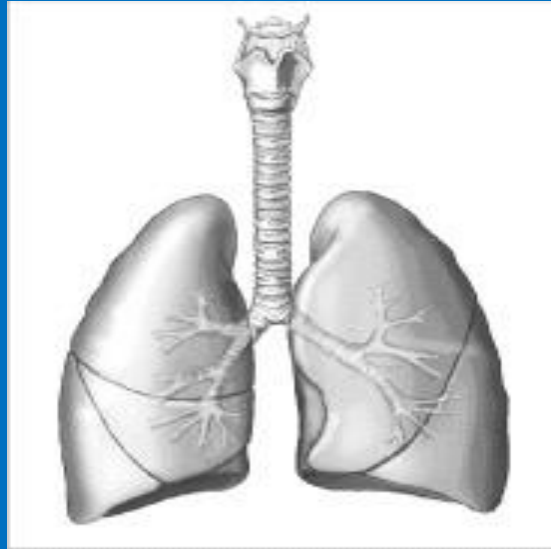
Heart muscle grows stronger and pumps a greater volume of blood

Circulation



**Increases elasticity of the arteries and blood capillaries
in muscles**

Respiratory System

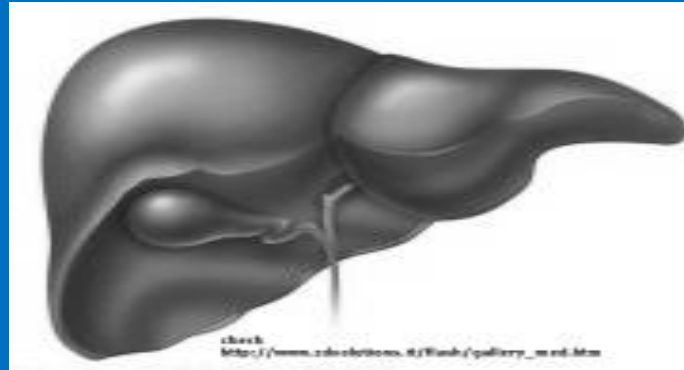


Increases depth of breathing and vital capacity



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Liver

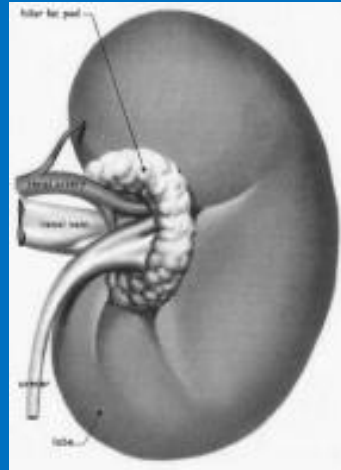


Lowers triglycerides
Raises the level of high density lipoproteins
(HDL Cholesterol)



