

TABLE OF CONTENTS

1)	INTRODUCTION	2
2)	ACKNOWLEDGEMENTS.....	3
3)	SMALL GROUP COMMITMENT	4
4)	HOW TO USE THIS WORKBOOK.....	5
5)	SESSION ONE: What is Health? How Healthy are You?.....	6
6)	SESSION TWO: The Essentials of Balance & Self-Care	9
7)	SESSION THREE: The Essentials of Forgiveness & Reducing SADness ...	12
8)	SESSION FOUR: The Essentials of Relationships & Spiritual Well-Being	15
9)	SESSION FIVE: The Essentials of Positive Self-Image & Purpose	18
10)	SESSION SIX: The Essentials of Responsibility, Empowerment, Teamwork	21
11)	WHAT'S YOUR PLAN? Goal Setting.....	25
12)	LIST OF SCRIPTURE VERSES RELATING TO HEALTH	35

INTRODUCTION

Welcome to the Whole Health Year (WHY) at Los Altos United Methodist Church. We are embarking on a church-wide journey to become healthier in every dimension of our lives. The mission of the Whole Health Year, as developed by the Whole Health Committee is:

“WHY is a program to promote respect for the whole person, as created by God, and to improve balance and harmony in body, mind and spirit as reflected in daily work, play, and relationships.”

This faith-centered journey shows us how we can be highly healthy people in God’s sight – spiritually, physically, emotionally, mentally, and socially. The starting point for this year will be studying the book, God’s Design for the Highly Healthy Person by Dr. Walt Larimore. Over the course of 6-8 weeks, participants will have the opportunity to complete assessments of their current health: physical, spiritual, emotional/mental, and relational. We will consider such questions such as “What is health?” “How do different areas of health impact one another?” and “What elements of my health are out of balance?” Each person will identify and formulate individual goals for improving their health. In addition to using Dr. Larimore’s book as stimulus for discussion, there will also be other resources available at the church including workshops, seminars, and library materials. These events and resources will continue and evolve over an entire year as participants have opportunities to evaluate their personal change and growth. Our WHY project website, www.laumc-why.org, is available with more information and resources, so feel free to check it frequently.

Whether you participate in a small group, with a buddy/partner, or go through this process individually, our prayer is for all of us to become closer to living the whole, complete, abundant life that God has planned for us. Together we can create a community of health at LAUMC. We encourage you to use this workbook as a personal journal, a tool that will enable you to discover more about the way God intends us to live and treat our bodies, as temples of the Holy Spirit.

Thank you for making a commitment to become more healthy. You have already taken the important first step! May God bless all of us on this powerful journey.

ACKNOWLEDGEMENTS

The Whole Health Year project was initiated by the Whole Health Committee of the Los Altos United Methodist Church (LAUMC). Guided by the Lord, this has been a group process and effort with the contributions of so many.

We are deeply grateful to Pastors Mark Bollwinkel, Lorraine McNeal, and Greg Bergquist and the ministry staff at LAUMC for their tremendous support from the very beginning of this project. The Administrative Board, headed by Stan Barkey, and the Finance Committee lead by Kent Edens have also been integral in their early enthusiasm for this project. Without this high level of endorsement, this project would not have gone forward.

Secondly we wish to thank Dr. Walt Larimore for his insights on various aspects of health and spirit, and for writing a book that was instrumental in guiding the direction of the project. We appreciate Jonathan Clements of the Nashville Speakers Bureau for his early interest in the Whole Health Year project and for facilitating communication between LAUMC and Dr. Larimore.

We are grateful for the wonderful assistance we have received from the LAUMC office staff – Patricia Parfett, Pat Stout, Hallis Ayres, Marlene Plain. Thank you for your cheerful help with all sorts of details.

We appreciate The Lion and Lamb Bookstore (Sunnyvale, CA), for working with us to obtain Dr. Larimore's books and being a valued resource in the community.

Many thanks to Mary Beth Wilson and John Lehman for putting together our website for this project. We appreciate Nancy Jenks and her son Grant who created the WHY logo.

Please contact us if you have any comments or suggestions about this program or this workbook. We welcome your input as we all yearn to become healthier and share that goal with others along the way.

Scripture verses are from the New International Version unless indicated otherwise.

Members of LAUMC Whole Health Committee and the WHY Project Task Force:

Alice Allman
Stan Barkey
Susan Bates
Linda Blanding
Bill Buchholz, MD, Co-Chair
Susie Buchholz
Ron Grace
Ginny Grigsby
Susan Harlan

Kim Jones, MD, Co-Chair
John Lehman
Carol McManus
Lorraine McNeal
Peter Pompei, MD
Judith Pruess-Mellow, MDiv, PhD
Diana Staatz, MD
Liz Throne
Tracey Wycoff

WHOLE HEALTH YEAR SMALL GROUP COMMITMENT

As integral parts of the community of health, small groups are the place where participants discuss the meaning of whole health in their own lives. We will use Dr. Larimore's book, *God's Design for the Highly Healthy Person*, as a common starting point and source of exploration into the health of our physical, emotional, relational, and spiritual lives.

Regardless of our current strengths and weaknesses, each of us - with God's guidance and the support of our community - can become healthier. To facilitate this endeavor and growth, small groups hold the following values:

SECURITY: The group is a safe place to express feelings and ideas without judgment.

RESPECT: Differing views are received with respect and not criticism. We listen with open hearts and minds.

CONFIDENTIALITY: What is spoken in the group remains there, and is not mentioned outside the group.

SUPPORT: Encouragement for positive steps is more useful than criticism of the negative: try to "catch someone doing something right."

COURTESY: Out of respect for each other's time, meetings will start and end at the specified times. Please be prompt. If unable to attend, notify the facilitator.

The group focus for the initial 6-8 week period will be on reading and discussing Dr. Larimore's book. Each participant should complete assessments in the four "wheels" as described in Chapter 2 of his book. We ask that you also fill out the "Congregational Health Assessment" using the information from your Personal Wheel Assessment. This should be submitted anonymously to the group facilitator or the church office. The information from the congregational assessment will be used to create educational programs for the next phase of WHY!, and to set a benchmark to measure the project's effect on the overall health of the congregation over the year.

Using your personal assessments, you are encouraged to set goals (see section, WHAT'S YOUR PLAN? GOAL SETTING) in whatever wheels or spokes that could be improved. You may wish to share your goals with group member, or an individual, and ask for their support and accountability. Or you may choose to keep your goals private.

The small groups may elect to continue after this initial phase of WHY! We encourage everyone to maintain some type of active support system - small group, other church group, family, or friend – in order to receive the encouragement and help you so richly deserve in your efforts to become wholly healthy.

HOW TO USE THIS WORKBOOK

For each small group session, read the assigned chapters in Dr. Larimore's book before the meeting. Using the page "Individual Preparation", write down any thoughts, questions, or ideas these chapters might stimulate. Questions and exercises posed in the book are marked with "RX" (prescription) and can be answered as you read the chapter. Note any issues that provoke a strong emotional reaction – whether you agree or disagree with the content – and spend time examining it, as it will be valuable to you. Note that additional information is also available on Dr. Larimore's website at www.highlyhealthy.net. Many items mentioned in the book have links on Dr. Larimore's site which makes it easy to find that particular reference.

