



# *Living Well*

*A Holistic Approach to a  
Balanced Life*



The background is a dark, abstract composition featuring concentric circles and a bokeh effect of out-of-focus light points in shades of blue, green, and yellow. The text "Today's Focus" is centered in a white, serif font, with a thin white horizontal line underneath it.

Today's Focus

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How Does  
The World  
Motivate  
Us?

Fear

Shame

Guilt

# Is This Scriptural?

“Be not  
afraid”

- Appears at least 97 times in the Bible

Fear the  
Lord

- based in having respect for one who is more powerful than you

What did  
Jesus say?



Most important  
commandment...

Love the Lord your God  
with all your heart and all  
your soul and all your  
strength and all your mind.



What would life look like if it was  
a reflection of our love for God?

If we let God be our true North?

# Living Compass

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The goal of Living Compass is to provide individuals with a dynamic tool that will assist them in their search for balance and wellness in their lives.



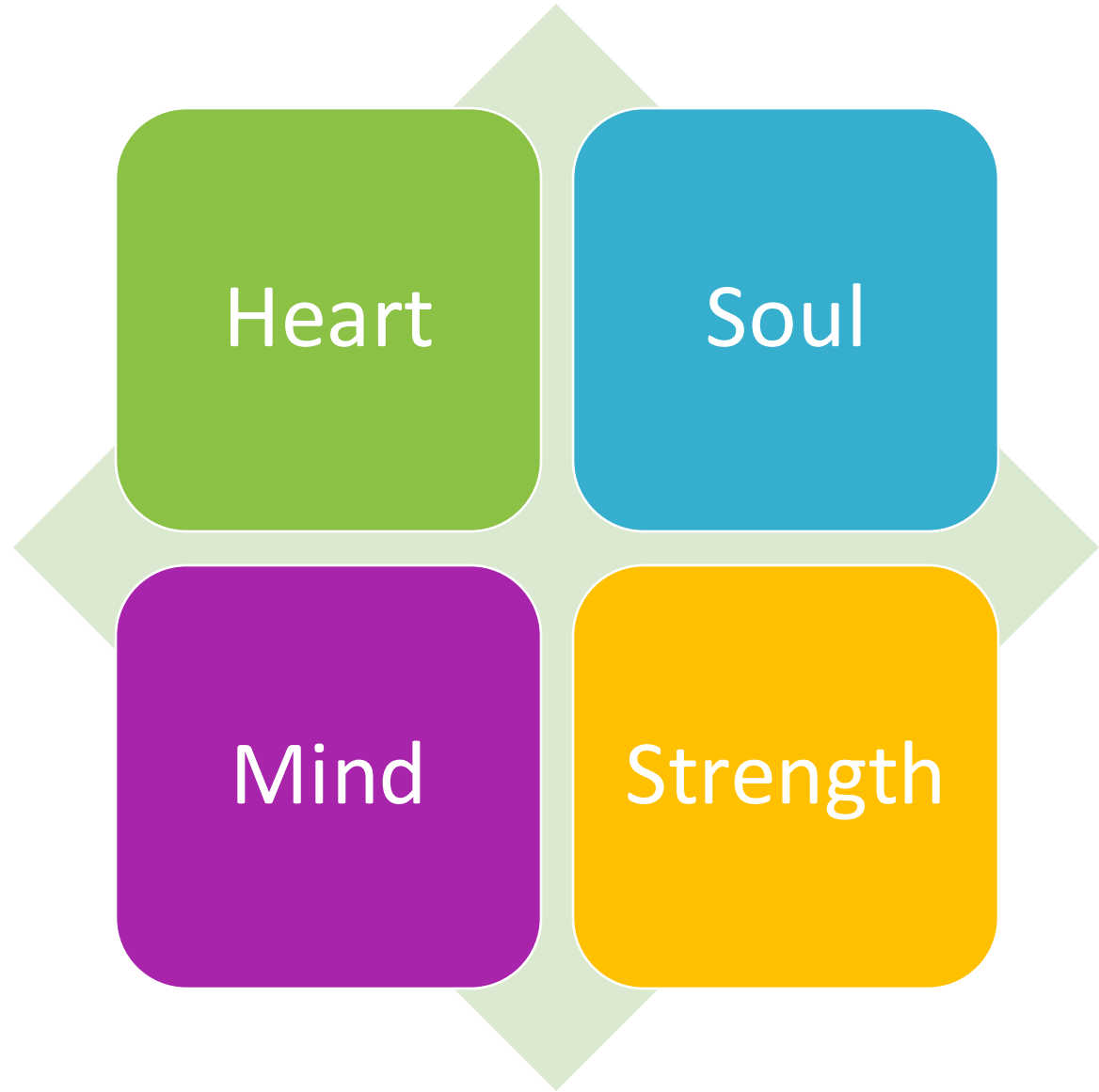
# What is whole-person wellness?