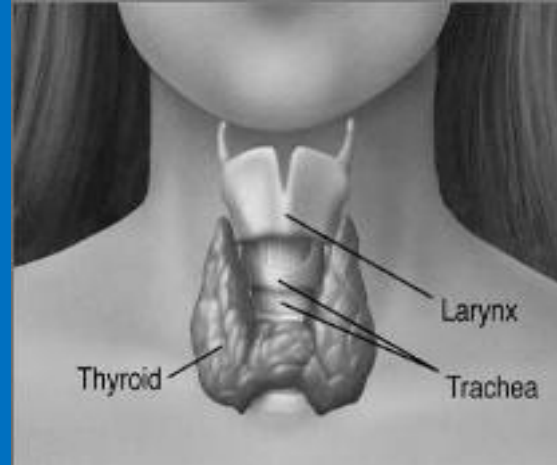
Randolph Consulting Services

Kidney



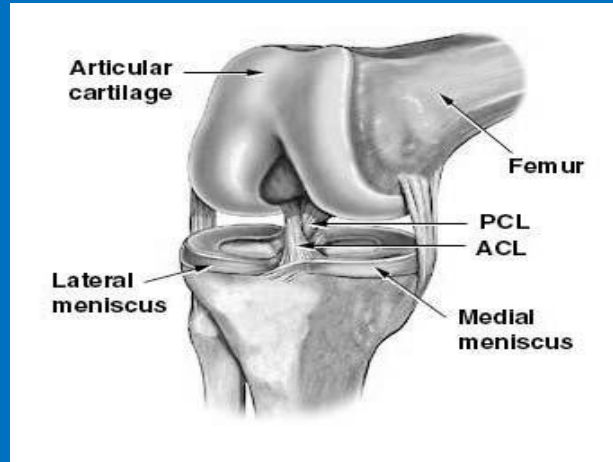
Promotes output of hormones
Lowers Blood Pressure
Improves kidney function

Thyroid Gland



Improves thyroid function and increases metabolism

Muscles, Tendons, Joints, and Bones



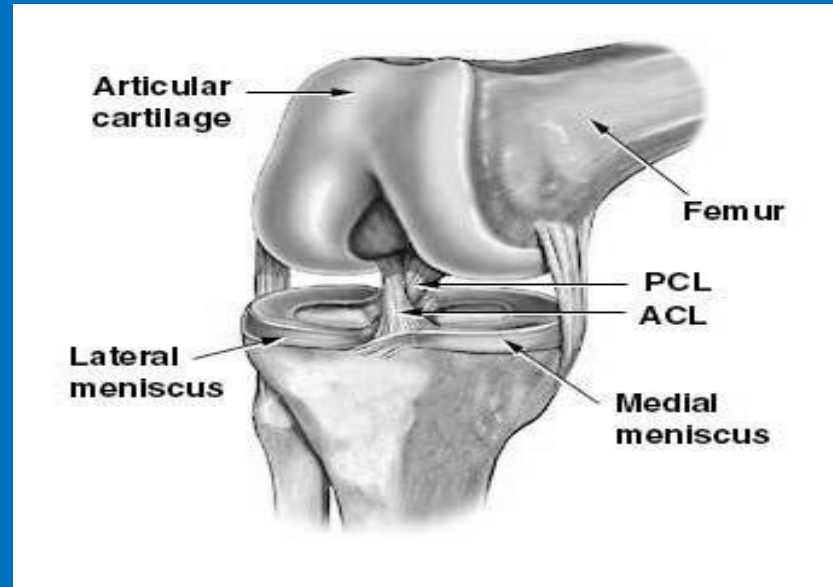
Increase elasticity

Improve joint motion

Increase muscle efficiency

Increase blood circulation

Muscles, Tendons, Joints, and Bones



Decrease likelihood of developing osteoporosis
Increase strength, balance, coordination, flexibility,
speed, and endurance

General Exercise Instructions

- Start slow, work up to a 30-minute workout
- Stop exercising if pain or severe shortness of breath occurs
- Perform exercises that you enjoy and can consistently do
- Workout at a pace that is enjoyable and comfortable to you
- As your conditioning improves, increase the intensity and duration of the exercise

Target Heart Rate for Exercising

- Target Heart Rate for Exercising = 70% of Estimated Maximum Heart Rate
- Estimated Maximum Heart Rate = $220 - \text{Your Age}$
- Target Heart Rate = $220 - \text{Age} \times 0.70$
- Strive to reach and maintain Target Heart Rate while exercising

Determining Target Heart Rate

- Estimated Maximum Heart Rate = $220 - \text{Your Age}$
- Target Heart Rate = $220 - \text{Your Age} \times 0.7$
- Age 60 years: Estimated Maximum Heart Rate = $220 - 60 = 160$
- Target Heart Rate = $160 \times 0.7 = 112$ heart beats per minute (Pulse Rate)

