

## Well-Being (Shalom\*) @ Hope

There are lots of different understandings of what pastoral care and discipleship should look like within a local church. This is an attempt to define this for Hope Church. Our preferred term is well-being (shalom \*).

### Aim :-

To create a community that will enable church members and those we are serving, to grow and thrive in experiencing well-being and wholeness in Christ (shalom \*).

Primarily the context where this happens is within our Community Areas. Although it will also encompass our outreach communities.

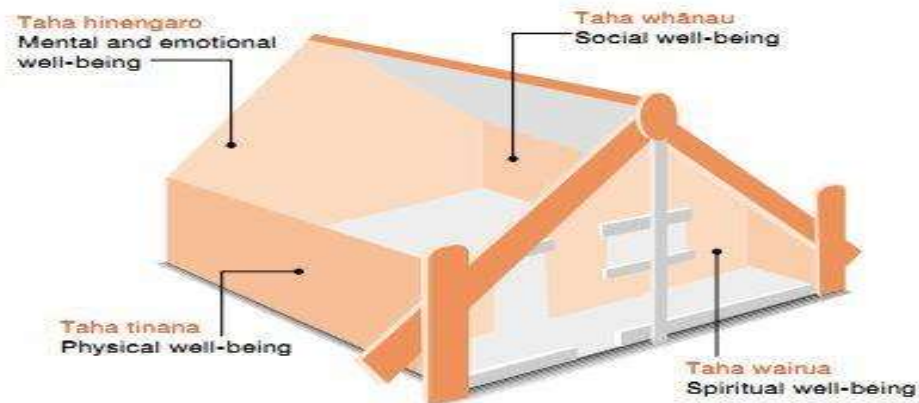
### Vision

It falls within our overall vision to be:

**A growing community of people - from different backgrounds, stages of life and experiences, including the vulnerable – who are one family in Christ Jesus.**

### The Four Walls of Well-Being

The concept of well-being encompasses the physical, mental and emotional, social, and spiritual dimensions of health. This concept is recognised by the World Health Organisation.



We seek to incorporate all 4 walls of well-being within our community; physical, mental and emotional, social and spiritual in a healthy balance.



The Maslow Hierarchy of needs illustrated above says that unless our physical needs are met, food, water, warmth, rest, we are not able to focus on the other needs. We are serving an increasing number of people whose basic needs are not being met. In seeking to create a community that enables well-being we must remember the vulnerable and the poor – Galatians 2v10

We have many biblical examples for this, Jesus helped people by looking at the whole person addressing physical healing but also spiritual issues and social consequences. In Luke 17, Jesus heals ten lepers (physical wellbeing) He sent them to the priest (social well-being) so they would be accepted back into society and He told the thankful leper who returned, his faith had made him well (spiritual well-being) but it also affected him emotionally as he was praising God.

Jesus spoke about His followers loving each other well, forgiving well, taking care of each other and serving each other.

Historically, the early Christian church grew because the Christians took care of each other and others around them. One example of this can be seen during times of plague.

Christians down the ages have often been the instigators of social reforms that we benefit from today looking out for the whole person including their spiritual welfare.

### **Becoming a “village community”**

As a community of Christian believers, we have a unique opportunity to demonstrate God’s kingdom by developing community area groups that help us all to grow and thrive as whole people, in physical, mental, emotional, spiritual and social wellbeing. Each part impacts the other so our communities need this rounded approach not just an emphasis on one wall.

We live in a world of broken lives, broken relationships, loneliness and isolation. As people come into loving, caring, supportive communities just like the early Christians, we will show a different way of living, the way of Christ.

In a small village or small Church setting people can be known, so that when life traumas happen as a community we can help and support each other. We seek to replicate this in our small groups and our Community Areas and mission groups.

When it comes to overcoming life-controlling issues, for example in alcoholism, it is recognised that if you have even one sober friend you are 30% more likely to succeed in overcoming the addiction. Add to that prayer, new purpose in life, physical activity and someone to talk to, (The four walls) the person will have a much greater chance to walk free.

### **The three areas of our communities**

1. The first area is the community of our regular attenders. They attend Services and groups therefore they are known cared for and contributing to community life.
2. People who attend services or activities but for whatever reason do not attend anything else. They are part of our communities and need to be cared for and known but are on the fringe. They need to be helped to contribute to the community and receive care from the community. We are endeavouring to find ways to connect them into groups or individuals. This is important so that if they experience a crisis, we can be there for them.
3. People we are reaching out to both individually and corporately. We look to have occasions we can invite people to. We use the four walls concept to help us to reach out. For example: -
  - Providing physical help meals, food, Child care etc.
  - Providing mental and emotional support. For example, being a good listener, friend, inviting someone to an event, sharing an interest or sport.
  - We offer spiritual help in a number of ways praying for someone, or sharing the Bible with the, inviting them to be part of our small groups, or inviting them to other courses we are running.
  - Socially, so many people are lonely or isolated. We address this by having social events. For example, we might run barbeques, pub nights, picnics, movies, walks, outings, parties are all things we can share with others.

### **Embracing differences.**

People come from many different backgrounds and our different backgrounds will affect the way we view life and the things that are important to us. We value and respect the strengths and views those from different nations and social classes bring to our community.

We take these things into account when we plan our activities and we seek to learn from each other.

*“As we embrace other cultures and backgrounds, we become a richer expression of the body of Christ.”* from “Unreached” by Tim Chester.

*“There is a danger that a church which is mostly ‘middle-class’ will assume their hidden rules*

*apply to the poor. They will create plans and strategies based on their rules and will only really accept people into their group that understand and conform to the hidden rules. If you really want the church to be for all, then something has to change...*" from "A Framework for Understanding Poverty" by Dr Ruby Payn

### **Signposting**

We recognise that there are many Christian and non-Christian programmes and organisations that have expertise and can contribute towards well-being and shalom. We work in partnership with trusted organisations and sign-post people as appropriate. Please ask for details.

### **Shalom**

"Shalom" is taken from the root word shalam, which means, "to be safe in mind, body, or estate." It speaks of completeness, fullness, or a type of wholeness that encourages you to give back — to generously re-pay something in some way. True biblical shalom refers to an inward sense of completeness or wholeness. Although it can describe the absence of war, a majority of biblical references refer to an inner completeness and tranquillity. In Israel today, when you greet someone or say goodbye, you say, Shalom. You are literally saying, "may you be full of well-being" or, "may health and prosperity be upon you."

