

A Little Bit Of Faith

by Dan Holland



Wellness?

Have you ever heard the saying, ‘as goes America, so goes the world’?

Or, to put it another way, *‘America sneezes and the world catches a cold’*, appropriate perhaps for this time of year, the cold and flu season.

You could take this pattern further and say that, within America, California (and particularly Hollywood) is the trend setter and cultural epicentre - where it leads, America follows. If so then is this where the ‘wellness’ craze has come from, a billion-dollar industry that is spreading like a disease – pardon the pun?

On sunny Californian beaches we see bronzed ‘gods’ and ‘goddesses’ primed, plumped and buffed to within an inch of their lives, but looking oddly inhuman. They are chiselled and ‘centred’ with their vegan smoothies and raw vegetables on their way to an ‘irrigation’. They have a weekly session with their therapist and are doing lots of ‘work on themselves’.

Meanwhile, they make fortunes advertising seaweed and moss extract products promising external youth, but they seem so unhappy. The science behind all this is doubtful but none of that matters if you are chasing the ever elusive ‘wellness’.

Perhaps societies’ obsession with wellness stems from the fact there’s

actually very little of it - the real thing I mean? I’m certainly more interested than I would ordinarily be after a month of colds and flu.

I’m currently knocking back ‘beroccas’, vitamin D capsules and anything, really, to help me feel more human. But, all joking aside, what is ‘wellness’? Or should we call it health? Where can we find it and with whom? It’s not going to arrive through introspection, unnecessary surgery, or forking over eye-watering amounts of money for exclusive access to a wellness website.

Christians believe we should care for our bodies. This includes exercise, good diet, rest and time enjoying nature. However, true and lasting health must originate in our soul (our mind, will and emotions). There’s only so much that can be achieved on the outside - that’s just the façade. But I am not advocating ‘self-love’ or introspection either.

Our hearts desperately need to be put right with God and to enjoy His peace. Then we can live unselfishly for His glory, spending our lives for others and putting their needs first. This is how we start to become emotionally and spiritually healthy, we forget ourselves, there’s no other way.

There are no quick fixes, no shortcuts

and no miracle potions. It’s free but it costs everything.

Some of the healthiest people I know don’t waste any time obsessing about their wrinkles and spare tyres. They’re in love with Jesus, living full lives telling people about Him and sharing His love with the world.

We believe God made each of us in His image with a unique plan and purpose for every human being. To tap into our God given destiny is life and health. It will keep us fit too!

We can read in the Bible who Jesus says we are and feed on that, rather than the lies and distortions we have believed about ourselves.

We are free to live healthy, youthful, generous lives – the kind that many can only dream of;

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.
John 10 v 10





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