

The Great 7 of Integral Health

GUIDELINES FOR DISCIPLES OF JESUS CHRIST
TO HELP ONE ANOTHER TO APPLY BIBLICAL PRINCIPLES OF
INTEGRAL HEALTH IN THEIR DAILY LIFE AND WORK



A joint initiative of Healthcare Christian Fellowship International (HCFI), Communities of Grace International (GOGI), and International Christian Medical and Dental Association (ICMDA)

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Introduction

A vision for the future

Would you like to see healthcare in your community and country be an inspiring example of compassionate care provided by thriving care workers? Where good care includes physical, psychological, spiritual, and social aspects? Where high ethical standards are consistently applied?

There is only one way to make significant and lasting progress towards such a future: the Jesus Christ way, implemented by His disciples who collaborate with one another and with all people of good will.

What does that mean for me? We invite you to discover together with us what it means – by focusing on the Great Seven of Integral Health.

The objective of the lessons in this booklet is not only to pass on knowledge, but to bring us into a deeper relationship with Jesus Christ. As we discover His heart, we are inspired to let our lives be transformed by Him and thus reflect His love more and more wherever He has placed us.

The goal

To become a network / community / movement of disciples of Jesus Christ who join Him in His great plan of furthering the Kingdom of God globally, with a special focus on our social circles.

Lifestyle

Remember, being a disciple of Jesus Christ is a lifestyle; it is all about processes of transformation towards becoming more Christ-like. It is not a program or a project but a pilgrimage. Once you embark on your pilgrimage through life together with Jesus Christ, the journey never ends...

Great Seven of Integral Health

We selected a number of key Scriptures and Scriptural concepts as content for this workbook:

1. Great Shalom: What is health?
2. Great Story: Human History in 5 Chapters
3. Great Practice: God's Kingdom in 5 Circles
4. Great Development: Integral Growth like Jesus
5. Great Healing: Integral Healing like Jesus
6. Great Body: Integral Service by the Body of Christ
7. Great Giftedness: Spiritual Gifts for Integral Service

Discovery Groups

If we really want to see the kind of inside-out transformation that Jesus Christ brings, we cannot do it alone. That is why we will join hands and hearts in a small group to learn together how to put the Great Seven of Integral Health into practice. The small group format we will be using is known as Discovery Groups.

Definition of a Discovery Group:

A Discovery Group is two to five seekers / believers who learn together to love God, to love their neighbour and to intentionally multiply maturing disciple makers in obedience to Jesus Christ.

1. Two to five: This is the optimal size for a group of busy people
2. Seekers / Disciples: When Jesus Christ called people to follow Him, none of them were believers. They became believers on the way as they discovered He is the Way
3. Jesus Christ: He is the Central Person in Discovery Groups
4. Learn together: all participants help one another to learn from Jesus Christ
5. Love God and neighbour as ourselves: This is what life is all about according to Jesus Christ
6. Obedience: Disciples of Jesus Christ obey Him
7. Intentional multiplication of maturing disciple makers: the practical implication of one of the key commands of Jesus Christ, namely, to make disciples of all nations
8. This series of sessions will emphasize being disciples of Jesus Christ in our social circles: family, friends, faith community, workplace, and neighbourhood

Format:

1. Frequency: meet once a week or once every two weeks as a rule. During holidays or emergencies, the time between meetings might be longer
2. When: it is very important to meet only when all the members of the group can be present. This flexible approach also means that you do not have to meet at the same day / time. At the end of each meeting you agree with one another when the next meeting is going to be.
3. Where: either face to face or online (saves traveling time), or a hybrid: for example, meet online regularly and face to face once every three or four months
4. Meeting elements: each meeting has three parts – Look Back; Look Up; Look Forward. This will be described in more detail further on
5. Duration: 90 minutes - each of the three parts takes about 30 minutes each. The meetings can be squeezed into an hour, but they usually last one-and-a-half hour to two hours (fellowship is great 😊)

Role of the facilitator:

Each group has a facilitator who initiates the meetings. After a facilitating a few times, the group members start taking turns to facilitate the meeting. This way they learn how to facilitate their own groups once that becomes possible. The facilitator:

