

Healthy Congregation Resources

HEALTH PATH

CHURCH BULLETIN WEEKLY HEALTH TIPS

HALF PAGE BULLETIN HEALTH INSERTS

FACTS WITH HOPE DVD <http://www.FactsWithHope.org>

This site was created to share evidence - based health principles for a more abundant life. The one minute videos shared here cover a variety of health topics and can be embedded or shared on websites, social media or in churches, communities or hospitals.

To Order: <https://www.adventsource.org/store/adult-ministries/health-ministries/leadership/facts-with-hope-dvd-37890>

These can also be downloaded on Youtube

POSITIVE CHOICES <http://www.positivechoices.com>

This is a great resource for doing short presentations in church or bulletin inserts

- health blogs by experts in their field (we are starting with one)
- daily health tips to inform and motivate
- interactive lifestyle training programs
- podcasts of relevant health content
- easy, economical ways you can improve your health and prevent disease

ONCE A MONTH SABBATH AFTERNOON HEALTH EDUCATION

Plan for a health education once a month after church potluck. There are many DVD's available for purchase or can be downloaded from YouTube. Prepare a fill-in-the-blanks sheet to go with presentation and take time to go over them at the end. This is an excellent way to educate and motivate church members to improve and make lifestyle changes to their health. Some suggestions are, Dr. Tim Reisenberger and Dr. David DeRose.

Spiritual Disciplines: Wellness Lesson Plan & Study Guide

<https://adventsourcecms.blob.core.windows.net/media/604fab4b-e575-e611-859a-004f78053338/SD-Wellness.pdf?v=634256233454330000>

PowerPoints <https://www.adventsource.org/ministry-plus/downloads/wellness-1765>

WALKING CLUB: Come Walk With Us

A Step By Step Guide to Organizing a Walking Club <https://www.adventsource.org/store/adult-ministries/health-ministries/health-programs/come-walk-with-us-36552>

Wholly Healthy Leaders Guide and *Wholly Healthy Bible Study Guide*

<https://www.adventsource.org/search?query=wholly+healthy§ion=store>

ENCOURAGING NEW MEMBERS IDEAS

When new members join the church take the time to invite them for a health Sabbath meal, give them a gift from health ministries such as Vibrant Life, Ministry of Healing with a study guide, or Counsels on Diets and Foods. Invite them to be part of your health ministries programs as by doing they will also learn.

HEALTH SABBATH <https://nadhealth.org/health-sabbath/>

HEALTH SERMONS <http://healthministries.com/resources/celebrations-living-life-fullest-sermon-series>

Healthy & Happy Sermons 1-15 <https://www.adventsource.org/store/adult-ministries/evangelism/healthy-and-happy-sermons-1-15-cd-39389>

Happy and Healthy Evangelistic Series Manual <https://www.adventsource.org/store/adult-ministries/evangelism/healthy-and-happy-evangelistic-series-manual-39388>

Happy and Healthy Bible Seminar Study Guides <https://www.adventsource.org/store/adult-ministries/family-ministries/program-ideas/healthy-and-happy-bible-seminars-study-guides-39386>