The second portion is to be used in a broader setting, such as the small group, with activities and questions to be considered together. These are the elements of the group sessions and the suggested time allotment for each (total suggested group session is 90 minutes):



GETTING TO KNOW THE GROUP (20 minutes)

This activity is designed to help the group get better acquainted with each other as people arrive.



OPENING PRAYER

A scripture verse is provided to open the group time together. This may be read out loud as a group, or one individual may read the passage.



CHECK IN (10 minutes)

A question or activity is used to start discussion about the topic and the readings for that session. This is a time when questions can be raised, and group members can share personally about their experience reading the book.



THOUGHTS, IDEAS, AND QUESTIONS (45 minutes)

Some suggestions for group discussion are provided, about content in the book as well as additional thought-stimulators. Feel free to break up into smaller groups (2, 3, or 4 people) to discuss some of these questions.



CLOSING PRAYER (15 minutes)

Share individual prayer concerns, if desired, so the group members can be in prayer for one another. Afterwards the group facilitator or a volunteer can close with prayer.

SESSION ONE: What is Health? How Healthy Are You?

INDIVIDUAL PREPARATION

Read Chapters 1 and 2 of Dr. Larimore's book

(Use this space to respond to the "prescriptions" in the book, or journal, or write your own thoughts, ideas, and questions.)

SESSION ONE: FOR THE GROUP



GETTING TO KNOW THE GROUP

Introduce yourself to the group. Describe your involvement at church, one hobby you enjoy doing, and one thing you hope to gain from this group.



OPENING PRAYER

Bless the LORD, O my soul,
And all that is within me,
Bless his holy name.
Bless the LORD, O my soul,
And do not forget all his benefits –
Who forgives all your iniquity,
Who heals all your diseases,
Who redeems your life from the Pit,
Who crowns you with steadfast love and mercy
Who satisfies you with good as long as you live
So that your youth is renewed like the eagle's.
-Psalm 103



CHECK IN

Did anyone have trouble completing their wheels and spokes?

What surprised you most about your wheel results?

How does the car analogy work for you?



THOUGHTS, IDEAS, AND QUESTIONS

How does Dr. Larimore's definition of health compare with your experience and understanding?

How can we keep in mind the Biblically based view of whole health when contemporary society has really separated all of the components of health?

What do you think about the possibility of being highly healthy in all 4 areas?

What other aspects of health or other "wheels" or "spokes" you think should be incorporated into this analogy?

Based on your reading and reflections, what goals would you like to set for yourself?



CLOSING PRAYER

Prayer concerns for this week:

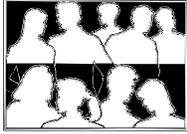
SESSION TWO: The Essentials of Balance and Self-Care

INDIVIDUAL PREPARATION

Read Chapters 3 and 4 of Dr. Larimore's book

(Use this space to respond to the "prescriptions" in the book, or journal, or write your own thoughts, ideas, and questions.)

SESSION TWO: FOR THE GROUP



GETTING TO KNOW THE GROUP

Share one or two of your “favorites”: a favorite book or author, movie, food, vacation spot, – and describe why.



OPENING PRAYER

I have come that they may have life, and have it to the full.
-John 10:10



CHECK IN

Did anyone use the internet to find any additional physical health assessment tools? What sites were helpful?



THOUGHTS, IDEAS, AND QUESTIONS

What does it mean for one’s life to be in BALANCE?

What aspects of your life seem out of balance?

I Corinthians 6:19 states, “Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God?” In practical terms, what does it mean that our bodies are temples of the Holy Spirit?

How can we become more savvy about the deceptive health advertising that is all around us?

Review Dr. Larimore's Ten Commandments of Preventive Medicine . Which ones are most important? Less important? Which ones are particularly challenging for you?

1. See a primary care physician for preventive maintenance and care.
2. Avoid or reduce obesity.
3. Exercise regularly – with caution.
4. Consider the benefits of a lifelong monogamous marriage relationship.
5. Protect your dental health.
6. Be careful with alcohol.
7. Don't smoke.
8. Check out alternative therapies with your doctor.
9. Use automobile safety devices consistently.
10. Install and maintain smoke detectors

How can someone be physically healthy if they have a chronic illness or disease?

What are the easy action steps you want to make to improve your self care this week?



CLOSING PRAYER

Prayer concerns for this week:

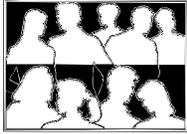
SESSION THREE: Forgiveness and reducing SADness

INDIVIDUAL PREPARATION

Read Chapters 5 and 6 of Dr. Larimore's book

(Use this space to respond to the "prescriptions" in the book, or journal, or write your own thoughts, ideas, and questions.)

SESSION THREE: FOR THE GROUP



GETTING TO KNOW THE GROUP

Share an answer to ONE of the following questions:

- 1) if you could have one of your fears or struggles resolved, what fear or struggle would you choose to be released from
- 2) what is the greatest gift you have ever received and who gave it to you?



OPENING PRAYER

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

-Matthew 11:28



CHECK IN

What do you think is a bigger problem in society today: forgiveness (lack of), or stress/anxiety/depression? Is it any different in our community or our church? How would society/community/church be better if we were better able to deal with these types of emotional issues?



THOUGHTS, IDEAS, AND QUESTIONS

What is forgiveness? How is it different from forgetting?

What elements of forgiveness should be added to or removed from Dr. Larimore's list? (page 94). Which elements are most difficult for you?

How can hatred, resentment, and anger affect our health?

What is the difference between justice, mercy, and grace (see end of Chapter 5 for help)?

Share a story in which you either forgave someone or were forgiven. What came out of that experience?

Share some ways you have found that are helpful for reducing stress and/or anxiety.

What are some things that increase and decrease the level of hope in your life? How does that affect your personal relationship with God? How does it affect your relationships with others? How does it affect your physical health?

How can we choose “an attitude of gratitude” when things in life are difficult?

How can laughter help us be more healthy? How can we find more ways to laugh?

Review some of the ways you have lightened your emotional load in the past. What could you do right now to reduce your burden?



CLOSING PRAYER

Prayer concerns for this week:

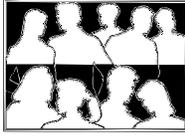
SESSION FOUR: Relationships and Spiritual Well Being

INDIVIDUAL PREPARATION

Read Chapters 7 and 8 of Dr. Larimore's book

(Use this space to respond to the "prescriptions" in the book, or journal, or write your own thoughts, ideas, and questions.)

SESSION FOUR: FOR THE GROUP



GETTING TO KNOW THE GROUP

If you could ask God any question, what would you ask?



OPENING PRAYER

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. . . Love your neighbor as yourself. There is no commandment greater than these.

- Mark 12:30



CHECK IN

How has the nature of community in society changed, particularly with the advancement of technology such as email? Is this good or bad?

Discuss the differences in meaning of the terms "spirituality", "faith", "morality", "religion".



THOUGHTS, IDEAS, AND QUESTIONS

What are some benefits of being connected in a community? How does this relate to our overall health?

What are some things that keep us from connecting with others? How can we overcome these obstacles to community?

Describe a situation in which you felt supported and cherished by someone (parent, spouse, friend). What difference did that make in your life? Your health? What are some ways we could help others feel supported and cherished? (practical suggestions)

How can we develop a more loving relationship with others, with ourselves, and with God?