1. Provides an example of some-one who wants to learn as much as possible from Jesus Christ and who applies what has been learnt in daily life and work
2. Promotes a culture of honouring one another in the Discovery Group
3. Is a co-learner together with the rest of the group; not the “great expert”
4. Is a meeting organizer/scheduler; not the “spiritual superstar”
5. Makes sure all Discovery Group members participate; not the “centre of attention”
6. Facilitates learning experiences by asking questions; not the “great preacher”
7. Furthers formation of new Discovery Groups; not the “gatherer of admirers”
8. Promotes and practices two spiritual disciplines that are vital for every follower of Jesus Christ: First, daily devotional time – using of S.O.A.P.S.¹ Second, daily prayer time – praying for the people on your Lost List and for those in your social circles
9. Checks regularly how the group members are doing in these two spiritual disciplines and inspires them to develop these habits if they are not yet part of their lives

Role of the coach:

1. Coaches facilitators who have started new Discovery Groups
2. Organizes leadership training for the next generations of Discovery Group facilitators
3. Starts to coach coaches once the spiritual multiplication processes make it possible

Suggestion:

Print out this document and write down your notes about these sessions in the printout. This will help you to remember what you have learnt, to record your intended action steps and what you have prayed about. Later you can refer to your notes for prayer

¹ SOAPS is explained in an addendum at the end of this document



Look Up: Word Study about Shalom

Shalom is primarily a relational word

“Shalom” is taken from the root word shalam, which means, “to be safe / well / happy / prosperous / healthy / to have peace and welfare - in mind, body, or estate.”

Beyond being just a simple wish for peace and happiness, shalom suggests a state of fullness and perfection, overflowing inner and outer joy and peaceful serenity.

Shalom speaks of completeness, fullness, or a type of wholeness that encourages you to give back — to generously re-pay something in some way

Shalom in selected Scriptures

YHWH Shalom

Then Gideon perceived that he was the angel of the LORD. And Gideon said, “Alas, O Lord GOD! For now I have seen the angel of the LORD face to face.” 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 Shalom. Judges 6:22-24a.

Prince of Shalom

For to us a Child is born, to us a Son is given; and the government shall be upon His shoulder, and His name shall be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Shalom. Isaiah 9:6

God of Shalom shall bruise Satan under your feet shortly, Romans 16:20

God of Shalom will fully sanctify you, I Thessalonians 5:23

Kingdom of God is righteousness and **shalom** and joy in the Holy Spirit, Romans 14:17

Jesus Christ is our Shalom...; He came and preached **shalom** to you who were far off and **shalom** to those who were near, Ephesians 2:14-17

How beautiful are the feet of those who preach the Gospel of **Shalom**, Romans 10:15

And **seek the shalom of the city**, there where I have caused you to be exiled. And pray to Jehovah for it; for **in its shalom you shall have shalom**, Jeremiah 29:7²

² This is the calling of all believers who work/live in cities



Shalom defined

Shalom is universal flourishing, wholeness, and delight - a rich state of affairs in which natural needs are satisfied and natural gifts fruitfully employed, a state of affairs that inspires joyful wonder as its Creator and Saviour opens doors and welcomes the creatures in whom he delights.

Shalom, in other words, is the way things ought to be.

In summary: Shalom is comprehensive flourishing

Other definitions of shalom that might be helpful

Shalom is the sum total of everything God gives us; Shalom is the blessing of God on every area of our lives; Shalom is integral well-being

Shalom experienced is multidimensional, complete well-being — physical, psychological, social, and spiritual; it is expressed in right relationships — with God, with(in) oneself, with others, and with creation

The best example of what shalom is all about:

The relationships in the Trinity between Father, Son and Holy Spirit

For further personal study you could also consider the SHALOM pictures painted by the Lord in Isaiah 65:17-25 and in Zechariah 8:3-21. Of course, the new heaven and the new earth will be ultimate expression of shalom for us humans



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Discussion based on the Word Study about Shalom

1. What caught your attention in this study of the meaning of Shalom?
2. What did you learn about God / His ways / Jesus Christ?
3. What did you learn about people / yourselves?
4. How could we apply what we have learnt from Looking Up? In our personal lives? In our workplace? In our neighbourhood?

Look Forward: Bless one another to obey (1/3)

- How will you seek to integrate your new insights into the meaning of Shalom in your relationship with the Lord, with your family, in your workplace, in your neighbourhood? Anything specific that God wants you to do in this regard? "With God's help, I will..."

