

THE WELLNESS REVELATION

WHERE AM I?

It is not unusual that we will stray off course from time to time. We can expect that at some point we will find ourselves veering from the very road we once said we dearly desired to stay on. Those who have known what it is like to walk closely with God will begin to sense the absence of peace when they realize something is pulling them away from His loving care. If we are not vigilant to continually check

in with the state of our hearts, we can too easily find ourselves headed back into captivity. When Adam and Eve disobeyed God in the Garden, they began their journey away from life as it should have been. Genesis 3:9 records that after that first sin of the first man and woman, **“the Lord God called to the man, “Where are you?”**

ASK YOURSELF THE FOLLOWING QUESTIONS TO FIND OUT WHERE YOU ARE.

AM I?

- Feeling anxious about my health?
- Am I neglecting myself physically/spiritually?
- Am I obsessing physically?
- Feeling stuck?
- Not feeling as energetic or positive as I once was? Returning to old patterns?
- Creating new unhealthy patterns?
- FREE?

IF THE ANSWERS TO ANY OF THESE QUESTIONS WERE YES...

I WILL! *(Even if you just choose one thing at a time to do one day at a time...Do it!)*

- Turn and seek Him.
- Slow down and rest in God's love and grace as I seek Him first.
- Return to the fasting phase to seek Him above all things, if this is where the Spirit is leading.
- Renew my mind by meditating on God's Word through the weekly verses I have learned.
- Pray, listen and obey the leading of the Spirit.
- Pray: How can I love God with all of my heart, soul, mind and strength right now?
- Pray: How can I love my neighbor as myself?
- Pray that the Spirit will gently guide me back to self-discipline, to “come to my senses.”
- Face and overcome my next temptation by standing in God's love and power for me.
- Let God be my strength and sufficiency.
- Exercise my body as worship. For I am “fearfully and wonderfully made.”
- Allow God to re-align my path to righteousness.

BELOW: WRITE A BIBLE VERSE THAT YOU WILL CALL UPON AS YOUR WEAPON.

“You my brothers were called to be free. But do not use your freedom to indulge the sinful nature rather serve one another in love.” -Galatians 5:13