Describe the two basic assumptions that form one's "philosophy of life". (see pg 158). How does each belief determine one's quest for wholeness?

What does Dr. Larimore say about the link between spiritual health (a close relationship with God) and staying highly healthy? Other than what is in this book, what have you experienced that indicates that this link is important? What would Jesus say about this link?

Can you think of instances where certain religious beliefs and activities can adversely affect both mental and physical health?

Dr. Larimore recommends additional tools for assessing our spiritual health: the Barna Spiritual Journey Assessment (page 170) and the Spiritual Life Profile (page 272). If you have used them, what are your comments about these tools?

How can you support yourself in knowing that you are loved by God this week?



CLOSING PRAYER

Prayer concerns this week:

SESSION FIVE: Positive Self Image and Purpose

INDIVIDUAL PREPARATION

Read Chapters 9 and 10 of Dr. Larimore's book

(Use this space to respond to the "prescriptions" in the book, or journal, or write your own thoughts, ideas, and questions.)

SESSION FIVE: FOR THE GROUP



GETTING TO KNOW THE GROUP

If you could change one thing about yourself, what would it be?



OPENING PRAYER

In all your ways acknowledge him,
And he will make straight your paths.
Do not be wise in your own eyes;
Fear the LORD, and turn away from evil.
It will be a healing for your flesh
And a refreshment for your body.
-Proverbs 3: 6-9



CHECK IN

If we were to “sell” a positive attitude, how would we advertise/market it?
Why would other people want to buy it?

How is a positive self-image different from or similar to being optimistic?



THOUGHTS, IDEAS, AND QUESTIONS

Review what Dr. Larimore calls the “three most basic spiritual and emotional needs of all people” (page 177):

- 1) a positive relationship with God
- 2) a positive relationship with oneself
- 3) positive relationships with others

How do these relate to the two greatest commandments? (Mark 12:30)

Dr. Larimore describes eight steps to seeing yourself as God sees you:

- 1) Place your relationship with God at the center of your life
- 2) Read, memorize, and meditate on Bible passages daily
- 3) Spend time in meditation and prayer daily
- 4) Avoid negative self-talk
- 5) Build family intimacy
- 6) Spend time each week with highly healthy people
- 7) Do the things that bring joy and satisfaction
- 8) Serve others

Which of these steps are most important? Which are most difficult?

Must we find our own calling before we can encourage others to find theirs?

How have you helped others develop a sense of purpose? How does it change for adults or children from difficult backgrounds (page 201)? How do we support and encourage someone in growth without "being a nag" to them?

Has there been a time in your life when you had a calling to do something but didn't follow through? What were the consequences?

When (if at all) is it irresponsible to follow your hopes and dreams?

What sources of support can you give yourself or seek from others to help you truly love yourself and your life better this coming week?



CLOSING PRAYER

Prayer concerns this week:

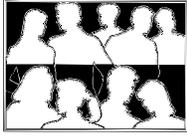
SESSION SIX: Responsibility, Empowerment, Teamwork

INDIVIDUAL PREPARATION

Read Chapters 11 and 12 of Dr. Larimore's book

(Use this space to respond to the "prescriptions" in the book, or journal, or write your own thoughts, ideas, and questions.)

SESSION SIX: FOR THE GROUP



GETTING TO KNOW THE GROUP

What has been the most valuable part of participating in this small group? Or what is one thing you have learned from this group study? How can you continue to get value from our work together?



OPENING PRAYER

Finally, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

- Philippians 4: 8,9



CHECK IN

What do you think about the football analogy – with the patient being the quarterback and the physician being the coach? Does this apply to us, here, now? Is it desirable and/or achievable?



THOUGHTS, IDEAS, AND QUESTIONS

Share some experiences with doctors and the health care system where there were problems and you figured out how to resolve them. What ideas do you have to create a positive relationship within the health care system? What works well and what is problematic?

Discuss Dr. Larimore's acrostic for taking control of your own healthcare, "GUEST": Does it make sense? Is it feasible? Do you think it is a worthwhile approach?

G = Get the facts

U = Understand the different layers of healthcare

E = Explore treatment options

S = Seek wise spiritual counsel

T = Take a personal inventory

Do you have family and friends who can provide you with support? Share some ways support could be found for those who would like more – are there resources in the church? In the community?

What about the idea of mentoring? What are the potential benefits for the mentor? For the person being mentored? Could you benefit from being a mentor or from being mentored?

How does prayer affect health?

*Take some time to discuss the future of the group. Do any of the group members want to continue meeting on some regular basis for sharing and support? Discuss the possibilities.

*After the closing prayer, allow members to fill out the small group survey

*Encourage everyone to continue in the workbook making individual goals to improve their whole health.



CLOSING PRAYER

Prayer concerns this week:

ADDITIONAL THOUGHTS AND NOTES

WHAT'S YOUR PLAN? – GOAL SETTING

Now that we have talked about what whole health means, it is time to take action. What does this mean? As is true for most things which are of value, becoming more healthy may be a challenging experience. It requires an understanding of what it means to be healthy, an awareness of how healthy we are, a desire to change, and support to make the change.

HOW DO I DO THAT?

Look back over the materials you have covered in the past 2 months. Consider the assessment you did with the wheels and spokes. Review comments you wrote down as you read Dr. Larimore's book and discussed it. Spend some time thinking about what you want to change. How do you want your life and health to be different in the next 6 months? The next year? The next 5, 10, 20 years? Consider talking with others about ideas and goals you have, and get some feedback from them. Spend time in prayer and listening to God about what issues of health you should address.

Write down the changes that seem most important in order to become wholly healthy, even ones that would require unlimited time and resources. (Use the back of this page). Look at your list and assign priorities.

Don't try to fix everything at once. To be successful goals must be:

- 1) REALISTIC: "I will lose 2 lbs/month for 5 months" not "I will lose 10 pounds this month"
- 2) CLEAR: "I will schedule one evening/week to go out with friends" not "I will spend more time with friends"
- 3) SPECIFIC: "When I feel anxious I will go for a walk" not "I will remain calm"
- 4) MEASURABLE/TIME DEFINED: "I will pray 10 minutes/day for 5 days a week" not "I will become more spiritual"
- 5) STATED POSITIVELY: "I will eat fruits and vegetables daily" not "I won't eat junk food"

Use the sheets "My Plan for Becoming Healthier" to help you achieve your goals. Be diligent about defining and monitoring your plans. You'll be amazed at the progress you will make!

You may pursue several goals at once, or focus on one goal. Once you have achieved your goal, don't stop there. Set another goal – either in the same area or something completely different. Use the appreciation and joy of reaching your goal to motivate you to strive for another goal.

AND. . . .

Remember, there will be support for you as you pursue your goals. We have a lot of resources both inside and outside the church that will be available to you as you strive to become healthier. You are not alone! And remember the ultimate Healer and Enabler is God:

"I can do everything through Him who gives me strength." - Philippians 4:13

MY PLAN FOR BECOMING HEALTHIER

STEP 1: GOAL SETTING

Identify a spoke/wheel/behavior you want to improve/change. Create a realistic goal that addresses this issue – consider something measurable, and/or with a finite time scale.