Note: please write down the "I will..." statements of all group members so that you can pray for one another also in between the group meetings

- Prayer for one another
 - a. For God's help to obey Him as summarized in our "I will" statements. Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting
 - b. For one another's challenges/struggles mentioned at the beginning of the meeting
 - c. For lost persons (each participant gives two names - one person from your family and one person from your workplace.) This is your Lost List. At future meetings you report to one another how these persons are doing and pray for them again. This information is confidential and not to be shared outside the group.
- Where and when do we meet next time?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your four social circles (family, faith community, workplace, neighbourhood); E = exalting God

2. Great Story: Human History In 5 Chapters

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

Facilitate discussions on these questions:

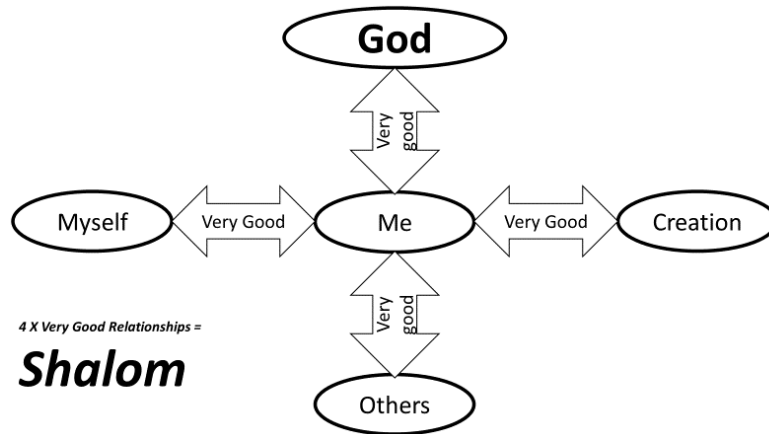
- How did it go with the implementation of your “I will...” statements?

- What happened in the past week that you are thankful for?

- What challenges / struggles are you facing right now?

Look Up: Overview of the Great Story

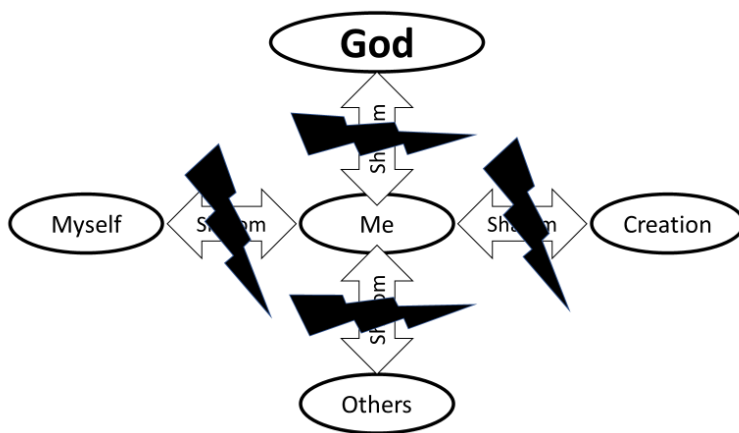
Chapter 1 Creation: The Original Very Good Kingdom



Genesis 1

Disorder to order
 Darkness to light
 Emptiness to fulness
 Chaos to governance
 Multiplying people who love God, who love one another as themselves, and who love God's creation

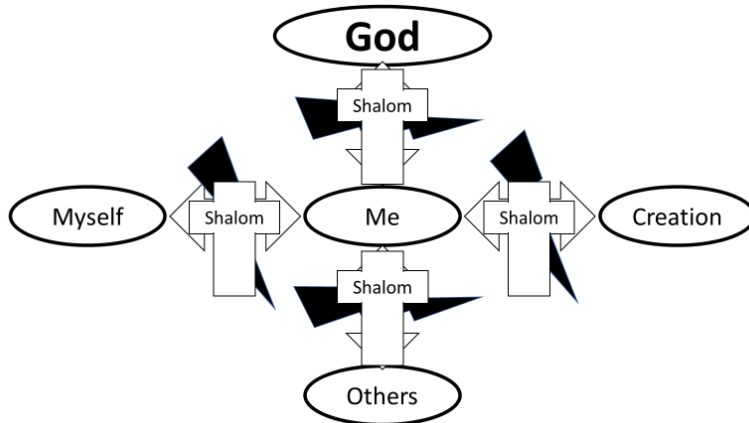
Chapter 2 The Fall: Rebellion in the Kingdom



Genesis 2 and 3

Satan's contra-narrative:
 Disorder
 Darkness
 Emptiness
 Chaos
 Haters of God, of one another, of themselves; damagers and destroyers of God's creation