Determining Pulse Rate

- Feel pulse at wrist
- Count the number of pulsations for 15 seconds
- Multiply the number of pulsations X 4 = pulse rate per minute
- Example: Number of pulsations for 15 seconds = 28

$$28 \times 4 = 112 \text{ pulsations per minute} = \text{Pulse Rate}$$

Muscles to Exercise

Neck

Shoulders

Chest

Arms

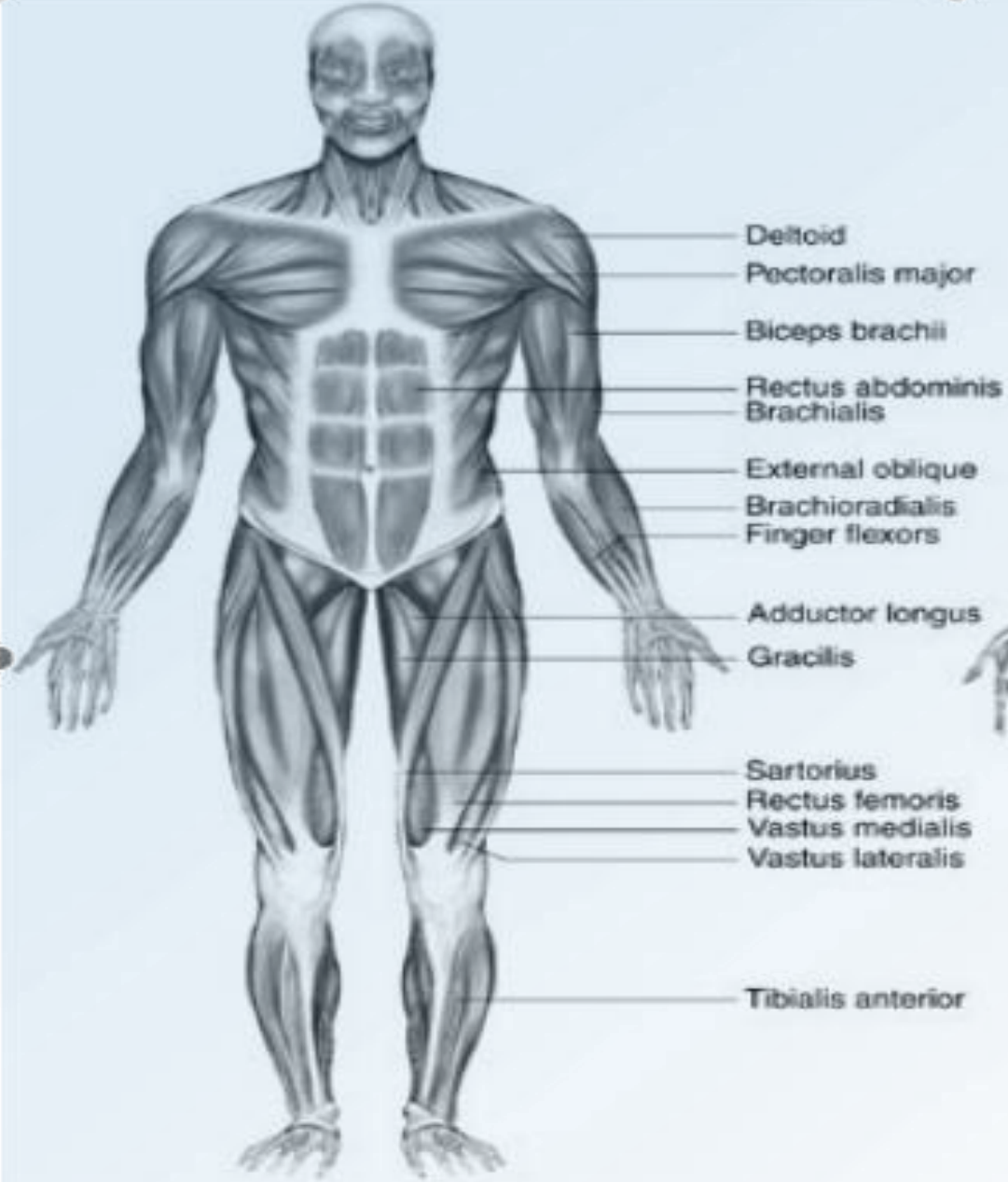
Abdomen

Back

Buttock

Thighs

Calves



Mindful Body Movement

“Easy Exercises for Everyone”

- “*Easy Exercises for Everyone*” is a body movement program designed to **help relieve muscle tension and tightness** due to stress or inactivity.
- People can perform these exercises in their homes or anywhere.
- The program involves performing three (3) basic types of exercises — **stretching, isometric, and isotonic**.

