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Christ Calls Us to Wholeness

A Youth Bible Study Based on the Wholeness Wheel



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About the Author:

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Portico plan members can find the Leader's Guide version of this study, plus more information and resources about the Wholeness Wheel at portico.ws/WWWResources

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Find a digital journaling version of this study here

Welcome

In John 10:10, Jesus tells his followers, “I came that [you] might have life, and have it abundantly.” Living well is a personal journey that presents each of us with unique opportunities to steward all dimensions of our lives.

This study is meant to help you on that journey as you consider the ways God has created and blessed you. The Wholeness Wheel reminds us that as baptized believers, every aspect of our being belongs to God. When we pay attention to all aspects of our humanity — our bodies, our relationships, our money, our minds, our feelings, our work, our faith — we more fully experience that abundant life in Christ and radiate God’s love to others.

As you progress through this study, you are invited to reflect on these three questions. Notice how your understanding grows or changes from week to week:

- **What does abundant life look like for you?**
- **Which dimensions of the Wholeness Wheel seem the most life-giving for you right now?**
- **Which dimensions of the Wholeness Wheel do you feel might be calling for more of your attention?**

How to Use This Study

This is a seven-week study designed to be used alone or with others. Each week you’ll be guided through a consistent format:

- **Read:** A brief passage or two from the Bible
- **Recap:** Conversation around the text and its context
- **Reflect:** Questions related to the session’s wellness topic
- **Plan:** Brainstorming ways to grow in that dimension of well-being
- **Pray:** Suggested prayer language for the week

Feel free to work through the dimensions of the Wholeness Wheel in any order you wish. It is, however, recommended that you start at the center, since as people of faith we are grounded in our identity as baptized believers. You may wish to use a study Bible for additional notes and context of the scripture text. There is space on each page to take notes or use for journaling.

Reflect: This Bible study focuses on wholeness and health in the areas of social relationships, emotional well-being, our bodies, finances, vocation and calling, how we use our brains, and how we relate to God. All of these things matter, and are ways we live into who God made us to be. And the core promise of baptism is that we are fully loved by God, always. How does your faith show up in your everyday life? What does baptism mean to you?

Plan: As you look at the study ahead, how will you engage? Will you journal, draw, converse with a prayer partner, or something else? Name a trusted adult you will ask to walk with you if the topics become difficult: _____

Pray: *Holy God, you know me wholly. Thank you for claiming me in baptism. Be with me as I study how your Word speaks to my life in so many ways. Amen.*



Notes: _____

Reflect: Which of these sets of friends are like your friends? Which story of people interacting is the kind of friend you would like to be to others? Name some qualities you value in a friend.

Plan: Are you the kind of friend you want to have? How can you learn from these two stories to be healthier in how you connect with others?

Pray: *God of relationships, you call us friends. Thank you for the people you have put in my life, and help me to care for my relationships with them. Amen.*

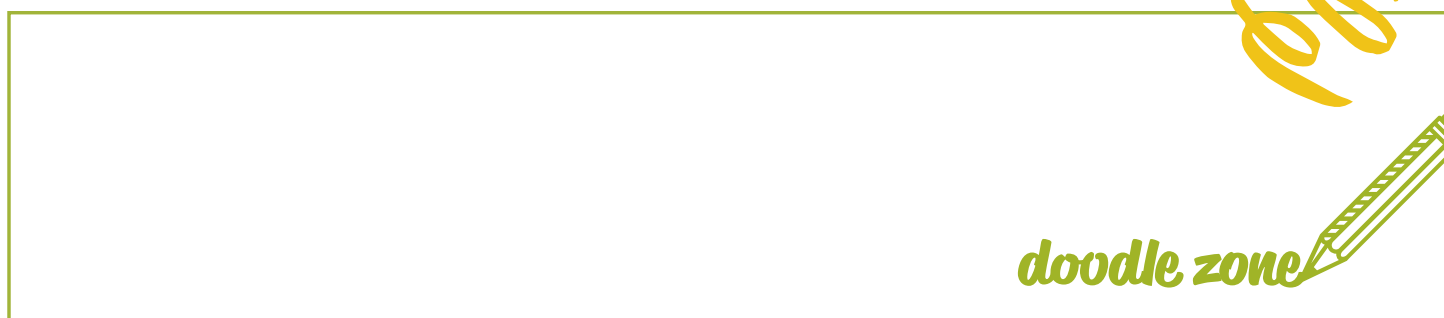


Notes: _____

Reflect: What emotions influence you the most? When you have strong emotions, how do you respond? Where in your body do you feel your strongest emotions?

Plan: Peter's emotions, while understandable in the moment, led him to violence. When strong emotions move you to action, what healthy responses can you plan to take, rather than ending up with damaging reactions?

Pray: *God who weeps when we weep, thank you for walking with me. Help me to find ways to express my emotions in healthy ways. Amen.*



Notes: _____

Physical Well-Being

While we are not all born perfectly healthy or able to live life without injury or illness, we can live physically well by tending and nurturing our body as a gift from God. Give thanks for what it is able to do for you, and care for it as you feed it healthy foods, keep it hydrated, build physical endurance through regular exercise, and respect your body's need for rest.



Read: 1 Kings 19:4 – 8; Mark 11:12 – 14

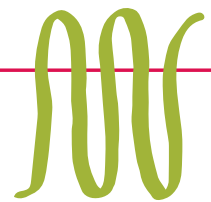
Recap: Here are two stories about how hunger can affect our whole being. How did Elijah respond differently than Jesus in his hunger? How did caring for his body's needs help Elijah's ministry?

Notes: _____

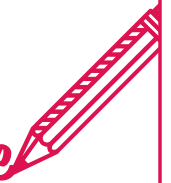
Reflect: When you have been hard at work, what is most important for your body? What kind of physical care comes easiest to you, and what do you need to ask for help with?

Plan: Name one, five-minute task that you could add to your week to take better care of your body: _____

Pray: *God who became human, thank you for my body. Help me to care for my physical wholeness as you care for me. Amen.*



doodle zone



Notes: _____

Reflect: What kinds of plans and preparations do you make in your life? How has planning ahead helped you? What is one thing you wish you understood better about managing money? What finances are you responsible for now, and what will you be responsible for in the future?

Plan: Examine your current financial life: Make a comprehensive list of your income sources (no matter how small) and expenses. What are financial necessities and what are luxuries?

Pray: *God of all things, thank you for all that I have. Help me to plan well to care for what you have given me. Amen.*



Notes: _____

Reflect: What are you good at? How might you use those gifts to serve God? Is it hard to share your gifts with God and others?

Plan: You will experience many vocations in your life. What are two or three specific roles you play right now? Name something about them that makes you feel good about yourself, and some ways you feel you are making God's world a better place.

Pray: *God who calls us to serve, thank you for the things I love doing. Help me to celebrate everyone's gifts and to use my gifts for you. Amen.*



Notes: _____

Reflect: What makes you curious? Is it a school subject or something else? Where do you go to find more knowledge about it?

Plan: Write down a question you are curious about. Where can you look for reliable information? Who can help you stay curious and ask more questions?

Pray: *God of curiosity, thank you for those who teach me, both at school and in the world. Help me to stay curious and ask my questions. Amen.*



Notes: _____

The Wholeness Wheel



As the ELCA's benefit ministry, Portico champions wellness in our church and its leaders by providing resources and inspiration grounded in Christ's promise of abundant life (John 10:10). Portico plan members can find more resources about the Wholeness Wheel at portico.ws/MWRResources



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