What are some benefits of achieving this goal?

STEP 2: ARE YOU WILLING & ABLE?

Are you willing to invest time and/or money to work toward your goal?

Are you willing to persist through possible short term difficulty for long term gain?

STEP 3: IDENTIFY SUPPORT

Do you have support and accountability to assist you in this process?

If so, write down sources of support: _____

If not, where could you find more support: _____

STEP 4: FORMULATE A SPECIFIC PLAN

Write down some specific, practical strategies you will use to attain your goal

1. _____
2. _____
3. _____
4. _____

Examples: I will go to the gym Mon & Thurs after work, and walk on Sat or Sun
I will wake up at 5:30 so I don't have to rush; I will walk outside at lunchtime to get fresh air
I will write _____ a letter, and then call to talk; I will have lunch with _____ the first Tues of the month
I will get up and read one Psalm every morning

STEP 5: HANDLE OBSTACLES

Write down some possible obstacles, challenges, or difficulties to achieving your goal

Examples: I might feel too busy, or have another mtg; financial cost of gym membership; childcare
 Feel more tired if I get up earlier; get fewer tasks done because I'm relaxing and feel guilty about it
 Stress/fear of confronting ____; requires a lot of time I don't have
 Oversleeping & not having time; becoming too "routine" to mean anything

What are some ways to overcome these obstacles?

Examples: Be flexible about which night I go to the gym; pack lunch to save money; swap childcare with a friend
 Go to bed earlier; review tasks and decide what is/is not imp't;
 Pray about fear; seek counseling if needed; realize time is temporary commitment
 Set two morning alarms; consider listening to Bible on tape sometimes for variety

STEP 5: MONITOR PROGRESS

Use this chart to record your progress and learn as you pursue your goal. You may want to use it when you are a certain fraction toward your goal (1/4, 1/2), or on a certain day when you had particular success or struggle toward your goal. The point is to see how you are doing on a regular basis, and to make adjustments in your strategy if necessary.
 Strategy = your specific action plan; Positive = what worked; Negative = didn't work

DATE	STRATEGY	POSITIVE	NEGATIVE	INSIGHTS
10/1/05	Wake up early to read Bible		Overslept	Set 2 alarms or read at lunch
10/2/05	Workout at gym after work	Friend met me there		Accountability helps. Continue.

DATE GOAL AND STRATEGY WERE SET:

DATE GOAL REACHED:

MY PLAN FOR BECOMING HEALTHIER

STEP 1: GOAL SETTING

Identify a spoke/wheel/behavior you want to improve/change. Create a realistic goal that addresses this issue – consider something measurable, and/or with a finite time scale.

What are some benefits of achieving this goal?

STEP 2: ARE YOU WILLING & ABLE?

Are you willing to invest time and/or money to work toward your goal?

Are you willing to persist through possible short term difficulty for long term gain?

STEP 3: IDENTIFY SUPPORT

Do you have support and accountability to assist you in this process?

If so, write down sources of support: _____

If not, where could you find more support: _____

STEP 4: FORMULATE A SPECIFIC PLAN

Write down some specific, practical strategies you will use to attain your goal

1. _____
2. _____
3. _____
4. _____

Examples:

I will go to the gym Mon & Thurs after work, and walk on Sat or Sun

I will wake up at 5:30 so I don't have to rush; I will walk outside at lunchtime to get fresh air

I will write _____ a letter, and then call to talk; I will have lunch with _____ the first Tues of the month

I will get up and read one Psalm every morning

STEP 5: HANDLE OBSTACLES

Write down some possible obstacles, challenges, or difficulties to achieving your goal

Examples: I might feel too busy, or have another mtg; financial cost of gym membership; childcare
 Feel more tired if I get up earlier; get fewer tasks done because I'm relaxing and feel guilty about it
 Stress/fear of confronting ____; requires a lot of time I don't have
 Oversleeping & not having time; becoming too "routine" to mean anything

What are some ways to overcome these obstacles?

Examples: Be flexible about which night I go to the gym; pack lunch to save money; swap childcare with a friend
 Go to bed earlier; review tasks and decide what is/is not imp't;
 Pray about fear; seek counseling if needed; realize time is temporary commitment
 Set two morning alarms; consider listening to Bible on tape sometimes for variety

STEP 5: MONITOR PROGRESS

Use this chart to record your progress and learn as you pursue your goal. You may want to use it when you are a certain fraction toward your goal (1/4, 1/2), or on a certain day when you had particular success or struggle toward your goal. The point is to see how you are doing on a regular basis, and to make adjustments in your strategy if necessary.
 Strategy = your specific action plan; Positive = what worked; Negative = didn't work

DATE	STRATEGY	POSITIVE	NEGATIVE	INSIGHTS
10/1/05	Wake up early to read Bible		Overslept	Set 2 alarms or read at lunch
10/2/05	Workout at gym after work	Friend met me there		Accountability helps. Continue.

DATE GOAL AND STRATEGY WERE SET:

DATE GOAL REACHED:

MY PLAN FOR BECOMING HEALTHIER

STEP 1: GOAL SETTING

Identify a spoke/wheel/behavior you want to improve/change. Create a realistic goal that addresses this issue – consider something measurable, and/or with a finite time scale.

What are some benefits of achieving this goal?

STEP 2: ARE YOU WILLING & ABLE?

Are you willing to invest time and/or money to work toward your goal?

Are you willing to persist through possible short term difficulty for long term gain?

STEP 3: IDENTIFY SUPPORT

Do you have support and accountability to assist you in this process?

If so, write down sources of support: _____

If not, where could you find more support: _____

STEP 4: FORMULATE A SPECIFIC PLAN

Write down some specific, practical strategies you will use to attain your goal

1. _____
2. _____
3. _____
4. _____

Examples:

I will go to the gym Mon & Thurs after work, and walk on Sat or Sun

I will wake up at 5:30 so I don't have to rush; I will walk outside at lunchtime to get fresh air

I will write _____ a letter, and then call to talk; I will have lunch with _____ the first Tues of the month

I will get up and read one Psalm every morning

STEP 5: HANDLE OBSTACLES

Write down some possible obstacles, challenges, or difficulties to achieving your goal

Examples: I might feel too busy, or have another mtg; financial cost of gym membership; childcare
 Feel more tired if I get up earlier; get fewer tasks done because I'm relaxing and feel guilty about it
 Stress/fear of confronting ____; requires a lot of time I don't have
 Oversleeping & not having time; becoming too "routine" to mean anything

What are some ways to overcome these obstacles?

Examples: Be flexible about which night I go to the gym; pack lunch to save money; swap childcare with a friend
 Go to bed earlier; review tasks and decide what is/is not imp't;
 Pray about fear; seek counseling if needed; realize time is temporary commitment
 Set two morning alarms; consider listening to Bible on tape sometimes for variety

STEP 5: MONITOR PROGRESS

Use this chart to record your progress and learn as you pursue your goal. You may want to use it when you are a certain fraction toward your goal (1/4, 1/2), or on a certain day when you had particular success or struggle toward your goal. The point is to see how you are doing on a regular basis, and to make adjustments in your strategy if necessary.
 Strategy = your specific action plan; Positive = what worked; Negative = didn't work

DATE	STRATEGY	POSITIVE	NEGATIVE	INSIGHTS
10/1/05	Wake up early to read Bible		Overslept	Set 2 alarms or read at lunch
10/2/05	Workout at gym after work	Friend met me there		Accountability helps. Continue.