Mindful Body Movement

“Easy Exercises for Everyone”

- **Stretching exercise** occurs by moving each part of your body through normal range of motion and holding each position for a count of 10.
- **Isometric exercising** occurs by tensing (tightening) your muscles while holding your body part in fixed position for a count of 10.
- **Isotonic exercising** occurs by repetitively moving each part of your body through normal range of motion for 10 repetitions
- **“Mindfulness”** occurs by focusing on the body part that you are moving when performing the exercises (body movements).

“Easy Exercises for Everyone”

- As your conditioning improves, you can increase the intensity of each exercise by increasing the length of time you hold each position, the number of repetitions or lifting weights (dumbbells and leg weights) when performing the exercises.
- These exercises should be performed at least once a day.
- The exercises are designed for people who are not accustomed to doing strenuous exercises.

Goals:

- increased flexibility and strength
- improve range of motion and balance
- decreased tension and stress
- enhanced “Total Wellness”

Neck Exercises



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Shoulder, Arms, and Chest Exercises



Back and Hip Exercises



Hip, Thigh, Balance Exercises



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Hip, Thigh, Balance Exercises



Total Wellness

Hip, Thigh, and Balance Exercises



Shoulder, Chest, and Back Exercises



Total Wellness

Shoulder, Chest, and Back Exercises



Back and Trunk Exercises



Back Stretching Exercises



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Trunk, Abdomen and Leg Exercises



Trunk, Abdomen and Leg Exercises



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Hip, Knee and Thigh Exercises



WALK YOUR WAY TO HEALTH AND WELLNESS



Walk for 30 minutes daily at least five (5) days a week

Benefits of Walking

You can control diabetes, high blood pressure, arthritis, depression, and stress by walking.

Walking is good for all ages, sizes, and shapes.



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Benefits of Walking

- Needs no lessons
- Adapts anywhere, anytime, or anyplace
- Rates highest safety marks
- Costs nothing
- Low dropout rate
- Requires less strength than other sports
- Easiest Exercise

Benefits of Walking

- Strengthens heart, lungs, and bones
- Aids in circulation
- Reduces Stress
- Builds strength and endurance
- Increases Energy
- Tones muscles
- Improves sleep

Benefits of Walking

- Enhances sense of well-being
- Aids in circulation
- Helps lower and control blood sugar (glucose)
- Helps lose and control weight
- Lower blood pressure
- Reduces blood-cholesterol

Safe Walking

- Never walk barefoot
- Wear proper fitted shoes designed for walking
- Wear cotton socks
- Wear loose fitting clothing
- Dress for the weather
- Take extra fluid
- Check feet for injuries
- Notify doctor if blisters or pain develop after walking

Walking Program

Instructions:

- Keep back straight, head erect
- Take long, easy strides
- Swing arm loosely at sides
- Breathe deeply
- Warm-up and cool-down
- Always begin at a slow pace, slow down again during the last five minutes of walk



Walking Program

Instructions continued:

- Start a walking program at comfortable pace
- Slowly increase pace and distance
- Aim for thirty (30) minutes or more at least 5 days a week
- Target Heart Rate (Pulse Rate) = $(220 - \text{Age}) \times 0.7$
- Strive to walk one (1) mile in 20 minutes or less

Calories Burned

Miles (Level Walking) Per Hour	Calories Burned Per Hour
2	150-240
3	240-360
4	360-420
5	420-480
6	480-540

HEALTHY EATING



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HEALTHY EATING

“Please test your servants for ten days: Give us nothing but **vegetables to eat and water to drink** . . . At the end of the ten days, they looked **healthier and better** nourished than any of the young men who ate the royal food.” Daniel 1: 12-15

HEALTHY EATING

Healthy eating involves drinking water and eating a lot of vegetables, and less meat, fat, sugar, and salt.

