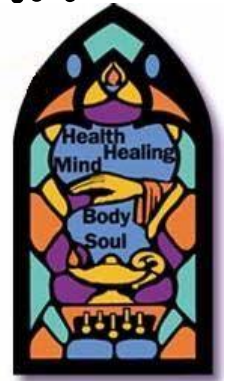


# The Faith Health Link



## Sowing Seeds of Wellness

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### The Healing Ministry of the Church

...and he sent them out to proclaim the kingdom of God and to heal the sick.  
*Luke 9:2 (NIV)*

#### ➤ What does the word “healing” really mean?

Healing refers to much more than the treating of disease and disability. Actually the root of the word “heal” means wholeness. As Christians, we believe that wholeness has our relationship with God at the center, and it involves harmony or balance among all dimensions of our life. Healing actions are characterized by (1) reflecting Jesus’ ministry, (2) promoting wholeness and peace, (3) relating between the person helping and the person hurting, (4) sharing of self, and (5) attending to specific human needs.

#### ➤ What is the Healing Ministry of the Church?

In the Old Testament we read about God’s healing actions. “But He was pierced for our transgressions, He was crushed for our iniquities, the punishment that brought us peace was upon Him, and by His wounds we are healed” (Isaiah 53:5). During His early life Jesus devoted much of His time to healing physical, emotional, and spiritual brokenness. In addition, His charge to the New Testament church (and us) included preaching, teaching and healing (Matthew 10: 7-8, Matthew 28:19-20, Mark 16:18)

The ministry of healing and helping is central to the life of the church. Many traditional church activities are rooted in a ministry of healing. God has given us Baptism and Communion. His Word and Liturgy, and Christian fellowship as gifts of healing. In addition, all Christians are called to live lives of peace, mercy, and healing.

#### ➤ How can we lead healing lives?

In order to live healing lives, we must:

- First be **grounded in a living relationship with Jesus Christ** and be responsive to our own spiritual needs. Cont. page 2

### Faith Health Ministry

#### Mission

Our mission is to develop a culturally, competent, Biblically informed, wellness ministry to meet the physical, mental, social-emotional, and spiritual needs through education, outreach and counseling that is affordable, accessible, and available.

#### Vision

The vision of Loudon Avenue Christian Church Faith Health Ministry is to address the needs of the congregation and community that promote wellness of the Body, Mind and Spirit, based upon the will of God in our lives.



- Second, **we can grow in sensitivity to the struggles and suffering of others.** God enables us to live a life of compassion, kindness, humility, gentleness, and patience. (Colossians 3:12)
- Third, we can make ourselves **present to people who are suffering.**
- Fourth, we can **try to help others find meaning and peace in their suffering.**

I pray that we may all be comforted with these words of promise: ***Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security. Jeremiah 33:6 (NIV)***

### Staying Hydrated, Staying Healthy

#### ➤ It's critical for your heart health

Drinking enough water keeps the body hydrated, which helps the heart more easily pump blood through the body. It also helps muscles work efficiently. If you're well hydrated, your heart doesn't have to work as hard.

Dehydration means your body doesn't have enough water, which can make you feel really thirsty and cause other problems such as dizziness, feeling tired, swollen feet, a headache or even life-threatening illnesses, such as heat stroke.

#### ➤ How much water do you need?

What does being well hydrated mean? The amount of water a person needs depends on the climate, clothing worn and exercise intensity and duration.

A person who sweats a lot will need to drink more than someone who doesn't. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. People with cystic fibrosis have a lot of salt in their sweat and also need to use caution to avoid dehydration. Some medications can also act as diuretics, or water pills, making you to urinate more and lose more fluid.

Thirst is not the best indicator that you need to drink. If you get thirsty, you're already dehydrated. The easiest thing to do is pay attention to the color of your urine. Pale and clear means you're well hydrated. If it's dark, drink more fluids. If you want to know exactly how much fluid you need, weigh yourself

before and after exercise to see how much you've lost through perspiration. It's a particularly good guide for athletes training in the hot summer months.

For every pound of sweat you lose, that's a pint of water you'll need to replenish. For example, it's not unusual for a high school football player, wearing pads and running through drills, to lose 5 pounds or more of sweat during a summer practice.

Not sweating during vigorous physical activity can be a red flag that you're dehydrated to the point of developing heat exhaustion.

#### ➤ Water is best

For most people, water is the best thing to drink to stay hydrated. Some foods can be a source of water, such as fruits and vegetables. Sports drinks with electrolytes may be useful for people doing high-intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories.