DATE GOAL AND STRATEGY WERE SET:

DATE GOAL REACHED:

MY PLAN FOR BECOMING HEALTHIER

STEP 1: GOAL SETTING

Identify a spoke/wheel/behavior you want to improve/change. Create a realistic goal that addresses this issue – consider something measurable, and/or with a finite time scale.

What are some benefits of achieving this goal?

STEP 2: ARE YOU WILLING & ABLE?

Are you willing to invest time and/or money to work toward your goal?

Are you willing to persist through possible short term difficulty for long term gain?

STEP 3: IDENTIFY SUPPORT

Do you have support and accountability to assist you in this process?

If so, write down sources of support: _____

If not, where could you find more support: _____

STEP 4: FORMULATE A SPECIFIC PLAN

Write down some specific, practical strategies you will use to attain your goal

1. _____
2. _____
3. _____
4. _____

Examples: I will go to the gym Mon & Thurs after work, and walk on Sat or Sun
I will wake up at 5:30 so I don't have to rush; I will walk outside at lunchtime to get fresh air
I will write _____ a letter, and then call to talk; I will have lunch with _____ the first Tues of the month
I will get up and read one Psalm every morning

STEP 5: HANDLE OBSTACLES

Write down some possible obstacles, challenges, or difficulties to achieving your goal

Examples: I might feel too busy, or have another mtg; financial cost of gym membership; childcare
 Feel more tired if I get up earlier; get fewer tasks done because I'm relaxing and feel guilty about it
 Stress/fear of confronting ____; requires a lot of time I don't have
 Oversleeping & not having time; becoming too "routine" to mean anything

What are some ways to overcome these obstacles?

Examples: Be flexible about which night I go to the gym; pack lunch to save money; swap childcare with a friend
 Go to bed earlier; review tasks and decide what is/is not imp't;
 Pray about fear; seek counseling if needed; realize time is temporary commitment
 Set two morning alarms; consider listening to Bible on tape sometimes for variety

STEP 5: MONITOR PROGRESS

Use this chart to record your progress and learn as you pursue your goal. You may want to use it when you are a certain fraction toward your goal (1/4, 1/2), or on a certain day when you had particular success or struggle toward your goal. The point is to see how you are doing on a regular basis, and to make adjustments in your strategy if necessary. Strategy = your specific action plan; Positive = what worked; Negative = didn't work

DATE	STRATEGY	POSITIVE	NEGATIVE	INSIGHTS
10/1/05	Wake up early to read Bible		Overslept	Set 2 alarms or read at lunch
10/2/05	Workout at gym after work	Friend met me there		Accountability helps. Continue.

DATE GOAL AND STRATEGY WERE SET:

DATE GOAL REACHED:

SCRIPTURAL VERSES ABOUT HEALTH

“Whole Health Year” Scriptures*:

“Peace/shalom” is the closest biblical term we have for the sense of “wholeness” in body, mind, spirit and community, note:

1 Samuel 25:6

Thus you shall salute him: “Peace be to you, and peace be to your house.”

Genesis 26:29

...so that you will do us no harm, just as we have not touched you and have done to you nothing but good and have sent you away in peace. You are now the blessed of the LORD.’

Leviticus 26:6

And I will grant peace in the land, and you shall lie down, and no one shall make you afraid....

Judges 6:23-24

But the LORD said to him, ‘Peace be to you; do not fear, you shall not die.’ Then Gideon built an altar there to the LORD, and called it, The LORD is peace.

Psalms 4:8

I will both lie down and sleep in peace;
for you alone, O LORD, make me lie down in safety.

Psalms 34:12-16

Which of you desires life,
and covets many days to enjoy good?
Keep your tongue from evil,
and your lips from speaking deceit.
Depart from evil, and do good;
seek peace, and pursue it.

Psalms 119:165

Great peace have those who love your law [O God],
nothing can make them stumble.

Psalm 3:13-18

Happy are those who find wisdom,
and those who get understanding,
for her income is better than silver,
and her revenue better than gold.
She is more precious than jewels,
and nothing you desire can compare with her.
Long life is in her right hand;
in her left hand are riches and honor.
Her ways are ways of pleasantness,
and all her paths are peace.
She is a tree of life to those who lay hold of her;
those who hold her fast are called happy.

Psalm 14:30

A tranquil [peaceful] mind gives life to the flesh,
but passion makes the bones rot.

Isaiah 26:3

Those of steadfast mind you keep in peace—
in peace because they trust in you.

Isaiah 53:5

But he was wounded for our transgressions,
crushed for our iniquities;
upon him was the punishment that made us whole [peaceful],
and by his bruises we are healed.

Isaiah 55:12

For you shall go out in joy,
and be led back in peace;
the mountains and the hills before you
shall burst into song,
and all the trees of the field shall clap their hands.

Isaiah 57:19

Peace, peace, to the far and the near, says the LORD;
and I will heal them.

Jeremiah 29:7

But seek the welfare [peace] of the city where I have sent you into exile, and pray to the LORD on its behalf, for in its welfare you will find your welfare.

Jeremiah 30:10

But as for you, have no fear, my servant Jacob, says the LORD,
and do not be dismayed, O Israel;
for I am going to save you from far away,
and your offspring from the land of their captivity.
Jacob shall return and have quiet and ease [peace],
and no one shall make him afraid.

John 14:27

Peace I leave with you; my peace I give to you. I do not give to you as the world gives.
Do not let your hearts be troubled, and do not let them be afraid.

John 20:21

Jesus said to them again, 'Peace be with you. As the Father has sent me, so I send you.'

Romans 5:1-2

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand;

Romans 12:18

If it is possible, so far as it depends on you, live peaceably with all.

2 Corinthians 13:11

Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you.

Galatians 5:22-23

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

Philippians 4:7-9

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if

there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Hebrews 12:14

Pursue peace with everyone, and the holiness without which no one will see the Lord.

James 3:17

But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy.

General terms of health and well-being:

Proverb 3:6-9

In all your ways acknowledge him,
and he will make straight your paths.
Do not be wise in your own eyes;
fear the LORD, and turn away from evil.
It will be a healing for your flesh
and a refreshment for your body.

Proverb 15:30

The light of the eyes rejoices the heart,
and good news refreshes the body.

Isaiah 38:16

O Lord, by these things people live,
and in all these is the life of my spirit.
O restore me to health and make me live!

Jeremiah 30:17

For I will restore health to you,
and your wounds I will heal,
says the LORD,
because they have called you an outcast:

Jeremiah 33:6

I am going to bring it recovery and healing; I will heal them and reveal to them abundance of prosperity and security.

3 John 1:2

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

Psalm 6:2-4

Be gracious to me, O LORD, for I am languishing;
O LORD, heal me, for my bones are shaking with terror.
My soul also is struck with terror,
while you, O LORD—how long?
Turn, O LORD, save my life;
deliver me for the sake of your steadfast love.

Proverbs 13:17

A bad messenger brings trouble,
but a faithful envoy, healing.

Proverbs 16:24

Pleasant words are like a honeycomb,
sweetness to the soul and health to the body.

