



## Faith-Guided Wellness Journal

Welcome to your wellness journey. We created this journal to help you care for your mind, body, and spirit. As believers, we know our bodies are temples of the Holy Spirit. Caring for our physical health is a beautiful form of worship.

This journal combines daily devotionals, space for personal reflection, and focused prayers to help you align your health habits with your biblical values. As you turn these pages, remember that you belong to a loving God and a supportive community.

# 7 Days of Faith-Guided Wellness

## *Your Weekly Intentions*

Before you begin the daily devotionals, take a moment to set clear, prayerful goals for the week ahead.

**MY SPIRITUAL GOAL:**

(Example: Spend 10 minutes in morning prayer)

**MY PHYSICAL HEALTH GOAL:**

(Example: Walk for 20 minutes daily)

**MY GRATITUDE FOCUS:**

(Example: Thank God for three specific blessings each evening)

## *Day 1: Honoring Your Temple*

**SCRIPTURE:**

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”* — 1 Corinthians 6:19-20

**REFLECTION:**

When we see our bodies as a dwelling place for the Holy Spirit, caring for ourselves changes from a chore into an act of reverence. God gave you this physical body to experience His creation and serve His people. Honoring that gift starts with simple, daily choices.

**APPLICATION:**

Drink an extra glass of water today. As you drink, thank God for the living water He provides to refresh your soul.

**PRAYER:**

Lord, thank You for the incredible gift of my physical body. Help me to care for it with wisdom and discipline, so I can serve others well. Amen.

**JOURNALING PROMPT:**

What is one small way you can honor God with your physical body today?

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## *Day 2: The Holiness of Rest*

### SCRIPTURE:

*“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”*  
— Psalm 4:8

### REFLECTION:

Society often praises constant busyness, but God modeled rest from the very beginning of creation. Sleep is not a weakness. It is a profound act of trust. When we rest, we admit that God holds the world together, even when we pause our efforts.

### APPLICATION:

Turn off all screens 30 minutes before bed tonight. Use that quiet time to hand your worries over to God.

### PRAYER:

Heavenly Father, calm my racing thoughts. Teach me to rest securely in Your arms, trusting that You watch over me and my family. Amen.

### JOURNALING PROMPT:

What burdens do you need to surrender to God before you sleep tonight.

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## *Day 3: Nourishing the Body*

### SCRIPTURE:

*“So whether you eat or drink or whatever you do, do it all for the glory of God.”*  
— 1 Corinthians 10:31

### REFLECTION:

Every meal gives us an opportunity to practice gratitude. The food we eat fuels us to carry out the work God prepared for us. Choosing wholesome, nourishing foods is a practical way to thank the Creator for His abundant provision.

### APPLICATION:

Add one fresh fruit or vegetable to your plate today. Pause to appreciate the vibrant colors and flavors God designed.

### PRAYER:

Lord, thank You for providing my daily bread. Guide my choices so that the food I eat brings health and strength to my body. Amen.

### JOURNALING PROMPT:

Write down three things you are grateful for today.

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## *Day 4: Moving with Joy*

### SCRIPTURE:

*“For in him we live and move and have our being.”* — Acts 17:28

### REFLECTION:

God designed the human body to move. Exercise does not have to be a punishment. Rather, it is a celebration of what your body can do. Movement boosts your mood, clears your mind, and strengthens you for the journey ahead.

### APPLICATION:

Take a 15-minute walk outside. Use this time strictly for prayer and observing the beauty of nature around you.

### PRAYER:

God, thank You for the ability to move, walk, and breathe. Let every step I take draw me closer to You. Amen.

### JOURNALING PROMPT:

Write down three things you are grateful for today. How did you care for the body God gave you today?

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## *Day 5: Guarding Your Mind*

### SCRIPTURE:

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”* — Philippians 4:6

### REFLECTION:

Mental and emotional health tie deeply to our physical wellness. When anxiety builds, it takes a heavy toll on the body. Bringing our worries to God releases that physical tension and invites His perfect peace to guard our heart.

### APPLICATION:

Practice breath prayer. Breathe in slowly while silently saying, “Lord Jesus.” Breathe out saying, “Give me peace.” Repeat for two minutes.

### PRAYER:

Prince of Peace, replace my anxious thoughts with Your calm presence. Guard my mind and give me clarity. Amen.

### JOURNALING PROMPT:

Where did you see God work in your life today?

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## *Day 6: Bearing Burdens Together*

### SCRIPTURE:

*“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”*  
— Galatians 6:2

### REFLECTION:

We were never meant to walk through life alone. Isolation harms our health, while a strong community brings healing. Sharing our struggles, praying for one another, and lifting each other up is essential for true wellness.

### APPLICATION:

Send a text or call a friend to check in on them. Ask how you can specifically pray for their health or family today.

### PRAYER:

Lord, thank You for the community of believers. Show me how to support others and give me the humility to ask for help when I need it. Amen.

### JOURNALING PROMPT:

Who in your community needs your prayers or support right now?

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## *Day 7: Trusting God with Your Care*

### SCRIPTURE:

*“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”*

— Proverbs 3:5-6

### REFLECTION:

True wellness extends to how we manage our health care decisions and finances. Practicing good stewardship means aligning our resources with our faith. When we trust God with our medical care, we experience a deep sense of security and peace..

### APPLICATION:

Spend five minutes evaluating your current health care approach. Pray for wisdom to ensure your choices reflect your biblical values.

### PRAYER:

God of wisdom, guide my health care decisions. Lead me to options that align with my faith and protect my family from unnecessary burdens. Amen.

### JOURNALING PROMPT:

Does your current approach to health care bring you peace? How might God be leading you to change it?



# Align Your Health Care with Your Faith

Your wellness journey does not end here. Managing your family's medical needs should bring peace, not stress. You deserve a health care solution that honors your beliefs and supports your physical, emotional, and financial well-being.

Medi-Share provides health care built by believers, guided by faith. As a trusted Christian care-sharing community, Medi-Share allows believers to pool their resources and share each other's eligible medical bills. Your dollars never support practices that conflict with your faith. Instead, you get to practice good stewardship, save money, and experience the incredible blessing of fellow Christians praying for you when you need it most.

Join a community that shares your values and your burdens. Explore how Medi-Share can provide reliable, faith-guided health care for your family today.

