

4 HABITS OF SPIRITUALLY HEALTHY PEOPLE (BECAUSE A SUCCESSFUL LIFE ISN'T ALWAYS THE SAME AS INNER WHOLENESS)



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WHY DOES SPIRITUAL HEALTH MATTER?

Most of us know what physical health looks like. We understand exercise, nutrition, sleep, and preventive care. But what does spiritual health look like?

Jesus didn't simply invite people to believe certain truths. He invited them into abundant life.

Spiritual health, from a Christian perspective, is seen in a life that increasingly reflects the character of Christ. It is marked by increasing amounts of love, joy, peace, wisdom, humility, courage, and hope.

THE HOPE MODEL OF SPIRITUAL HEALTH

The HOPE Model of Spiritual Health offers four simple categories that help us cooperate with God's transforming work in the world.

It is based off the HOPE Spiritual Assessment tool that was developed to help healthcare professionals understand a person's spiritual life and how it affects a person's physical health.

Yes! Spiritual health and physical health are powerfully interconnected!

While the HOPE model originated in hospitals, its questions can also help every Christian examine the health of their relationship with God.

This booklet invites you to prayerfully reflect on four areas of your spiritual life.

There are no right answers.

There is only an invitation to greater awareness of God's presence and work in your life.

“H” STANDS FOR HOPE

"May the God of hope fill you with all joy and peace as you trust in him..."

— Romans 15:13

Everyone places hope somewhere. Some place hope in success. Others in family. Others in financial security.

Followers of Jesus ultimately place their hope in the life of Christ, yet all of us experience seasons when our hope drifts toward other things.

Reflection Questions:

- What gives me hope during difficult seasons?
- When life feels uncertain, where do I naturally turn?
- Where do I experience God's presence most deeply?
- What is something I can do this week to strengthen my relationship with God and my experience of hope?

Prayer:

Lord, reveal the places where I have anchored my hope. Strengthen my trust in You above every other source of security.

“O” STANDS FOR ORGANIZED RELIGION (IE, COMMUNITIES OF FAITH)

"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow." Ecclesiastes 4:9-10

The Christian faith has always been lived in community. The Bible is a “community book!”

Faith communities are about more than just attending worship services. These are the places where we learn, worship, serve, confess, celebrate, and carry one another's burdens.

Reflection Questions:

- How connected do I feel to other people of faith?
- What role does worship and community connection play in my life?
- How do I serve within my local church context?

Consider:

Most modern societies have identified a loneliness crisis. Whats one way I can involve myself in spiritual community this month? How can I tangibly resist the impact of loneliness in my own community?

"P" STANDS FOR PERSONAL SPIRITUAL PRACTICES

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

Our relationship with God is both communal and deeply personal. Prayer, scripture, silence, journaling, Sabbath. These are not obligations designed to earn God's favor. They are practices that help us remain attentive to God's presence.

Reflection Questions:

- How do I regularly connect with God?
- Which spiritual practices make me feel more connected and alive?
- What spiritual practices stoke my curiosity?
- Where is God inviting me to grow?

Exercise:

Research historic Christian disciplines this week and consider which ones spark your interest. Consider how you might integrate one practice into your life this month.

“E” STANDS FOR EFFECTS ON EVERYDAY LIVING

**“Whoever pursues righteousness and love
finds life, prosperity and honor.”
Proverbs 21:21**

In hospitals, chaplains ask how spirituality affects an experience of illness. In everyday life, we might ask: How does my faith shape the way I actually live? Does my faith influence...

- how I forgive?
- how I spend money?
- how I handle conflict?
- how I raise my children?
- how I work?
- how I respond to suffering?
- how I love my neighbors?

Reflection Questions:

- **What decisions could be shaped by my faith this year?**
- **Where is God asking me to trust Him more?**
- **Is there an area of my life that remains disconnected from my faith?**

SPIRITUAL HEALTH: IN SUMMARY

The HOPE model of Spiritual Health reminds us that our spirits deserves the same thoughtful attention as our physical health. It invites us to ask questions that are easy to overlook in the rush of everyday life. Questions such as:

- What gives me hope?
- How does my faith community shape me?
- How do I nurture my relationship with God?
- Is my faith changing the way I live?

These are not questions to answer once and set aside. They are questions to return to throughout every season of life. Our answers will change. There will be seasons of confidence and seasons of doubt. Seasons of joy and seasons of grief. Times when God feels near and times when God seems silent.

Spiritual health is not the absence of struggle; it is learning to remain rooted in Christ through every season. As you continue your journey, may you find your deepest hope in Christ, your greatest strength in God's community, your daily rhythm in God's presence, and your life increasingly shaped by the love of God who loves you so very deeply.