- The word wholeness comes from the same root as holy and holiness.
- As Christians, whole-person wellness means that we are called to seek wholeness in all aspects of our lives.
- We do this by allowing God and our faith to be our compass in all dimensions of our well-being.

***Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind.***

—Luke 10:27, Deuteronomy 6:5

# Wellness Quadrants



# Heart



- Relationships
- Handling Emotions





# Mind



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- Organization
  - Vocation (Volunteer, Career, Student)

# Soul



- Spirituality
- Rest and Play



# Strength

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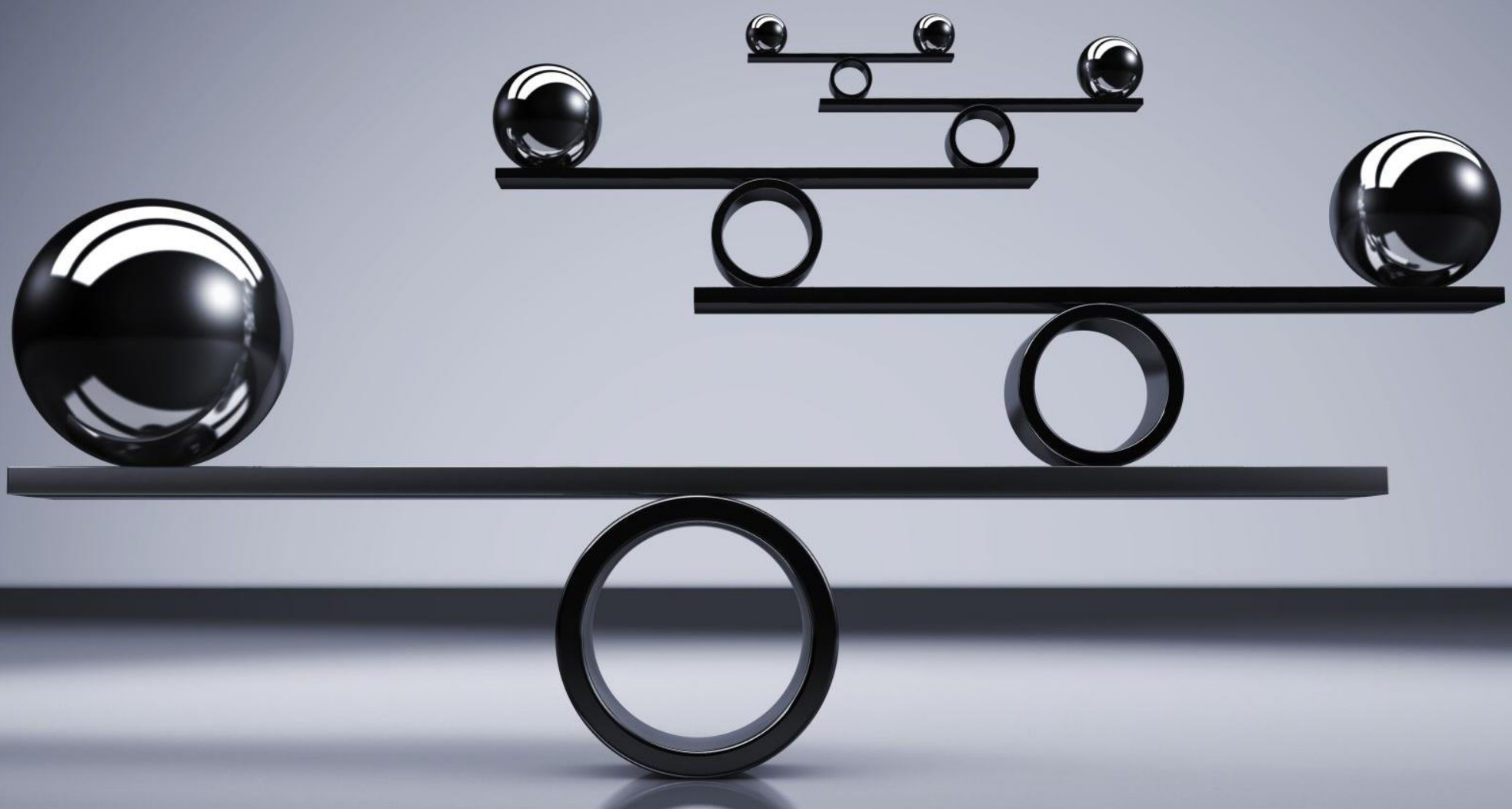


