

WELLNESS

WELLNESS is the practice of caring for the entire self—body, mind, heart, and soul—in recognition that each person is made in the image and likeness of God.



Scripture - *"Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering."* ~ 3 John 1:2



PRAYER

Creator God, you have given me the precious gift of my body, mind, heart, and soul. May I honor those gifts by making wellness a daily practice. Amen.