

# The Oaks Wellness Model Spiritual Wellness Worksheet



Welcome, friend! In this course, we hope you will learn about the eternal strength and security that comes from knowing about and experiencing God's unconditional love. Maybe this is the first time you've ever heard about God, or maybe you're initially uninterested or scared by this topic. We want to encourage you that no matter where you are in your spiritual journey, there is something here for you in this course.

Take some time here to reflect on the questions posted by Alicia at the start of this course.

What gives you strength to face each day? What keeps you from falling apart? What gives your life meaning and purpose?

Having internal strength ultimately means knowing who we are and knowing where our value comes from. There are lots of places that you may find internal strength in your life: in relationships, jobs, wealth, appearance, athleticism, and other abilities. However, none of these things are permanent. When your value and strength come from these very changeable things, it is no surprise that you might feel your self-esteem come and go, too.

Discovering and building your spiritual strength will offer you not only a safe and steady personal internal strength, but will also bring emotional healing to your life. As you probably already know, no relationship is perfect, and people often disappoint us. We hope that this course will help you learn more about how having **a relationship with God, who is perfect and never-changing, can bring stability and peace to your life.**

\*If you need help filling in the blanks, please see the complimentary answer key.

At The Oaks, we define spiritual strength as "believing we are \_\_\_\_\_ and \_\_\_\_\_ by God." Go ahead and reflect on this statement. Do you believe that God cares for you and celebrates you, that He thinks you are precious? What thoughts or emotions come to mind as you answer this question?

Remember, there are no wrong answers here, and this journey is your own. It is okay if you are hesitant to explore having a relationship with God. The beautiful thing about spiritual strength is that it is incredibly personal, and it belongs to you. Be open to exploring what spiritual strength means to your life.

Take a moment here to reflect on what prayer means. Try to define it in your own words.

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Remember: God can \_\_\_\_\_ any broken life and \_\_\_\_\_ amazing things!

The Bible is God's word to us. As we read it, we learn more about who God is and hear what He has to say to us and about us. The Bible is made up of \_\_\_\_\_ sections called books, and it has a table of contents. It starts with the book of \_\_\_\_\_ and ends with the book of \_\_\_\_\_.

**"For God so \_\_\_\_\_ the world that he gave his one and only \_\_\_\_\_, that whoever believes in him shall not \_\_\_\_\_ but have eternal \_\_\_\_\_." John 3:16**

Take a moment here to think about what this verse means to you.

Friend, God loves you and wants to have a relationship with you. This relationship can offer you strength and purpose each day. Below is a breakdown of the gospel, which simply means "good news". Here at The Oaks, the gospel gives us so much peace, joy, and spiritual strength that we love to share the good news with everyone we meet.

## Who is Jesus and Why We Need Him

\_\_\_\_\_ separates us from God. It \_\_\_\_\_ our relationship with Him.

## God with Us

Jesus came to \_\_\_\_\_ our broken relationship with God.

## Our Resoration

Jesus \_\_\_\_\_ death, making eternal life in heaven and abundant life on earth possible for us.

Grace can be defined as God's undeserved \_\_\_\_\_ and \_\_\_\_\_ toward us.

## The Holy Spirit

Now we can have a \_\_\_\_\_ with God through the Holy Spirit.

God continually offers His \_\_\_\_\_ through the Holy Spirit.

God's love for you is unconditional and everlasting. Because He created you, and He saved you, you can know that you have so much worth and value simply because you exist! As you reflect on the good news we shared in this course, we are praying that you will come to accept God's love, have a relationship with God, and find the spiritual strength that can come only from Him. Please reach out to us if you would like a safe place to talk about anything you learned in The Oaks' Spiritual Strength Course. [info@theoakscommunity.org](mailto:info@theoakscommunity.org)