- Care for the Body
- Stress Resilience



Interconnected

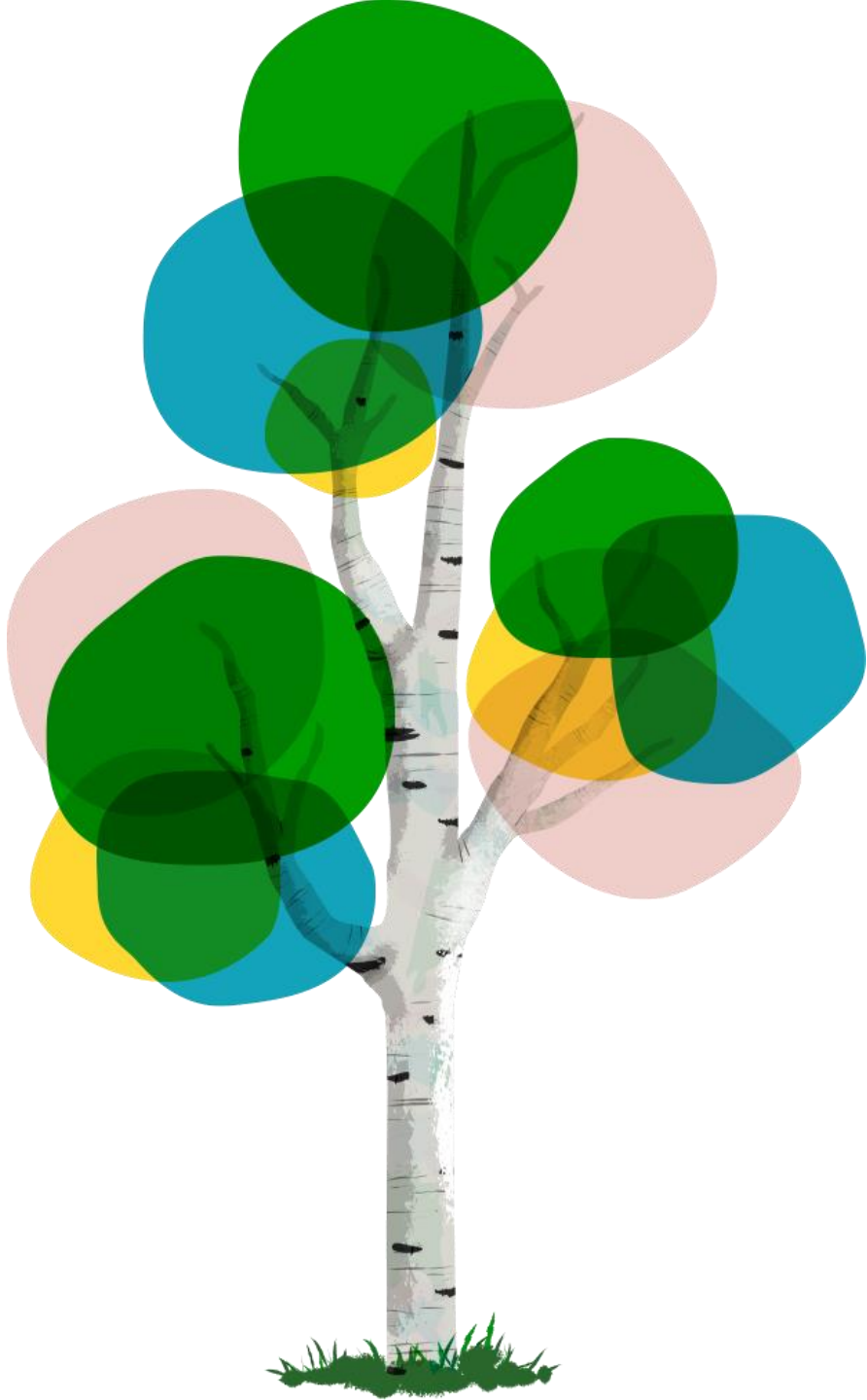




Balanced

- In which area(s) of the Living Compass are you doing well?
- In which area(s) of the Living Compass are you most challenged?
- What's one thing you can do to find more wholeness and/or balance?