Isaiah 58:8-9

Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the LORD shall be your rearguard.
Then you shall call, and the LORD will answer;
you shall cry for help, and he will say, Here I am.

Ecclesiastes 3:1-8

For everything there is a season, and a time for every matter under heaven:
a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to throw away stones, and a time to gather stones together;

a time to embrace, and a time to refrain from embracing;
a time to seek, and a time to lose;
a time to keep, and a time to throw away;
a time to tear, and a time to sew;
a time to keep silence, and a time to speak;
a time to love, and a time to hate;
a time for war, and a time for peace.

Isaiah 57:16-19

For I will not continually accuse,
nor will I always be angry;
for then the spirits would grow faint before me,
even the souls that I have made.
Because of their wicked covetousness I was angry;
I struck them, I hid and was angry;
but they kept turning back to their own ways.
I have seen their ways, but I will heal them;
I will lead them and repay them with comfort,
creating for their mourners the fruit of the lips.
Peace, peace, to the far and the near, says the LORD;
and I will heal them.

Psalms 103

Bless the LORD, O my soul,
and all that is within me,
bless his holy name.
Bless the LORD, O my soul,
and do not forget all his benefits—
who forgives all your iniquity,
who heals all your diseases,
who redeems your life from the Pit,
who crowns you with steadfast love and mercy,
who satisfies you with good as long as you live
so that your youth is renewed like the eagle's.

Jeremiah 17:14

Heal me, O LORD, and I shall be healed;
save me, and I shall be saved;
for you are my praise.

Hosea 14:4

I will heal their disloyalty;
I will love them freely,
for my anger has turned from them.

Matthew 11:28-30

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’

1 Corinthians 12:7-11

To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

Revelation 22:1-2

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations.

Jesus’ healing tradition:

Matthew 4:23-25

Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people. So his fame spread throughout all Syria, and they brought to him all the sick, those who were afflicted with various diseases and pains, demoniacs, epileptics, and paralytics, and he cured them. And great crowds followed him from Galilee, the Decapolis, Jerusalem, Judea, and from beyond the Jordan.

Matthew 8:5-10

When he entered Capernaum, a centurion came to him, appealing to him and saying, 'Lord, my servant is lying at home paralyzed, in terrible distress.' And he said to him, 'I will come and cure him.' The centurion answered, 'Lord, I am not worthy to have you come under my roof; but only speak the word, and my servant will be healed. For I also am a man under authority, with soldiers under me; and I say to one, "Go", and he goes, and to another, "Come", and he comes, and to my slave, "Do this", and the slave does it.' When Jesus heard him, he was amazed and said to those who followed him, 'Truly I tell you, in no one in Israel have I found such faith.'

Luke 5:17-26

One day, while he was teaching, Pharisees and teachers of the law were sitting nearby (they had come from every village of Galilee and Judea and from Jerusalem); and the power of the Lord was with him to heal. Just then some men came, carrying a paralyzed man on a bed. They were trying to bring him in and lay him before Jesus; but finding no way to bring him in because of the crowd, they went up on the roof and let him down with his bed through the tiles into the middle of the crowd in front of Jesus. When he saw their faith, he said, 'Friend, your sins are forgiven you.' Then the scribes and the Pharisees began to question, 'Who is this who is speaking blasphemies? Who can forgive sins but God alone?' When Jesus perceived their questionings, he answered them, 'Why do you raise such questions in your hearts? Which is easier, to say, "Your sins are forgiven you", or to say, "Stand up and walk"? But so that you may know that the Son of Man has authority on earth to forgive sins'—he said to the one who was paralyzed—'I say to you, stand up and take your bed and go to your home.' Immediately he stood up before them, took what he had been lying on, and went to his home, glorifying God. Amazement seized all of them, and they glorified God and were filled with awe, saying, 'We have seen strange things today.'

Luke 8:40-48

Now when Jesus returned, the crowd welcomed him, for they were all waiting for him. Just then there came a man named Jairus, a leader of the synagogue. He fell at Jesus' feet and begged him to come to his house, for he had an only daughter, about twelve years old, who was dying. As he went, the crowds pressed in on him. Now there was a woman who had been suffering from hemorrhages for twelve years; and though she had spent all she had on physicians, no one could cure her. She came up behind him and touched the fringe of his clothes, and immediately her hemorrhage stopped. Then Jesus asked, 'Who touched me?' When all denied it, Peter said, 'Master, the crowds surround you and press in on you.' But Jesus said, 'Someone touched me; for I noticed that power had gone out from me.' When the woman saw that she could not remain hidden, she came trembling; and falling down before him, she declared in the presence of all the people why she had touched him, and how she had been immediately healed. He said to her, 'Daughter, your faith has made you well; go in peace.'

Luke 14:1-4

On one occasion when Jesus was going to the house of a leader of the Pharisees to eat a meal on the Sabbath, they were watching him closely. Just then, in front of him, there was a man who had dropsy. And Jesus asked the lawyers and Pharisees, 'Is it lawful to cure people on the Sabbath, or not?' But they were silent. So Jesus took him and healed him, and sent him away.

John 5:2-8

Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. In these lay many invalids—blind, lame, and paralyzed. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been there a long time, he said to him, 'Do you want to be made well?' The sick man answered him, 'Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.' Jesus said to him, 'Stand up, take your mat and walk.'

Acts 4:30-31

...while you stretch out your hand to heal, and signs and wonders are performed through the name of your holy servant Jesus.' When they had prayed, the place in which they were gathered together was shaken; and they were all filled with the Holy Spirit and spoke the word of God with boldness.

John 7:23

If a man receives circumcision on the Sabbath in order that the law of Moses may not be broken, are you angry with me because I healed a man's whole body on the Sabbath?

Acts 3:16

And by faith in his name, his name itself has made this man strong, whom you see and know; and the faith that is through Jesus has given him this perfect health in the presence of all of you.