It's healthier to drink water while you're exercising, and then when you're done, eat a healthy snack like orange slices, bananas or a small handful of unsalted nuts. Avoid fruit juices or sugary drinks, such as soda. They can be hard on your stomach if you're dehydrated. It's also best to avoid drinks containing caffeine, which acts as a diuretic and causes you to lose more fluids.

Drinking water before you exercise or go out into the sun is an important first step. Otherwise, you're playing catch-up and your heart is straining.

Not just for athletes or exercise

Hydration isn't just important during physical activity. You also need to keep tabs on your water intake if you are:

- Sitting in the sun on a hot or humid day, even if you aren't exercising.
- Someone with a heart condition.
- Over age 50.
- Overweight or obese.
- Traveling.

[Staying Hydrated, Staying Healthy | American Heart Association](#)



## When did you last wash your water bottle?

Do you have a favorite reusable water bottle? A lot of people do. And while daily hydration is important for your health, you may be making this germey mistake.

If you never wash your water bottle or only rinse it with water, you are creating a perfect environment for bacteria and mold to thrive. This means you may be ingesting harmful bacteria, such as E. coli, Salmonella and Campylobacter, with each sip.

Just pouring out old water and rinsing the water bottle with new water only eliminates some germs. Dr. Robert Citronberg, the executive medical director of infectious disease and prevention at Advocate Health Care and Aurora Health Care, offers the following water bottle cleaning tips to decrease your likelihood of getting a stomach bug:

1. Look for a water bottle that is dishwasher safe. The dishwasher is the best and easiest way to keep your reusable water bottles clean. Make sure to run them through the dishwasher after every use.
2. Bottles without straws are preferred since the inside of the straw can be difficult to disinfect. If you are set on having a water bottle with a straw, you should clean the inside of the straw with dish soap and a straw brush after every use.
3. Avoid using bleach-based products.

If you filled your water bottle with a sugary sports drink or soda, it's even more important to follow the above tips since microorganisms will feed off any residue left behind.

[When did you last wash your water bottle? | health news \(ahchealthnews.com\)](https://www.ahchealthnews.com/when-did-you-last-wash-your-water-bottle/)

## Living a healthy life requires self-discipline

Let's make intentional choices every day, such as opting for a nourishing meal over an unhealthy one or setting aside time for physical exercise, even when we'd rather do something else. But it's essential to remember that we are not in this race alone. We have

the Holy Spirit within us, providing strength when we feel weak and guiding us towards choices that honor God.

Honoring God through healthy living isn't just about the food we eat or the exercise we get. It means nurturing a disciplined spirit that aligns our physical practices with our spiritual beliefs. It's about acknowledging that our bodies are vessels of the Holy Spirit and treating them accordingly. This commitment to self-discipline in our physical lives often translates into increased discipline in other areas as well, including our prayer life, Bible study and service to others.

The discipline we develop through healthy eating and regular exercise can significantly impact our spiritual growth. Self-discipline helps us grow in perseverance and resilience, qualities essential for our spiritual journey. As we learn to say no to unhealthy foods or push ourselves to exercise when we don't feel like it, we also learn how to resist temptation, and persevere through challenges.

When we see the results of our discipline in improved health and vitality, we're encouraged to be disciplined in our spiritual lives too, expecting that the same God who helps us maintain physical health will help us grow spiritually.

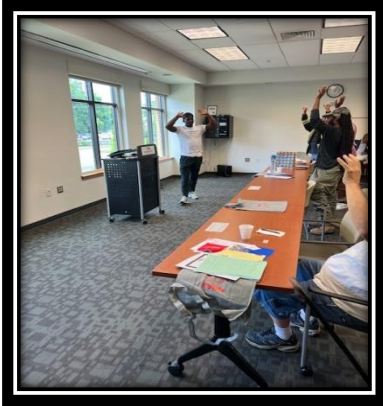
Honoring God through healthy living is a journey of grace. It's inviting God into our efforts, relying on His strength when ours falls short and trusting that He is working in us to make us more like Him. So, as we strive for self-discipline in our physical lives, let's also seek to grow in spiritual discipline, allowing our physical practices to reflect and enhance our spiritual walk. And remember, just as with our spiritual journey, it's not perfection, but direction. Every step taken in self-discipline is a step closer to honoring God in all aspects of our lives. [10 Principles for Health: Honoring God through Healthy Living - A Journey Towards Wholeness \(marisadamore.com\)](https://www.marisadamore.com/10-principles-for-health-honoring-god-through-healthy-living-a-journey-towards-wholeness/)



# Men's Health Day

## June 1, 2024

Men Making A Commitment to Good Health  
Be Healthy For Yourself and Your Love Ones



*The information provided in this newsletter is for educational and informational purposes only and does not constitute medical advice and is not intended to replace a consultation with an appropriately qualified provider*