Chapter 3 Redemption: Basis for Reconciliation in the Kingdom

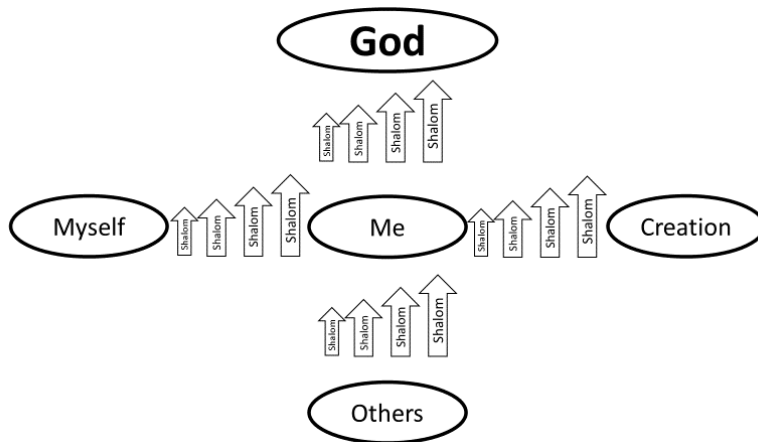


Christ makes re-creation shalom possible, Colossians 1:20:

Everything can now move in the direction God wants

We receive a key role in breaking the contra-narrative of Satan and bringing in the re-creation of God on the basis of the finished work of Christ

Chapter 4 Restoration: Our Present Calling in the Kingdom



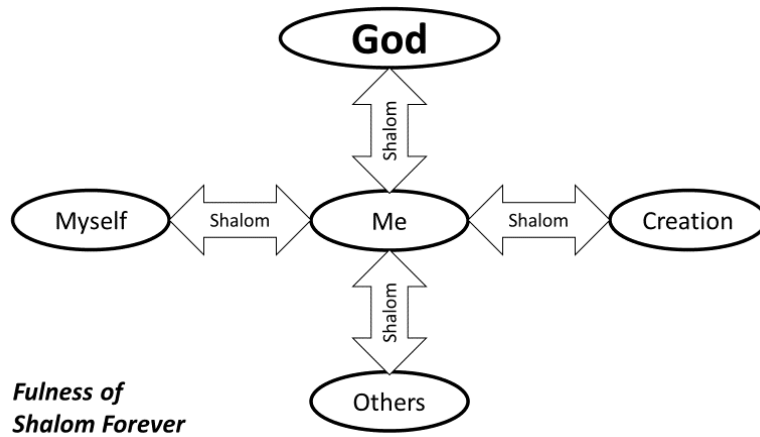
Our role:

In the power of the Holy Spirit we seek to bring shalom in the key areas to the optimal extent that is possible in a broken world

Spiritual multiplication of people who love God, who love one another as themselves, and who love God's creation.

Through the Holy Spirit we are enabled to live out the new life God has given us by grace

Chapter 5 Consummation: The Final Very Good Kingdom



In the new heaven and new earth there will be the ultimate and permanent fulfillment of God's New Creation Order

Perfect and eternal community filled with love of God, love of one another as we love ourselves, and love of God's creation.

This is love in present continuous tense forever.

Look Forward: Bless one another to obey (1/3)

- How will you seek to apply what you have learnt in this meeting in your relationship with the Lord, with your family, with your friends, and in your workplace / neighbourhood? Anything specific that the Lord wants you to do? "With God's help, I will..."

Note: please write down the "I will..." statements of all group members so that you can pray for one another also in between the group meetings

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 - c. For the people on your Lost Lists
- Where and when do we meet next time?

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Look Up: Great Practice - God's Kingdom In 5 Circles

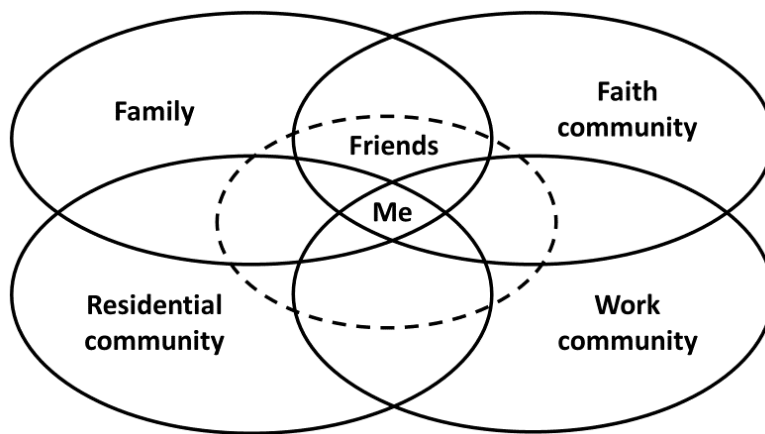
Love your neighbour: The big challenge to put this into practice

Love your neighbour as yourself

Christians ought to be the world's greatest relationship experts. Our example ought to inspire others to want to live in God's love as well.