WATER



Water is your body's **principal chemical component** and makes up about **50% to 70%** of your body weight.

Your body depends on water to survive.

HEALTH BENEFITS OF WATER

Every cell, tissue and organ in your body needs water to work properly.

Water:

- Gets rid of wastes through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues
- Lack of water can lead to dehydration

HOW MUCH WATER DO YOU NEED?

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men = 124 ounces
- About 11.5 cups (2.7 liters) of fluids a day for women = 92 ounces

These recommendations cover fluids from water, other beverages and food.

About 20% of daily fluid intake usually comes from food and the rest from drinks.

HOW MUCH WATER DO YOU NEED?

- You've probably heard the advice to drink **eight** glasses of water a day. That's easy to remember, and it's a reasonable goal.
- Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than eight glasses a day might be enough. But other people might need more.
- Many fruits and vegetables, such as watermelon and spinach, are almost 100% water by weight.
- Beverages such as milk, juice and herbal teas are composed mostly of water. Even caffeinated drinks — such as coffee and soda — can contribute to your daily water intake.
- But go easy on sugar-sweetened drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which may provide more calories than needed

VEGETABLES & FRUITS



Benefits of Eating Vegetables and Fruits

- They are packed with essential vitamins, minerals, and antioxidants that boost the immune system and support overall body functions.
- They help you feel fuller for longer, aid digestion, and promote gut health because they are loaded with dietary fiber.
- Studies suggest that a diet rich in fruits and vegetables can reduce the risk of chronic diseases such as heart disease, stroke, type 2 diabetes, and certain cancers.
- They are ideal for weight management because of their low-calorie and low-fat content
- They help keep the body hydrated because of their high water content

COMPLEX CARBOHYDRATE FOODS



Benefits of Eating Complex Carbohydrates

- They are rich in dietary fiber, vitamins, and minerals.
- They aid in digestion.
- They regulate cholesterol levels.
- They promote satiety, assisting in weight management.
- They are less likely to cause spikes in blood sugar.
- They contain vitamins, minerals and fiber that your body needs.
- They help to achieve more balanced blood sugar levels.
- They offer more vitamins and minerals than simple carbs.
- They give you fiber, which can lower cholesterol and stabilize blood sugar.
- They can help you maintain a healthy weight

HIGH FIBER FOODS



Benefits of Eating High Fiber Foods

- Improved gut motility
- Reduced gut inflammation
- Feeling full for longer, aiding in weight control
- Lowered LDL (bad) cholesterol levels
- Reduced risk for heart disease and diabetes
- Improved digestion and support for the immune system
- Protection against inflammation
- Linked to a longer life

HEALTHY EATING

Healthy Eating includes avoiding too much:



Sugar



Use less sugar and eat fewer candies, cakes, etc.

Try fresh or canned (no syrup) fruits for desserts.

Read labels for sugar content: Sucrose, glucose, fructose, honey, and syrups are kinds of sugar

Salt (Sodium)



Avoid adding salt in cooking and at the table.

Try seasoning foods with herbs, lemon juice, etc.

Limit salty snacks like chips, pretzels, etc.

**Check labels for sodium amounts— no more than 240 milligrams (mg)
per day is enough for adults.**

Fat and Cholesterol



Choose lean meats and trim fat.

Remove skin from poultry.

Use skim or low-fat dairy products.

Broil, bake, or boil instead of frying.

Limit your intake of butter, cream, lard, palm oils, coconut oils, deep-fried foods, egg yolks, and organ meats

Alcohol



If you choose to drink, do so in moderation— no more than 2 drinks a day for men and (one)1 drink a day for women.

To help control weight, cut down on alcohol.

It is best for pregnant women not to drink at all.

What Is A Drink of Alcohol ?