* New Revised Standard Version

Healings by Jesus

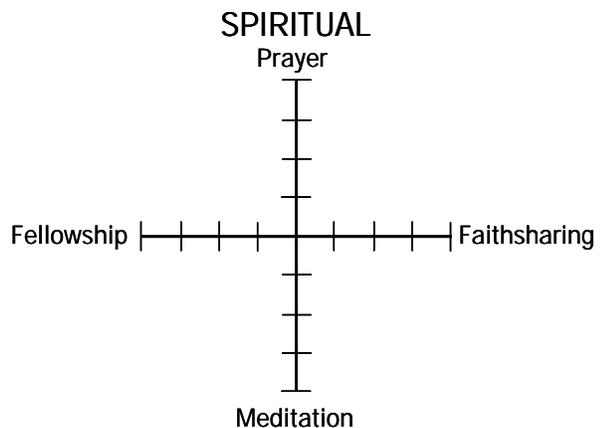
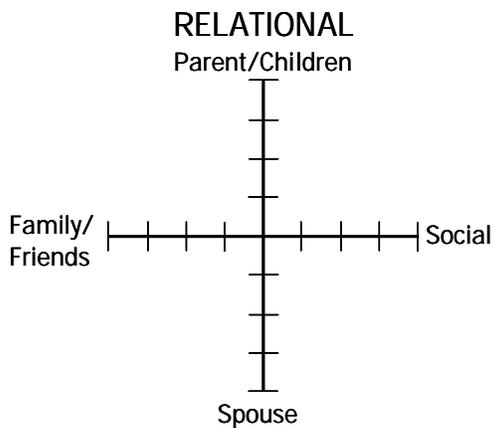
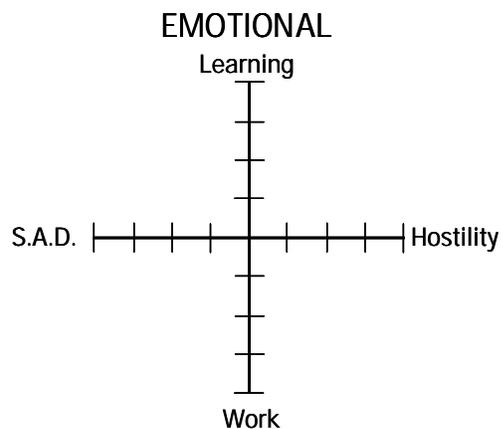
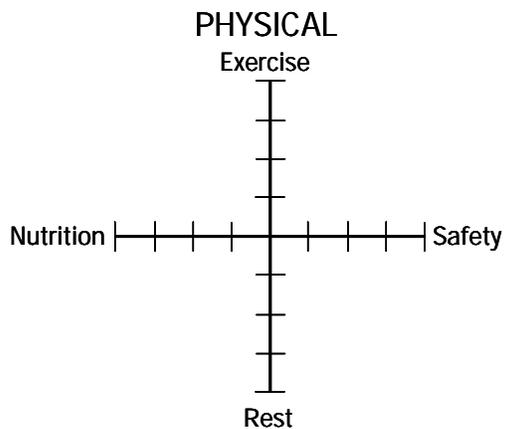
	Matthew	Mark	Luke	John
Nobleman's son				4:46-53
Uncle's spirit		1:21-28	4:31-37	
Simon's mother-in-law	8:14-15	1:29-31	4:38-39	
Crowd at Peter's door	8:16-17	1:32-34	4:40-41	
A leper	8:1-4	1:40-45	5:12-16	
Crowds after leper healed			5:15-16	
Paralytic carried by four	9:1-8	2:1-12	5:17-26	
Sick man at the pool				5:1-15
Withered hand	12:9-14	3:1-6	6:6-11	
Crowds near Capernaum	12:15-21	3:7-12		
Centurion's servant	8:5-13			
Widow's son raised			7:11-17	
Answering John's question	11:2-6		7:18-23	
Demoniacs at Gadara	8:28-34	5:1-20	8:26-36	
Issue of blood	9:20-22	5:25-34	8:43-48	
Jairus' daughter raised	9:18-26	5:21-43	8:40-56	
Two blind men	9:27-31			
Dumb devil possessed	9:32-34			
Every sickness & disease	9:35			
All kinds of sickness	4:23-24	6:56		
Some sick in Nazareth	13:54-58	6:1-6		
Before feeding the 5,000	14:13-14		9:11	
At Gennesaret	14:34-36	6:53-56		
Daughter of Canaan woman	15:21-28	7:24-30		
Before feeding 4,000	15:29-31			
Deaf, speech impediment		7:32-37		
Blind man of Bethsaida		8:22-26		
Epileptic boy	17:14-21	9:14-29	9:37-42	
Man born blind				9:1-41
Man blind, mute, possessed	12:22-28		11:14-23	
Women bent over			13:10-17	
Man with dropsy			14:1-5	
Raising of Lazarus				11:1-44
Ten lepers			17:11-19	
Blind Bartimaeus		10:46-52	18:35-43	
Crowds beyond the Jordan	19:1-2			
Two blind men	20:29-34			
Blind & lame in temple	21:14			

Adapted from James K. Wagner, *The Spiritual Heart of Your Health: A Devotional Guide on the Healing Stories of Jesus* (Nashville, TN: The Upper Room, 2002), 189-190.

PERSONAL WHEEL ASSESSMENT – FALL 2005

Follow the instructions in the book to mark your score on the 4 wheels.

Date: _____



My best wheel: _____

My longest spoke: _____

My flattest wheel: _____

My shortest spoke: _____

CONGREGATIONAL HEALTH ASSESSMENT – FALL 2005

We would like to collect information about the general status of the congregation so we can plan future programs for WHY and so we can measure change throughout the program. Please do NOT put your name on this sheet. Please turn it in to your small group facilitator or the church office, or bring it to Sunday worship with you. Thank you!

Gender (circle): Male Female

Your Age: _____

Status (circle one): Single Married Divorced Widowed

Family status: No children Young children Youth/teens Grown children

Please write down your score for each of these spokes (score 0 – 4) based on the assessment in Dr. Larimore’s book. Add up the 4 spokes to give yourself a total score for that wheel (out of maximum 16).

PHYSICAL WHEEL

Exercise _____
Rest _____
Nutrition _____
Safety _____

TOTAL = _____

EMOTIONAL WHEEL

Learning _____
Work _____
S.A.D. _____
Hostility _____

TOTAL = _____

RELATIONAL WHEEL

Parents/Children _____
Spouse _____
Family/Friends _____
Social _____

TOTAL = _____

SPIRITUAL WHEEL

Prayer _____
Meditation _____
Fellowship _____
Faith Sharing _____

TOTAL = _____

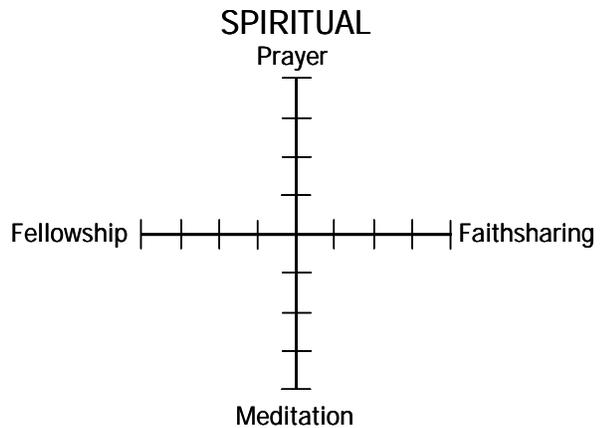
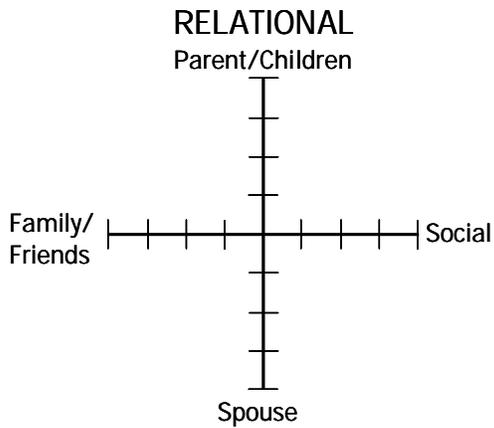
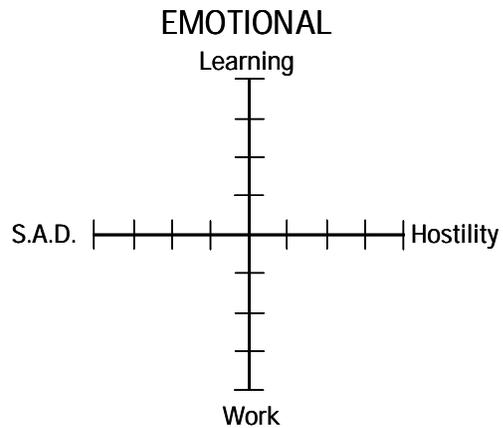
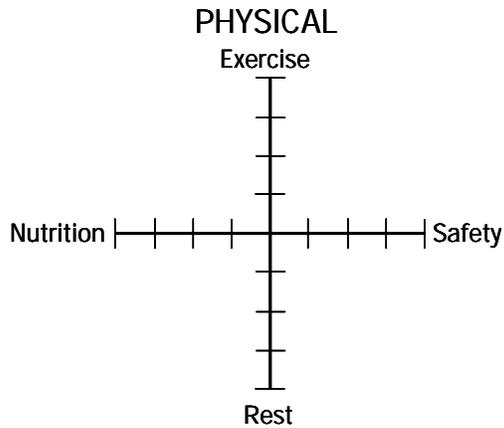
My best wheel: _____
My longest spoke: _____