Where is my neighbour? / Who is my neighbour? / Whose neighbour am I?

I am neighbour to the people in my five social circles



I am responsible before God to love my neighbour in all five social circles

The people in these five social circles are at various distances from me:

Social Circle number	A: Nearest neighbour	B: Neighbour	C: Neighbour further away	D: Neighbour (inter)national
1. Family	Direct family	Extended family	Tribe / People group	All tribes (inter)national
2. Friends	Closest friends	Good friends	Friends	Acquaintances / Strangers
3. Faith community	Discovery Group	Home group / cell group	Local congregation	Body of Christ (inter)national
4. Workplace	Direct colleagues	Other colleagues	Institution/ Business / Clinic / etc	Professional world (inter)national
5. Neighbourhood	Direct neighbours	Neighbourhood / suburb	Town / city	Country / World

I need to show God's love to whomever I am a neighbour to

The danger is that I become too selective and "discriminatory" in choosing whose neighbour I am

I ought to start with my nearest neighbour all the way to my neighbour in other parts of the world.

This includes the last,

Practical exercise regarding your five social circles.

Please put the names of the person who is closest to you and the one who is furthest from you in each of your social circles. Think of close and far away not only in terms of geographical location, but also in terms of relational / emotional depth.

Social Circle	Closest	Furthest	What is God saying to you?
1. Family			
2. Friends			
3. Faith community			
4. Workplace			
5. Neighbourhood			

Considerations:

- Is a child / friend / colleague closer to me than my marriage partner?
- Is there a romantic attachment that should not be there?
- Is my relationship with God deeper and stronger than my relationships with people / a significant person?

How do you feel when you look at your answers? Share in the group to the extent that you feel safe to share.

Look Forward: Bless one another to obey (1/3)

- How will you seek to apply what you have learnt in this meeting in your relationship with the Lord, with your family, with your friends, and in your workplace / neighbourhood? Anything specific that the Lord wants you to do? "With God's help, I will..."

Note: please write down the "I will..." statements of all group members so that you can pray for one another also in between the group meetings

- Prayer for one another
 - a. For God's help to obey Him as summarized in our "I will" statements. Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting
 - b. For one another's challenges/struggles mentioned at the beginning of the meeting
 - c. For the people on your Lost Lists
- Where and when do we meet next time?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your four social circles (family, faith community, workplace, neighbourhood); E = exalting God



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Look Up: Great Development - Integral Growth like Jesus

Luke 2:52 (read twice)

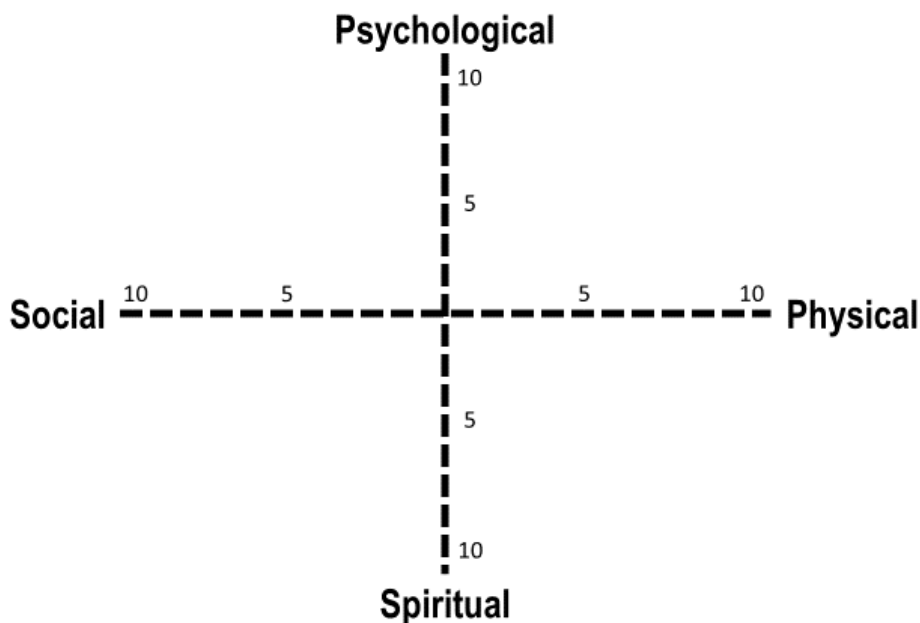
And Jesus increased in wisdom and stature, and in favour with God and men

In this passage four areas of growth are mentioned → whole life development → integral personal development

1. Wisdom → Psychological development
2. Stature → Physical development
3. Favour with God → Spiritual development
4. Favour with man → Social development

What Integral Growth means

Integral growth means that we aim to grow in all four areas just as Jesus did



Take a moment to consider these four areas of personal growth and development in your life. What would your score be in each of the four areas? Take turns to share your answers with one another and explain why you gave yourself these scores.