# *Living Well in Community*

*“Love the Lord your God with all your heart and  
with all your soul and with all your strength and  
with all your mind.” Luke 10:27a*

# Psalm 92:13-15

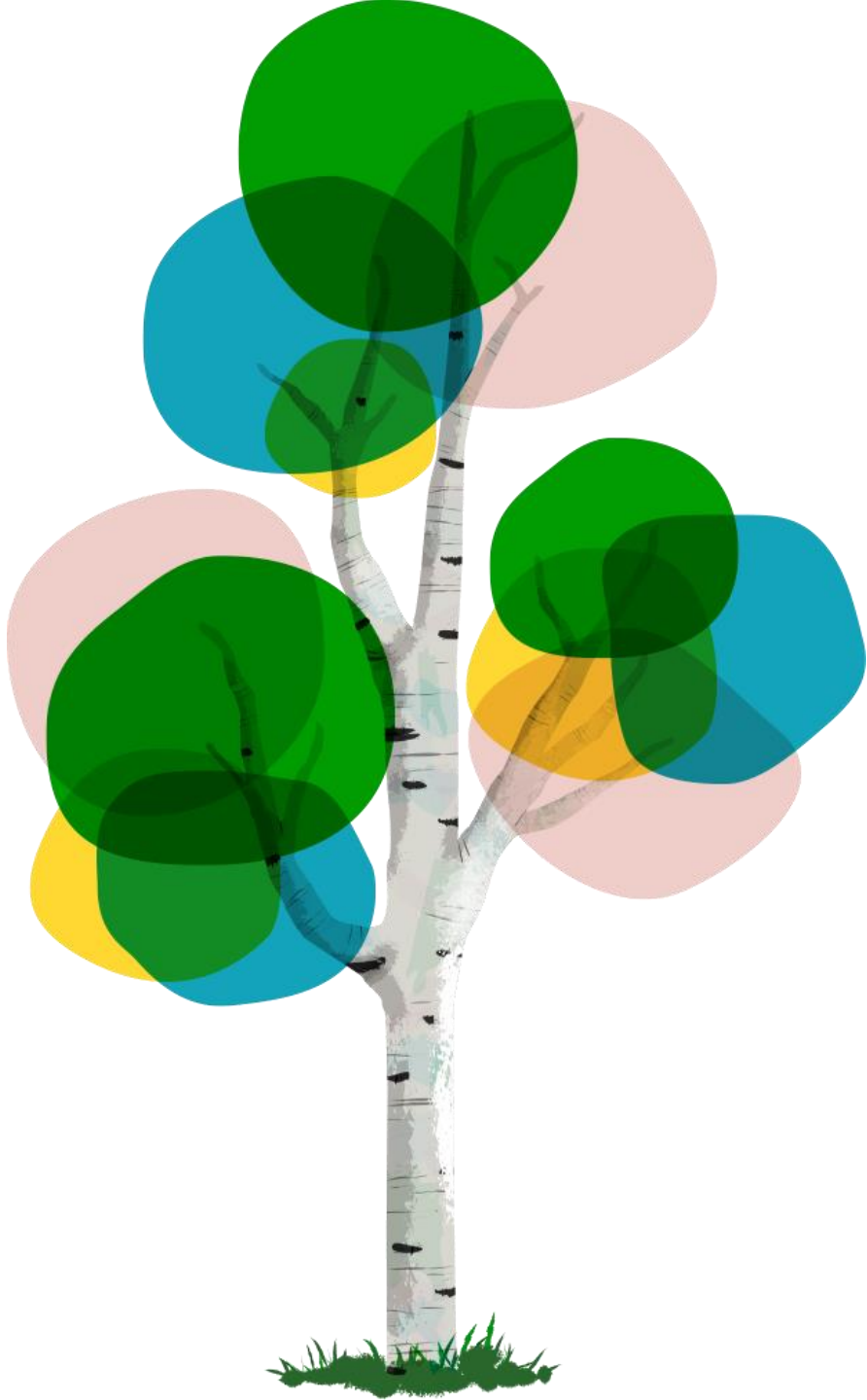
*Those who have been replanted in  
the LORD's house  
will spring up in the courtyards  
of our God.  
They will bear fruit even when old  
and gray;  
they will remain lush and  
fresh in order to proclaim:  
"The LORD is righteous.  
He's my rock.  
There's nothing unrighteous  
in him."*



# Does Our Faith Community Speak To All Aspects Of Loving God?

- How does your congregation/ministry context encourage wholeness and balance?
- How does your congregation/ministry context encourage behaviors that lead to frustration, burnout and resentment?
- What's one thing you can do to improve the above?