My flattest wheel: _____
My shortest spoke: _____

PERSONAL WHEEL ASSESSMENT – WINTER 2006

Follow the instructions in the book to mark your score on the 4 wheels.

Date: _____



My best wheel: _____
My longest spoke: _____

My flattest wheel: _____
My shortest spoke: _____

CONGREGATIONAL HEALTH ASSESSMENT – WINTER 2006

We would like to collect information about the general status of the congregation so we can plan future programs for WHY and so we can measure change throughout the program. Please do NOT put your name on this sheet. Please turn it in to your small group facilitator or the church office, or bring it to Sunday worship with you. Thank you!

Gender (circle): Male Female

Your Age: _____

Status (circle one): Single Married Divorced Widowed

Family status: No children Young children Youth/teens Grown children

Please write down your score for each of these spokes (score 0 – 4) based on the assessment in Dr. Larimore's book. Add up the 4 spokes to give yourself a total score for that wheel (out of maximum 16).

PHYSICAL WHEEL

Exercise _____
Rest _____
Nutrition _____
Safety _____

TOTAL = _____

EMOTIONAL WHEEL

Learning _____
Work _____
S.A.D. _____
Hostility _____

TOTAL = _____

RELATIONAL WHEEL

Parents/Children _____
Spouse _____
Family/Friends _____
Social _____

TOTAL = _____

SPIRITUAL WHEEL

Prayer _____
Meditation _____
Fellowship _____
Faith Sharing _____

TOTAL = _____

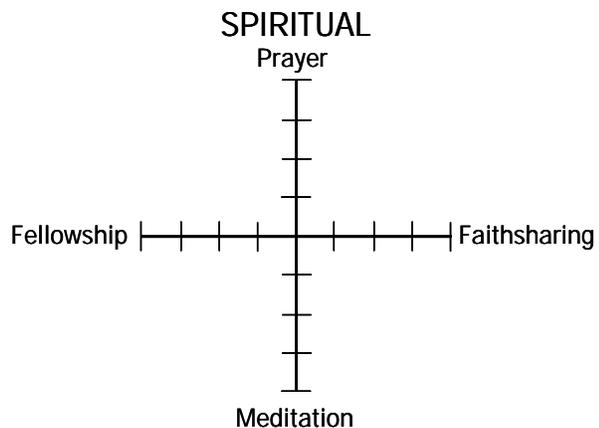
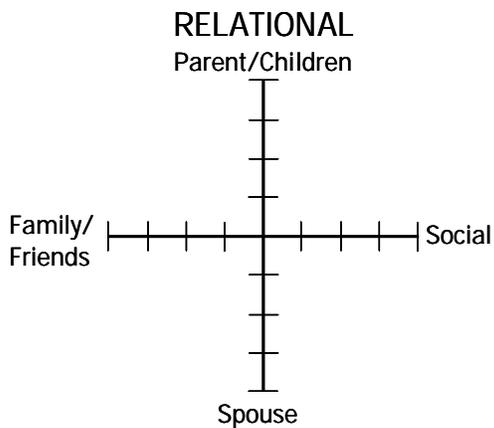
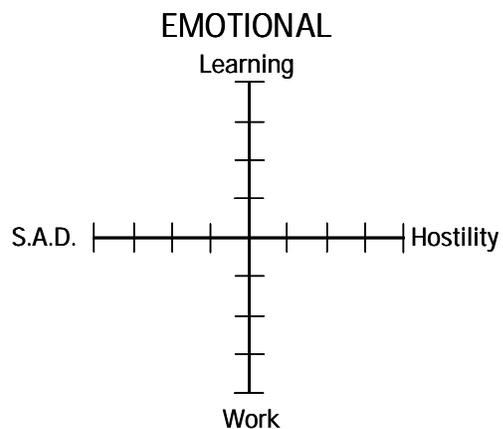
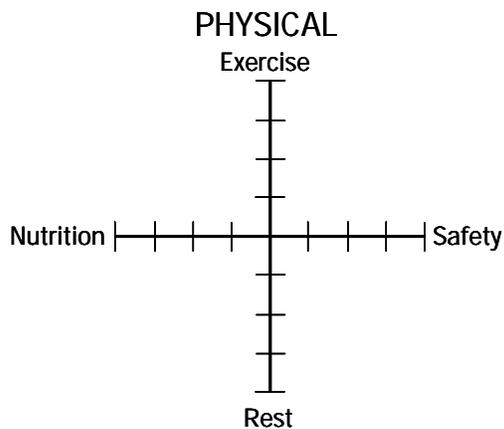
My best wheel: _____
My longest spoke: _____

My flattest wheel: _____
My shortest spoke: _____

PERSONAL WHEEL ASSESSMENT – SUMMER 2006

Follow the instructions in the book to mark your score on the 4 wheels.

Date: _____



My best wheel: _____

My longest spoke: _____

My flattest wheel: _____

My shortest spoke: _____

CONGREGATIONAL HEALTH ASSESSMENT – SUMMER 2006

We would like to collect information about the general status of the congregation so we can plan future programs for WHY and so we can measure change throughout the program. Please do NOT put your name on this sheet. Please turn it in to your small group facilitator or the church office, or bring it to Sunday worship with you. Thank you!

Gender (circle): Male Female

Your Age: _____

Status (circle one): Single Married Divorced Widowed

Family status: No children Young children Youth/teens Grown children

Please write down your score for each of these spokes (score 0 – 4) based on the assessment in Dr. Larimore’s book. Add up the 4 spokes to give yourself a total score for that wheel (out of maximum 16).

PHYSICAL WHEEL

Exercise _____
Rest _____
Nutrition _____
Safety _____

TOTAL = _____

EMOTIONAL WHEEL

Learning _____
Work _____
S.A.D. _____
Hostility _____

TOTAL = _____

RELATIONAL WHEEL

Parents/Children _____
Spouse _____
Family/Friends _____
Social _____

TOTAL = _____

SPIRITUAL WHEEL

Prayer _____
Meditation _____
Fellowship _____
Faith Sharing _____

TOTAL = _____

My best wheel: _____
My longest spoke: _____

My flattest wheel: _____
My shortest spoke: _____