The main idea is not that we should be perfect, but we need to be growing / developing in all four areas. This will help us to progress in integral development.



Look Forward: Bless one another to obey (1/3)

- How will you seek to apply what you have learnt in this meeting? Anything specific that the Lord wants you to do regarding your shalom health physically³, psychologically, spiritually, and socially? "With God's help, I will..."

Note: please write down the "I will..." statements of all group members so that you can pray for one another also in between the group meetings

- Pray for one another
 - a. For God's help to obey Him as summarized in our "I will" statements. Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting
 - b. For one another's challenges/struggles mentioned at the beginning of the meeting
 - c. For the people on your Lost Lists
- Where and when do we meet next time?

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³ For practical advice about supplements you could use, see the Supplements Addendum at the end of this document



5. Great Healing: Integral Healing like Jesus

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

Facilitate discussions on these questions:

- How did it go with the implementation of your “I will...” statements?

- What happened in the past week that you are thankful for?

- What challenges / struggles are you facing right now?

Look Up: Great Healing - Integral Healing like Jesus

Matthew 9:1-8 (read twice)

So He got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you." And at once some of the scribes said within themselves, "This Man blasphemes!" But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? But that you may know that the Son of Man has power on earth to forgive sins"—then He said to the paralytic, "Arise, take up your bed, and go to your house." And he arose and departed to his house. Now when the multitudes saw it, they marvelled and glorified God, who had given such power to men.

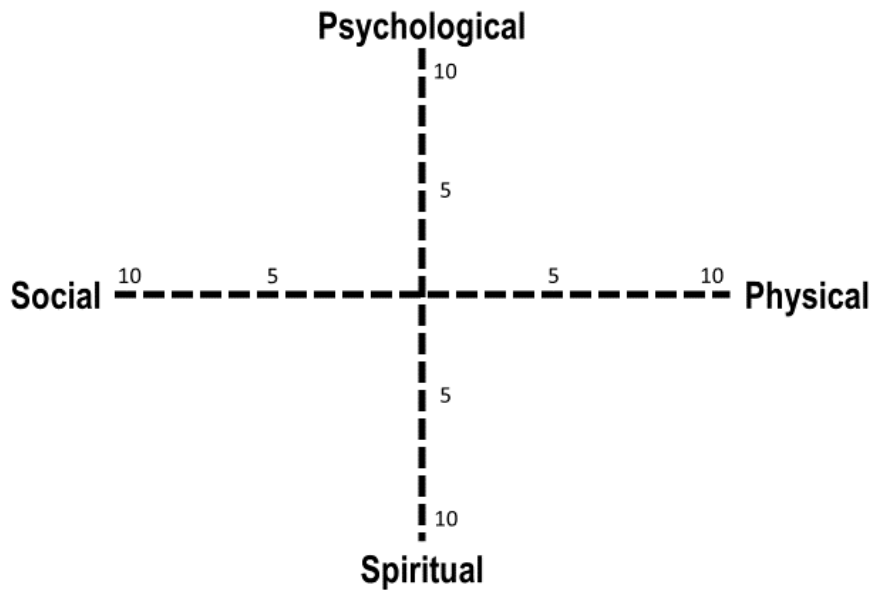
Jesus practiced Integral Healing

1. Psychological
2. Spiritual
3. Physical
4. Social

1.	Be of good cheer Good cheer = tharseo = good cheer, courage, comforted, emboldened	Psychological
2.	Your sins are forgiven you Sins = harmartia = missing God's goal, deviating from God's moral law, an offense to God that brings guilt Forgiven = aphiemi: sent away, laid aside, dismissed	Spiritual
3.	Arise, take up your bed and go Arise = egeiro = rise up from lying down, set upright	Physical
4.	Go to your house / home He would be reintegrating into his five social circles as a person transformed by God's grace	Social

Integral Healing: we aim to integrate all four areas into our healing services just as Jesus did

Evaluating Integral Healing in your social circles



Take a moment to consider these four areas of integral healing ministry in one of your five social circles – choose which one of the five social circles is most important in this context. For example, if you are a healthcare worker, you might consider your workplace social circle. Or if you do community development or relief work, you might want to consider your neighbourhood social circle.