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[www.livingcompass.org](http://www.livingcompass.org)

Living Compass Website

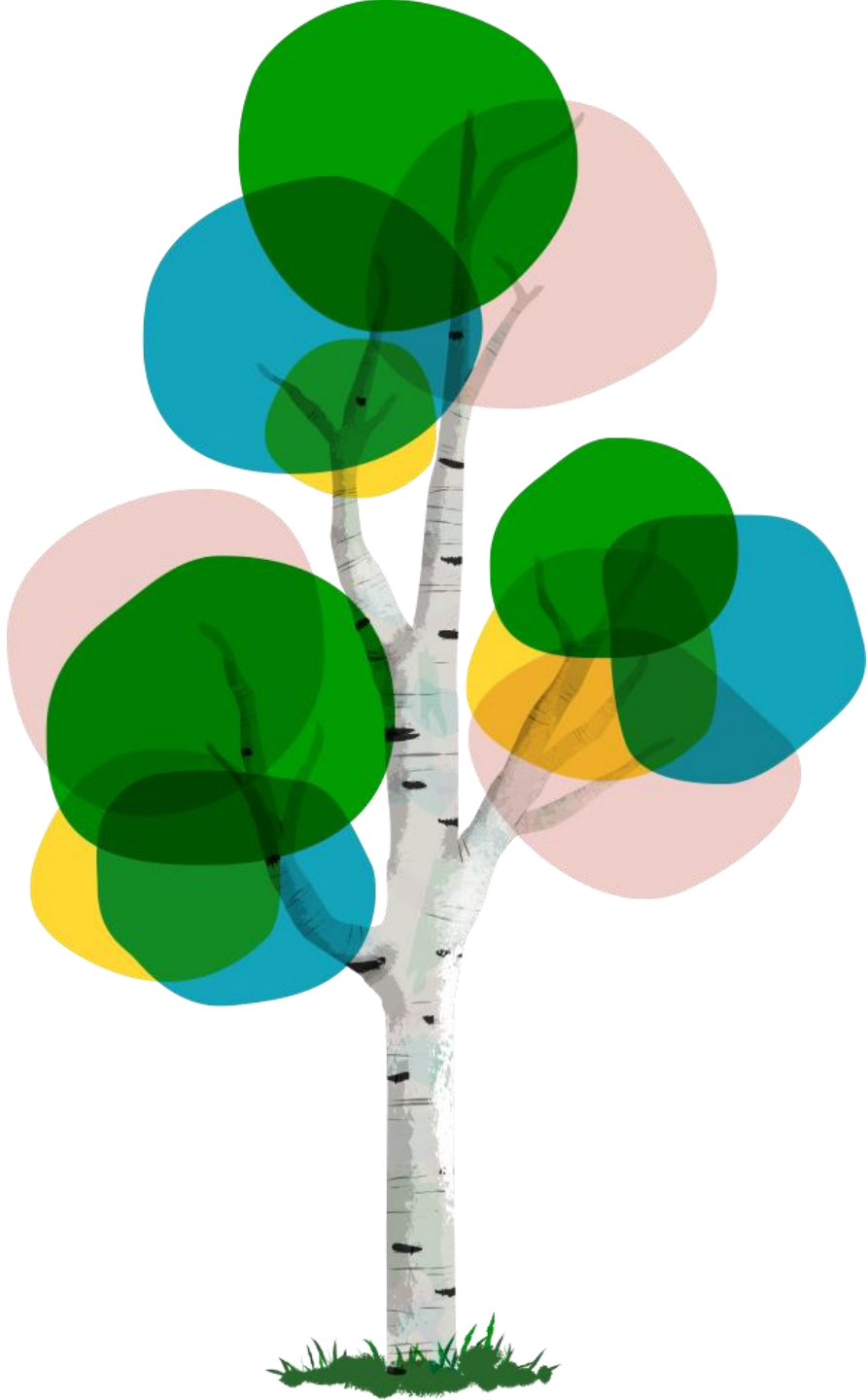
[www.pdcbbc.org/living-well.html](http://www.pdcbbc.org/living-well.html)

Living Well Program Website



Q & A

Sending Forth



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