

Physical Wellbeing



Emotional Wellbeing



Spiritual Wellbeing



Financial Wellbeing

## Four weeks of Wellbeing

This guide is put together to work through as a group, it includes times of pause and personal space to allow God to speak, and time for group discussion and feedback.

Choosing a Wellbeing Stream for the Summer Term using this guide.

### 1. Start by focusing on God

Begin by reading Psalm 23:1–3 slowly together:

- Take a moment of quiet.
- This psalm reminds us that God is not distant from our everyday lives. He cares about our whole wellbeing. When we feel stretched, tired, or fragile, He gently leads us to places of restoration.
- Tonight is about pausing long enough to notice where we most need God's restoring work.

Q) What words or phrases from this passage stand out to you tonight? Q) Where in your life do you most long to experience "green pastures" or "still waters"?

Allow a few minutes for sharing.

### 2. Pause and Notice

Invite everyone to sit quietly for a minute and ask God a simple prayer:

Out of these four streams of Wellbeing: Physical, Emotional, Spiritual, Financial...

**"Lord, where in my life do I most need your restoration right now?"**

Perhaps break down into smaller groups and ask some of these questions:

- Q) Where life feels stretched?
- Q) Where peace feels absent?
- Q) Where energy feels low?
- Q) Where there may be pressure or worry?

Allow God to draw your attention to the places where He wants to bring healing and growth.

### 3. The Four Streams of Wellbeing

This summer we are offering four areas where we can intentionally invite God to restore and strengthen us. Each person is encouraged to choose one area and commit for four weeks.

**1. Physical Wellbeing** - Tuesdays | 7:30–8:30pm Couch to 5KA supportive environment to build physical health together with a weekly plan to follow.

- How is your physical energy at the moment?
- Are you caring for your body in a way that helps you flourish?
- Would building healthy rhythms of movement help you feel more alive and balanced?

**2. Emotional Wellbeing** - Wednesdays | 7:45–9:00pm Exploring how we allow God to walk with us through emotions such as: Anxiety / Anger / Fear

- What emotions have been most present for you recently?
- Are there feelings you find hard to process or bring to God?
- Would it help to learn how God meets us in our emotional world?

**3. Financial Wellbeing** - 3 Tuesdays evenings CAP Money Course

Practical help and biblical wisdom for managing money and building healthy financial habits.

- Do finances currently feel peaceful or pressured?
- Is money something that creates stress or tension in your life?
- Would gaining practical tools bring freedom or clarity?

**4. Spiritual Wellbeing** - Prayer (2 Tuesdays evenings; 1 in person, 1 online) Bible Study (2 Mondays evenings; 1 in person, 1 online)

Growing deeper in relationship with God through prayer and engaging with Scripture.

- How connected to God do you feel in this season?
- Are your rhythms of prayer or Scripture where you'd like them to be?
- Do you sense God inviting you deeper spiritually right now?

**4. Discern Together** - reflect again quietly and ask: **"God, which area do you want to restore or strengthen in my life this summer?"**

- Q) Which area immediately caught your attention tonight?
- Q) Where would growth make the biggest difference in your life?
- Q) What feels like the place to focus right now?

# Four weeks of Wellbeing

Psalm 23 "The Lord is my shepherd...

He makes me lie down in green pastures,  
He leads me beside still waters.

**He restores my soul."**

Pause and notice where life feels stretched or fragile, and invite God into real areas of need:

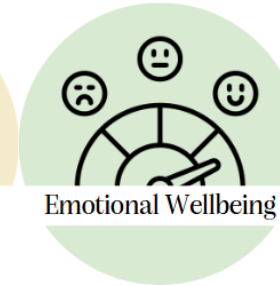


# What are the four streams?



Physical Wellbeing

Tuesdays  
Couch to 5k



Emotional Wellbeing

Wednesdays



Spiritual Wellbeing

2 Tuesdays  
Prayer  
2 Mondays  
Bible study



Financial Wellbeing

3 Tuesdays  
CAP money  
course

Four areas of life

Pick one to work on

Pray - Choose one area - Commit for four weeks

## Why?

God desires us to flourish and experience deeper peace, joy and wholeness in life.

## How?

Pause and pray. Ask God to draw you to one stream. Sign up and commit.  
One faithful step over four weeks.

## When?

27 April - 24 May Small Groups will pause to allow four weeks to focus and grow.

# Sign Up

Go to our website

[www.jcceg.co.uk/calendar](http://www.jcceg.co.uk/calendar)

find each of the 4 streams under

**"Featured Events"**