

## Self-Care Covenant for Health & Wholeness

As a disciple of Jesus Christ and a leader in the church, I covenant to care for my spiritual, emotional/mental, physical, social, and financial health through the following promises. With the help of God:

1. I commit to keep, as a regular practice, the following spiritual disciplines (beyond sermon and teaching preparation): \_\_\_\_\_

2. I commit to set aside time to relax and have fun through the following activities: \_\_\_\_\_

3. I commit to care for my emotional and mental health by: \_\_\_\_\_

4. I commit to establish and maintain healthy practices with regard to personal nutrition and eating habits by: \_\_\_\_\_

5. I commit to participate in the following form(s) of regular exercise appropriate to the particulars of my physical condition: \_\_\_\_\_

6. I commit to develop and maintain personal relationships with the following persons (friends or colleagues) to whom I can go to for support in times of celebration, stress, and/or difficulty: \_\_\_\_\_

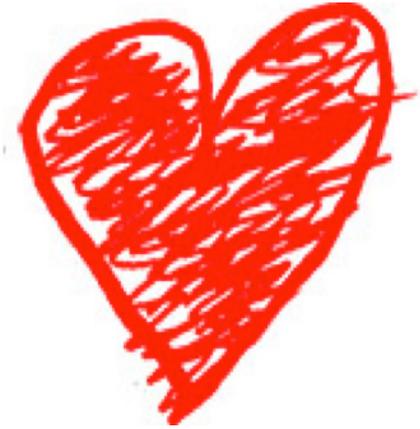
7. I commit to establish healthy financial practices such as budgeting, retirement planning, and tithing by: \_\_\_\_\_

8. I commit to (list any other specific areas needing care): \_\_\_\_\_

I, \_\_\_\_\_ covenant to all of the above with the following peer-support person or group with whom I will share mutual accountability for our self-care as clergy: \_\_\_\_\_

## Health as Wholeness

### Clergy Wellness



*“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind”; and, “Love your neighbor as yourself.”*  
--Luke 10:27



## Health as Wholeness / Clergy Wellness

You have been called to do God's work on earth – an amazing, wonderful and often stressful job that requires you to be healthy and well in all ways -- not just spiritually, but physically, emotionally/mentally, socially and financially. If you don't take care of yourself, you will not be able to take care of others. Self-care is not selfish. It is one of the most loving things you can do.

## Scriptural Foundations

*Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body. (1 Corinthians 6:19-20)*

*Beloved I pray that all may go well with you and that you may be in good health, just as it is well with your soul. (3 John 2)*

*May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ. (1 Thessalonians 5:23)*

## The Book of Discipline 2012

(Paragraph 304.2)

For the sake of the mission of Jesus Christ in the world and the most effective witness to the Christian gospel, and in consideration of the influence of an ordained minister on the lives of other persons both within and outside the Church, the Church expects those who seek ordination to make a complete dedication of themselves to the highest ideals of the Christian life. To this end, they agree to exercise responsible self-control by personal habits conducive to bodily health [BODY], mental and emotional maturity [MIND], integrity in all personal relationships, fidelity in marriage and celibacy in singleness, social responsibility, and growth in grace and in the knowledge and love of God [SPIRIT].



## Wesley on Health & Wholeness

- Wesley believed it was neither possible nor desirable to separate these three essential elements of human nature BODY, MIND, and SPIRIT, and he clearly understood the value of a wholistic approach - to one's life, to one's relationship with God through Jesus Christ, and to one's relationship with others.

- Wesley exhibited a lifelong interest in the prevention and cure of disease. He enjoyed reading books on health, participated in an autopsy and authored letters to friends including suggestions regarding their physical well-being. His Journal displays his continual fascination with cures and remedies.

- Wesley understood himself as having a responsibility as a Christian for meeting the needs of his neighbor. His interest in medicine arose out of a wholistic concern for persons, including their health.

- Two activities best exhibit Wesley's role as a practitioner of the medical arts. He established free medical dispensaries and published a popular collection of cures and remedies.

--*The Elusive Mr. Wesley, Volume One.* Heitzenrater, Richard. Abingdon Press, Nashville; 1984.

## 5 Dimensions of Health & Wholeness

**Physical** – includes regular physical activity, appropriate nutrition, maintaining a healthy weight, accountability to healthcare practices including preventive screenings and treatments, and managing chronic conditions.

**Emotional/Mental** – includes the ability to manage feelings and related behaviors, cope effectively with stress, adapt to change, and care for one's mental health.

**Social** – includes creating and maintaining healthy, supportive relationships with family, friends and peers.

**Spiritual** – includes forming and nurturing spiritual relationships (i.e. participation in a covenant group) and practicing disciplines such as prayer, bible study, meditation and worship.

**Financial** – includes attitudes regarding money, commitment to setting monetary goals for future needs, developing sound financial habits, and effectively using tools to manage financial resources.

*Adapted from Wespeth Benefits and Investments-Center for Health*

<http://www.wespeth.org/center-for-health/resources/five-dimensions-of-health/>