- How much time and attention is given to each of these areas?
- What is the level of expertise demonstrated?
- What would the score be in each of the four areas?

Take turns to share your answers with one another and explain why you gave yourself these scores. *(The idea is to identify areas of possible improvement of your healing ministry to make it more integral.)*



Look Forward: Bless one another to obey (1/3)

- How will you seek to apply what you have learnt in this meeting in your relationship with the Lord, with your family, with your friends, and in your workplace / neighbourhood? Anything specific that the Lord wants you to do? "With God's help, I will..."

Note: please write down the "I will..." statements of all group members so that you can pray for one another also in between the group meetings

- Prayer for one another
 - a. For God's help to obey Him as summarized in our "I will" statements. Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting
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- Where and when do we meet next time?

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Look Up: Great Body - Integral Service by the Body of Christ

1 Corinthians 12:12-27 (read twice)

For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. For by one Spirit we were all baptized into one body—whether Jews or Greeks, whether slaves or free—and have all been made to drink into one Spirit. For in fact the body is not one member but many. If the foot should say, "Because I am not a hand, I am not of the body," is it therefore not of the body? And if the ear should say, "Because I am not an eye, I am not of the body," is it therefore not of the body? If the whole body were an eye, where would be the hearing? If the whole were hearing, where would be the smelling? But now God has set the members, each one of them, in the body just as He pleased. And if they were all one member, where would the body be? But now indeed there are many members, yet one body. And the eye cannot say to the hand, "I have no need of you"; nor again the head to the feet, "I have no need of you." No, much rather, those members of the body which seem to be weaker are necessary. And those members of the body which we think to be less honorable, on these we bestow greater honor; and our unpresentable parts have greater modesty, but our presentable parts have no need. But God composed the body, having given greater honor to that part which lacks it, that there should be no schism in the body, but that the members should have the same care for one another. And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it. Now you are the body of Christ, and members individually.

The main point of this meeting is that Jesus Christ, Who is the Head of the Body, wants to use His whole Body to serve the sick and suffering, the last, the least and the lost. We cannot serve Him well without one another – irrespective of the position, talents, and gifting we have. Everyone brings intrinsic value and worth into the ministry. That has to be accepted and nurtured. That also means the people in our five social circles need to learn to complement one another in bringing blessing into our societies.



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Look Forward: Bless one another to obey (1/3)

- How will you seek to apply what you have learnt in this meeting in your relationship with the Lord, with your family, with your friends, and in your workplace / neighbourhood? Anything specific that the Lord wants you to do? "With God's help, I will..."

Note: please write down the "I will..." statements of all group members so that you can pray for one another also in between the group meetings

- Prayer for one another
 - a. For God's help to obey Him as summarized in our "I will" statements. Write down one another's "I will" statements so that you know what to pray for – not only during this meeting, but also in the period until your next meeting
 - b. For one another's challenges/struggles mentioned at the beginning of the meeting
 - c. For the people on your Lost Lists
- Where and when do we meet next time?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your four social circles (family, faith community, workplace, neighbourhood); E = exalting God



Look Up: Great Body - Integral Service by the Body of Christ

1 Corinthians 12:1-11, 28-31 (read twice)

Now concerning spiritual gifts, brethren, I do not want you to be ignorant: You know that you were Gentiles, carried away to these dumb idols, however you were led. Therefore, I make known to you that no one speaking by the Spirit of God calls Jesus accursed, and no one can say that Jesus is Lord except by the Holy Spirit. There are diversities of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but it is the same God who works all in all. But the manifestation of the Spirit is given to each one for the profit of all: for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another gifts of healings by the same Spirit, to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills.

The main point of this meeting is that the Holy Spirit gives gifts to each one of the members of the Body of Christ that will enable them to do their part in serving the sick and suffering, the last, the least and the lost. We cannot serve our Head well without using our spiritual gifts at home, in our faith communities, and in our workplaces.