In the US:

- 12 ounces of Beer (5%)
- 8 ounces of Malt Liquor (8%)
- 5 ounces of Wine (12%)
- 1.5 ounces of Distilled Spirits (40% 80 proof)



Foods To Eat

Fruit/Vegetables



Complex Carbohydrate Foods



Meat/Protein



High Fiber Foods



Foods to Eat

Fresh foods instead of processed foods

Fresh vegetables and fruit

High fiber and high complex carbohydrate foods

Whole grain foods

Lean non-fried meats

Foods to Avoid or Limit

Fried and greasy foods

High fat foods (e.g., oils, creams, and cheese)

High caloric foods

Processed foods (e.g., chips and nuts)

Fast food

Foods to Avoid or Limit

Snacks & “junk foods” (e.g., chips and nuts)

Sweets (e.g., candies, cookies, and cakes)

Salty foods

Sweetened soft drinks, tea, coffee, or juice

Healthy Eating Instructions

Eat a variety of foods in moderation.

Eat several small meals instead of one large meal.

Chew food slowly and enjoy the taste and texture of food.

Drink lots of water.

Do not eat in a hurry.

Healthy Eating Instructions

Do not skip meals; eat at least 3 small balanced meals daily.

Do not eat more than one serving.

Avoid feeling “stuffed and full”.

Eat the least amount possible to satisfy your hunger and desire.

Healthy Eating Plan



Breakfast

- 1 cup (8oz) of water
- ½ cup (4oz) whole wheat cereal and ½ cup (4oz) 2% milk
- 1 fresh fruit (apple, orange, banana, grapefruit, etc.)
- 1 cup (8oz) of green tea or coffee (add only 2 tsp. of sugar or substitute sweetener) or water



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Healthy Eating Plan



Lunch

- 1 cup (8oz) of water
- ½ cup (4oz) lean skinless meat—baked or broiled (turkey, chicken, or fish)
- ½ cup (4oz) of yellow vegetable (corn, carrots, squash, or sweet potato)
- ½ cup (4oz) of green vegetable (broccoli, green beans, peas, greens, or cabbage)
- 1 fresh fruit (apple, orange, banana, grapes, or grapefruit)
- 1 cup (8oz) of water

Healthy Eating Plan



Dinner

- 1 cup (8oz) of water
- ½ cup (4oz) of yellow vegetable (corn, carrots, squash, or sweet potato)
- ½ cup (4oz) of green vegetable (broccoli, green beans, peas, greens, cabbage, etc.)
- ½ cup (4oz) of rice, spaghetti, beans or baked potato (plain)
- 1 fresh fruit (apple, orange, or grapefruit)
- 1 cup (8oz) of water



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Healthy Eating Plan



Snacking

- Try to avoid snacking between meals
- If you snack, eat only fresh fruit and vegetables
- Eat 3 balanced meals daily
- You can eat less than what is allowed for each meal
- Do not skip meals

People Who Successfully Maintain Weight Loss

- Adopt a diet that is balance, low in fat, and contains maintenance calories
- Exercise regularly (at least three times a week for 40 minutes)
- Self-monitor at least one weight management behavior
- Use effective problem-solving skills to prevent relapse
- Use alternative mechanisms rather than temporary comfort of food to cope with stress



People Who Successfully Maintain Weight Loss

- View themselves as thin
- Focus on health rather than a scale weight
- Have adequate support systems
- Believe they can do what is needed to maintain their weight
- Continue contact with health-care provider for at least 6 months after reaching their weight-loss goal



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

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

¹⁷ “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.**”

¹⁸ “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, ¹⁹ honor your father and mother,’ and ‘love your neighbor as yourself”** (Matthew 19: 16-19 NIV)

What Jesus Said About the Commandments

³⁶ “Teacher, which is the greatest commandment in the Law?”

