

## “PATHWAY 2 WHOLENESS”

### STUDY GOALS AND OBJECTIVES

#### **OVERALL GOALS:** IT’S OUR PRAYER THAT, THROUGH THIS DISCIPLESHIP STUDY, YOU WILL:

- ✓ Become **aware** of the undeniable connection between your health and relationship issues.
- ✓ **Desire** to make changes to enhance your relationship with God, yourself and others.
- ✓ Embrace biblical and medically sound **knowledge** on how to live in a right relationship with God, a healthy relationship with yourself, and loving relationships with others.
- ✓ Demonstrate the **ability** to make the desired changes noted in your personal action plan through application and practice of both biblical and medical principles.
- ✓ Receive encouragement from your facilitator and share your study experience with others as **reinforcement** of the changed habits and positive impacts resulting from the study.

#### **DURING THE STUDY, YOU WILL LEARN TO:**

- ✓ Describe how beliefs, thoughts, behaviors, relationships and other risk factors impact the spirit, soul and body.
- ✓ Describe & appreciate how unhealthy relationships with God, yourself and others are the root of most unhealthy behaviors.
- ✓ Illustrate how unmanaged stressors affect unhealthy behavior and physical wellbeing.
- ✓ Describe how applying key biblical and medical principles influence healthy relationships with God, self and others.
- ✓ Relate biblical principles to increased fruit in a person’s life.
- ✓ Appreciate that healthy relationships with God, your self and others are essential for living out our common life purpose.
- ✓ Choose to open your heart to experience greater inner healing.
- ✓ Develop a personal action plan for incorporating key biblical and sound medical principles into your life.

#### **AFTER THE STUDY, WE ENCOURAGE YOU TO:**

- ✓ Be faithful in addressing your personal care plan.
- ✓ Adopt, or more fully embrace, the biblical and medical principles covered in the study.
- ✓ Adopt more healthy attitudes & behaviors and reduce unhealthy attitudes & behaviors.
- ✓ Apply key biblical principles to enhance your relationship with God, yourself and others.
- ✓ Participate in future assessments and surveys to help course developers make improvements.
- ✓ Share your learning experiences and the impact of this study with others, including church leadership.

#### **OTHER DESIRED RESULTS OF THE STUDY:**

- ✓ You’ll experience more spiritual fruit in your life.
- ✓ God will be more glorified because of the increased fruit in your life.
- ✓ You’ll refer at least one person to a subsequent “PathWay 2 Wholeness” study.
- ✓ Church leadership will recommend the Faith and Health Ambassador initiative and this study to leaders of other churches and ministries.
- ✓ Some study participants will enroll in the Faith and Health Ambassador training program at Faith and Health Connection.

## "PATHWAY 2 WHOLENESS"

### WEEKLY SCHEDULE

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**Date:** **PART 1 HOW WE FUNCTION. OUR LIFE PURPOSE**

\_\_\_\_\_ Week 1- Introduction. God's Design for a Life of Wholeness

\_\_\_\_\_ Week 2 - Why and How We Mess Up God's Design 4 a Life of Wholeness. The Impact

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**PART 2 WHOLE-PERSON HEALTH: IT'S ALL ABOUT RELATIONSHIPS**

\_\_\_\_\_ Week 3 - A Right Relationship with God: What the Bible Says (Part 1)

\_\_\_\_\_ Week 4 - A Right Relationship with God: What the Bible Says (Part 2)

\_\_\_\_\_ Week 5 - A Healthy Relationship with Our Self: What the Bible Says

\_\_\_\_\_ Week 6 - Caring for Our Body: What Medical Research Says

\_\_\_\_\_ Week 7 - Living in Loving Relationships with Others: What the Bible Says (Part 1)

\_\_\_\_\_ Week 8 - Living in Loving Relationships with Others: What the Bible Says (Part 2)

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**PART 3 PUTTING IT TOGETHER**

\_\_\_\_\_ Week 9 - Healthy Relationships and Our Life Purpose. Plans 4 Personal Growth.

\_\_\_\_\_ Week 10\* - Celebrating Successes and Overcoming Obstacles. Looking Down the Road

\* NOTE: There will be a one-week break between Weeks 9 and 10.