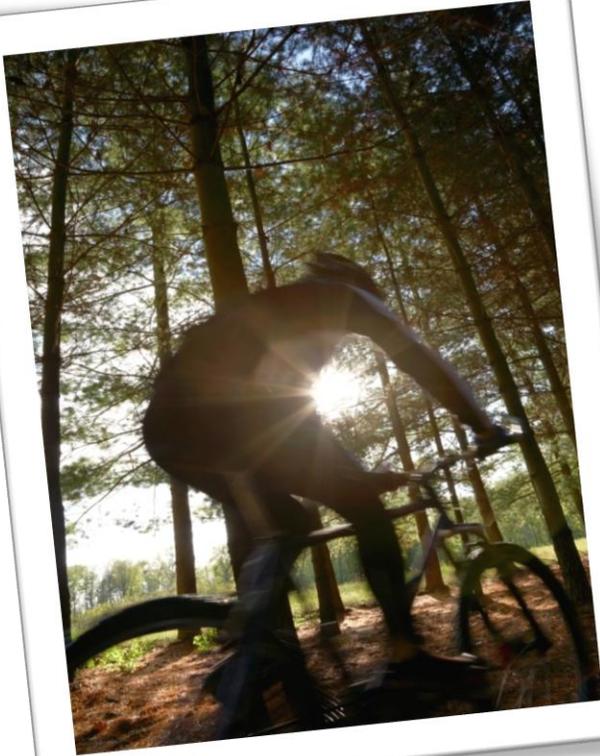


# Prayer Partner LETTER



The Journey to Wellness

August/September 2015



Many blessings have been upon us at Shalom this summer. We are especially thankful for the peace gardens that staff, volunteers and clients have been able to enjoy as a way to seek peace through the trees, flowers and wildlife. Even though Shalom is located within city limits, driving through the gate gives a sense of hope and calmness knowing God's goodness is all around us.

## Physical Wellness

Our body is not our own. It is on loan to us from God and has been given to us by God who designed it to help us accomplish His work on earth.

Various staff at Shalom have experienced prolonged physical illness in the last while. Please pray with us that we will care for our bodies remembering that it is a temple of God; that we will nourish and care for our bodies in a way that is pleasing to Him. Please also pray for healing for those staff who have been struggling.

## Mental Wellness

Pray that God will help each person who is facing life's stressors that are affecting his/her mental wellness.

Thank God as we remember that He provides all that we need for health and happiness. God can remove those things that stand in the way of enjoying the life He has given us.

Ask God to teach each person to manage what appears to be unmanageable; to depend on the goodness of God and to use the stressors in life to grow a deeper relationship with God.

**The Journey to Wellness** involves intentionality in exploring our own levels of wellness. There are many areas of our lives that bring wholeness and make us feel well. This includes our wellness in respect to our physical health, mental health, social and emotional health; environmental health and most importantly our spiritual health. When praying for us at Shalom over the next couple of months, please focus on these areas of wellness for the individuals, clients and families who enter our doors and for the staff and volunteers who are serving God through the Ministry of Shalom.

## Social Wellness

Having meaningful relationships with others enhances our own quality of love. Romans 12: 9-13 tells us that, *“love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, and faithful in prayer. Share with the Lord’s people who are in need. Practice hospitality.”* Pray for each other as prayer partners. We thank God for each of you and for Shalom’s community of devoted individuals who continue to believe in the work of Shalom and who pray for our needs.

## Emotional Wellness

We are one person with many elements. We live in a body, we have a soul and we are a spirit. Our emotional wellness is one part of the wholeness that is God’s will for us. To maintain emotional wellness we need to be connected together; to work in harmony with God’s peace; to find our “Shalom” where nothing is absent or broken and nothing exists between us and God. Please pray for peace, wholeness and healing for Shalom’s Board of Directors, staff, volunteers and the clients we serve.

## Environmental Wellness

Psalm 24: 1-2 says, *“The earth is the Lord’s and everything in it; the world and all who live in it; for He founded it on the seas and established it on the waters.”* Please join us in praising God and thanking Him for His beautiful creation. Pray that we will all be protectors of creation and protectors of God’s plan adorned in nature.

## Spiritual Wellness

For Christians, the journey of spiritual wellness is directed by a very personal sense of connection and relationship to God. This is the most important dimension of our wellness. Our spiritual wellness depends on feeding our faith through God’s Word. Please pray with us that we will all designate time each and every day to seek God in prayer and take time to be still in reading His word as we grow and learn in faith.

Blessings,

Lisa Smith  
Executive Director

3 John 1:2

*Beloved, I pray that all may go well with you that you may be in good health, as it goes well with your soul.*