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

³⁹ And the second is like it: “**Love your neighbor as yourself.**” ⁴⁰ 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:

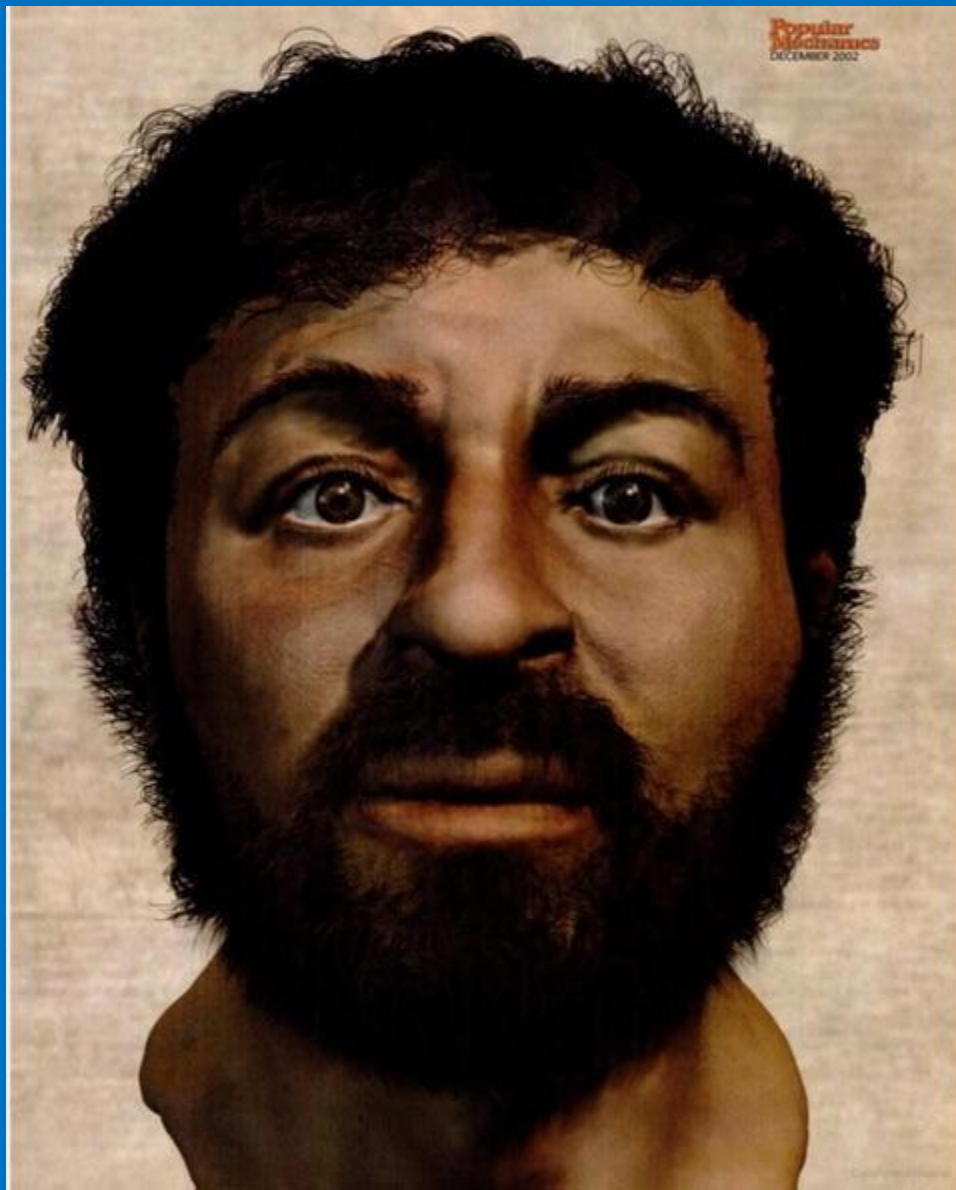
Matthew

Mark

Luke

John

Image of Jesus



www.gutenberg.org

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 Christianity.

"The combination of new scientific and archaeological 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 2,000-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



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of the American Independent newsweekly, the National Catholic Reporter.

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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- “The idea of a darker Jesus is becoming more acceptable by Catholics – a dark skinned Jesus was selected in 1999 for a special millennium-edition of the American independent newsweekly, the National Catholic Reporter.”

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

²⁵ “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? ²⁶ 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? ²⁷ **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 briers”. (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.” (John 14:6 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)