Personal action step: If you have not yet completed a spiritual gifts survey to help you identify which spiritual gifts the Holy Spirit has given you, do an online search and complete one of the Spiritual Gifts surveys you find. For example, you could use this survey:

<https://gifts.churchgrowth.org/>

or

<https://centrevillepres.com/wp-content/uploads/2012/10/spiritual-gifts-survey.pdf>



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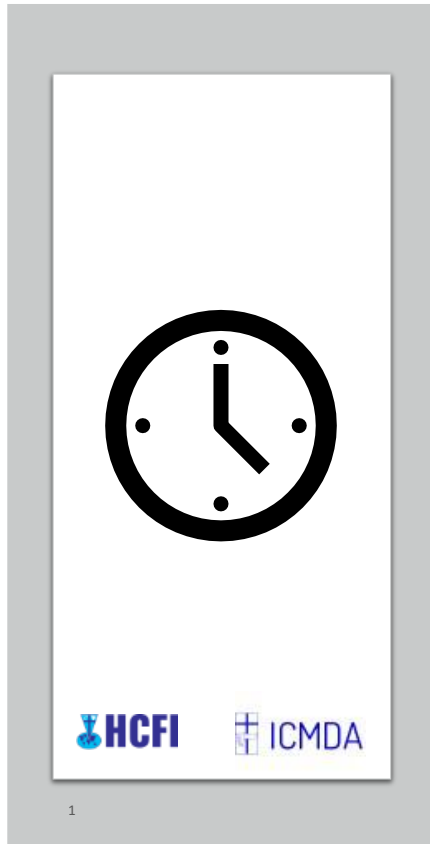
Congratulations, you have completed the series: The Great Seven of Integral Health.

There are other series your group could follow if you would like to:

- Growing as Witnesses in the health field (18 meetings)
- The Great 7 of God's Kingdom (7 meetings, can be extended to 21 meetings)
- The Great 7 of Jesus Christ (7 meetings)
- Discovering God (45 meetings total, can be subdivided)

For the latest list of materials that are available: www.hcglobal.org/discipleship/

S.O.A.P.S.



S.O.A.P.S. Daily Devotional Time

Use a systematic approach to go through the whole Bible in your daily devotional times

To start with, prayerfully read one chapter a day and use a devotional notebook to write down your SOAPS notes

Option one: Start at the beginning of the Bible and proceed from there

Option two: Switch between a chapter in the Old Testament and one in the New Testament on alternate days

Option three: The Seven Sections Approach, which is explained later

Choose the option that works best for you

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Use a Devotional Notebook to record the five elements of your SOAPS

1. **S = Scripture:** Prayerfully read one chapter of the Bible. Write down the portion of that chapter that speaks to you
2. **O = Observation:** What does this portion of the Bible say about God, His ways, people, you?
3. **A = Application:** How does God want you to respond to what He said to you through His Word?
4. **P = Prayer:** Ask God to help you to respond to Him in a way that brings Him joy.
5. **S = Share:** With whom will you try to share what you learnt during your SOAPS time?



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2

The Seven Sections Approach



1. Genesis to Deuteronomy
2. Joshua to Job
3. Psalms
4. Proverbs to Song of Solomon
5. Isaiah to Malachi
6. Matthew to Acts
7. Romans to Revelation

Practical Tip:

*You might want to make seven book markers
one for each section*

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How to go through the Seven Sections:



- **Week 1**

1st day: Read chapter 1 of section 1

2nd day: Read chapter 1 of section 2

3rd day: Read chapter 1 of section 3, etc.

After one week you will have read the first chapter in each of the seven sections

- **Week 2**

1st day: Read chapter 2 of section 1

2nd day: Read chapter 2 of section 2

3rd day: Read chapter 2 of section 3, etc.

At the end of the second week, you will have read the second chapter in each of the seven sections

- In week 3 you read chapter 3 in each of the seven sections. Continue using the same systematic approach to read the whole Bible

Once you have completed a section, go through it again. You will read some sections more frequently but that is fine

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Supplements Addendum

Eat healthy:

- non-starchy vegetables
- 1 fist size fruit per day
- nuts
- healthy fats
- meat and fish
- Limit carbohydrates and do not eat processed food. Do not use processed oils.

Take supplements each morning with breakfast:

- 1000 mg slow release Vit C
- 25mg elemental Zinc
- 9000 international units Vit D3
- 400mg elemental magnesium
- Cardio-aspirin 5mg.

Deep breaths

Make sure that your lungs are well ventilated: take a maximally deep breath in and then breathe out through pursed lips. Repeat three times each time. Repeat this a few times a day.

Exercise

For your general condition: run on the spot for six minutes early every morning. Start with thirty seconds.

If you have a problem with overweight or obesity, start with intermittent fasting and go on a healthy low carb diet, for example Banting or Keto.

If you have type 2 diabetes or conditions related to insulin-resistance, follow the FIRE Diabetes journey: an online programme to reverse insulin-resistance. You can find them on www.firediabetes.com