

# HOW CAN WE MAKE A DIFFERENCE FOR WHOLE PERSON HEALTH?

The top killers in most countries worldwide are lifestyle related: cardiovascular disease (involving heart attacks, hypertension and stroke), cancer, murders and vehicle accidents (combined), diabetes and HIV/AIDS.

These killers are most often related to (i) a lack of exercise, (ii) improper dietary nutrition, (iii) mismanagement of stress, (iv) a lack of proper conflict management and road courtesy, as well as (v) unsafe sexuality. *Eighty percent (80%) of heart attacks, strokes and type 2 diabetes and forty percent (40%) of cancers can be prevented!*

A very effective way to combat disease and its impact on well being and development is for *each person to become an agent of health and healing*

How can this be done?

Each person can become a:

- **WELLNESS LIFESTYLE PROMOTER**
- **PRAYER PARTNER** and
- **WELLNESS SERVICES ADVOCATE**

as part of their evangelism and support to others.

*“He sent them out to preach the Kingdom of God and heal the sick”*

*(Luke 9:2 NIV)*

*‘We are not well alone; we are our brother’s and sister’s keepers for wellness’*

**HEALTH IS EVERYBODY’S BUSINESS!**

1. We each can become **WELLNESS LIFESTYLE PROMOTERS.**

We can seek to promote wellness through *encouraging healthy lifestyles* at the following personal levels:

- Within ourselves,
- Within others around us including *family, friends* and persons in our *communities, workplaces, schools or churches.*

2. We each can become **PRAYER PARTNERS** for healing.

If we are religious we can also function as prayer partners for the healing of ourselves and others who experience *health problems* in any area or who are having *difficulties in making healthy lifestyle changes.* We can ***pray when possible*** and with permission.

3. We all can be **ADVOCATES** for ‘healing’ and ‘healthy’ families, communities and institutions.

- I. Here we can advocate for groups and institutions with which we are associated, in order to ***help them gain a VISION to be ‘agents of healing’, or ‘healing communities’.***

These would include:

- our *families and those of other persons*
- our geographical *communities*
- our *institutions:* (workplaces, schools, interest groups. etc.)
- our church *congregations* and their community outreach.

- II. We can also advocate for ***health and healing PROGRAMME ACTIVITIES for the whole person***: physical care, psychological counselling, spiritual counselling and prayer, socio-economic casework, community development and environmental care.
- III. As well, we can ***encourage SERVICES WHICH ARE COMPREHENSIVE*** and thus include:
- the promotion, of healthy lifestyles
  - the prevention of illnesses (through screening, immunization, crisis intervention etc.),
  - curative services including: first-aid, basic self-care, lay care and professional care (as available)
  - rehabilitative assistance (for such as disabilities and chronic disabling diseases).
- IV. It is useful to ***encourage that most of these services be at a voluntary non-professional level***. This could include:
- *self-help activities and*
  - *basic level services involving lay persons* functioning as: wellness promoters, first aid and home care providers, peer counselors, and prayer partners.
- V. One can also ***advocate for families, communities and institutions to be healthy in the way they function***, so as to be more effective promoters of wellness and healing. This would include developing better:
- leadership,
  - teamwork,
  - organizing and
  - client relationships.

## PERSONAL REFLECTIONS

Where am I with regards to the following?

1. My *vision* of Whole Person Ministry: What is my degree of *understanding* and *preparation*?
2. My *sense of mission* for Wholeness as Christ's Salvation:
  - What exactly do I feel called by God to do?
3. My *living out and facilitating* in others, - whole person *lifestyle promotion* and *prayer* for wellness?
  - How much am I doing this in my *personal life*?
  - How much am I facilitating this in the *family, organizational and community* settings in which I find myself?
4. How much am I *advocating* for and *servicing* in Whole Person activities my community, institution or congregation?
5. My *facilitating Whole Person Ministry at denominational ecumenical levels*:
  - How am I taking advantage of opportunities?

*"...they will lay hands on sick people and they will get well"*

*(Mark 16:18 NIV)*

## PERSONAL COMMITMENTS

What commitments do I wish to make with regards to the above in my:

- Personal life
- Family
- Congregation
- Other organization (s)
- Community?

## LITERATURE RESOURCES

### A. For Wellness Promoters and Prayer Partners

1. *Seeking Your Healthy Balance\**, Donald A. Tubesing and Nancy Loving Tubesing. Whole Person Associates: Michigan - (On healthy lifestyles)
2. *Simple Steps to Wellness\*\**, E Anthony Allen. Whole Person Resource Centre: Kingston
3. *Christian Healing\**, Mark A. Pearson. Chosen Books: Michigan

### B. For Healing Community Advocates

4. *Witnessing to Christ Today: promoting health and wellness for all*, World Council of Churches

Available from Faith and health weblog “<http://faithandhealth.wordpress.com>” On the page “ How to start or develop a Healing Ministry”

*Titled “Witnessing to Christ today:promoting health and wholeness for all”*  
(<http://faithandhealth.wordpress.com/useful-resources-to-view-and-download/>)

5. *Caring for the Whole Person\*\**, E Anthony Allen. Whole Person Resource Centre: Kingston
6. *The Healing Congregation\*\**, (A handbook for action) E Anthony Allen

\*Order through [www.Amazon.com](http://www.Amazon.com)

\*\*Available at 8 Durham Avenue and also online at [www.dreanthonyalen.com](http://www.dreanthonyalen.com)

Training and self-education opportunities are readily available. Please make use of these.

Information and resources can be obtained from: 8 Durham Avenue Kgn. 6, Jamaica

[www.dreanthonyalen.com](http://www.dreanthonyalen.com)

*Let our goal be:*

- *Total Healing of the Whole Person*
- *Every person a wellness and healing promoter for self and others*
- *Every family institution and community having a wellness programme*
- *Every congregation having a Healing Ministry*

*We are not well alone; we are our brother's and sister's keepers for wellness'*