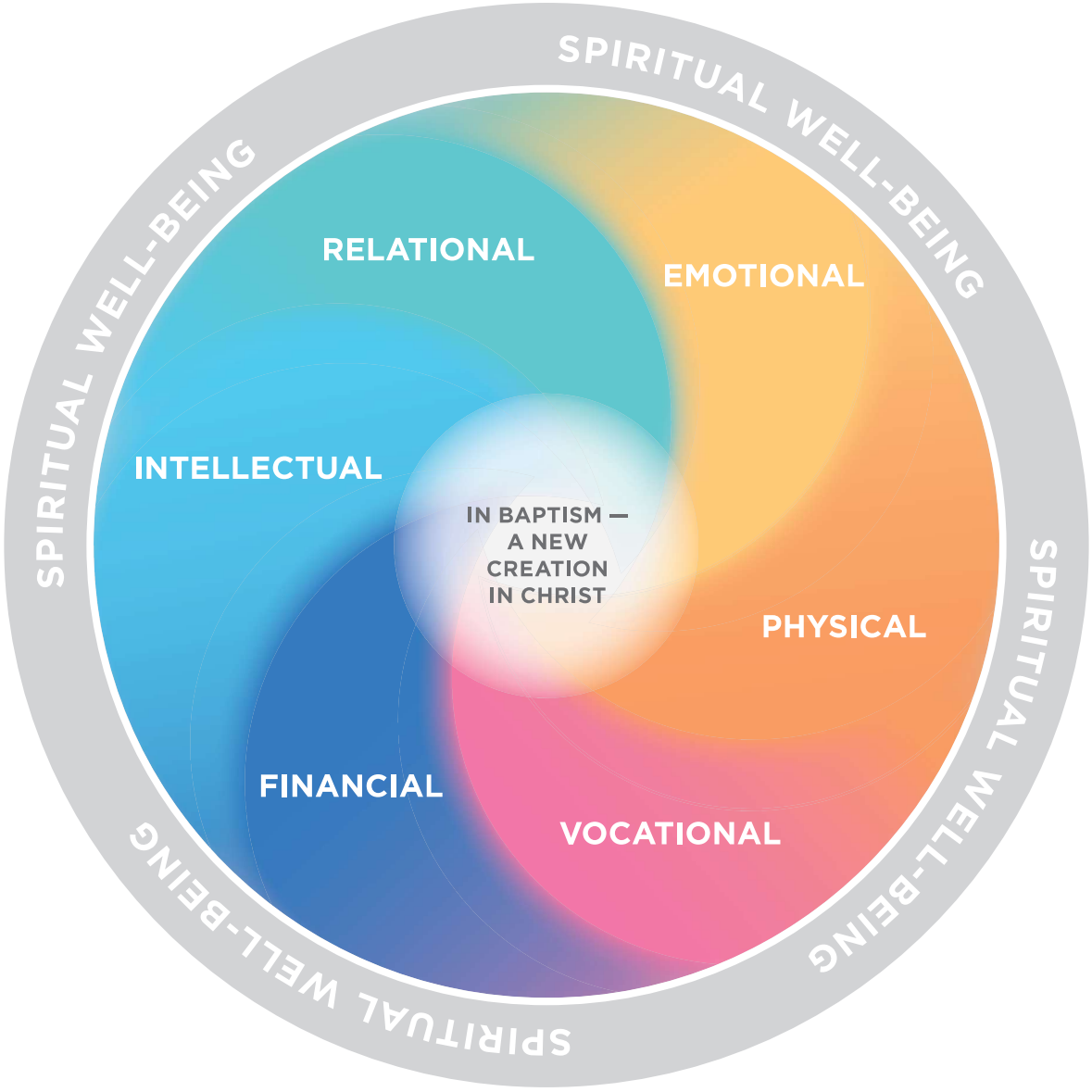
THE LCMS WELLNESS WHEEL

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." (2 COR. 5:17)



THE LUTHERAN CHURCH MISSOURI SYNOD

God the Father created human beings in miraculous complexity.

We are not one-dimensional creatures, but bodies and souls joined together — both integral parts of our entire being.

This means that there are multiple facets to our wellness, all of which are blessings we are given to steward. In Baptism, we receive new life in Jesus and are brought into the Body of Christ. Our Baptism is the center of who we are in Christ and the core of our total wellness.

The LCMS Wellness Wheel is a way to describe our overall well-being in terms of our physical, intellectual, emotional, relational, vocational and financial wellness. Our spiritual wellness encompasses all of the other facets and is affected by them. Each aspect of our wellness reveals the orderliness of God's creation and reflects His promise to bear fruit in our lives.

Relational wellness

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (EPH. 4:32)

Relational wellness begins with our relationship with Christ, which then directs our daily relationships with the people around us. Just as we confess our sins to God and receive His forgiveness, so we learn to confess and absolve one another — as neighbors, friends, siblings, spouses and parents.

Emotional wellness

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." (ROM. 12:2)

Emotional wellness means experiencing, understanding and expressing our God-given emotions and recognizing the emotions of our neighbors. Emotional wellness includes praising and thanking God for all of the gifts by which He sustains us in this life.

Physical wellness

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." (1 COR. 6:19–20)

Physical wellness means first acknowledging the harm and damage that sin has on our bodies. We know that while God has created us, disease, sickness and death are realities of our earthly existence. We do well to take care of our bodies through consuming healthy food and drink, exercising and getting the rest that our bodies need. Taking good care of ourselves enables us better to serve and love our neighbors.

Vocational wellness

"Only let each person lead the life that the Lord has assigned to him, and to which God has called him." (1 COR. 7:17)

Vocational wellness refers to our personal callings in life — whether we are a son or daughter; sister or brother; single person, husband or wife — as well as to the work given us by God to do, inside the home and out. He works in us and in our world through the roles he has placed us in. Daily we joyfully love and serve the people that God brings to us with the gifts that He has given.

Financial wellness

"And He said to them, 'Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions.'" (LUKE 12:15)

Financial wellness describes how God has given us all that we have and calls on us to use His gifts for the advancement of His kingdom. Financial wellness includes properly managing the financial gifts He has given for the good of our family, our neighbors and the church. It also includes helping our neighbor to "improve and protect his possessions and income" (Luther's Small Catechism, Sixth Commandment meaning).

Intellectual wellness

"And He said to them, 'You shall love the Lord your God with all your heart and with all your soul and with all your mind." (MATT 22:37)

Intellectual wellness means developing the mind that God has given through the pursuit of lifelong learning and growth in knowledge and reasoning skills. These gifts develop in us over time as we grow in wisdom and experience.

Spiritual wellness

"So faith comes from hearing, and hearing through the word of Christ." (ROM. 10:17)

Spiritual wellness is a gift from God. We receive faith by receiving the Gospel. As baptized believers, our spiritual well-being is continually supported by regularly hearing His Word and receiving His body and blood in the Lord's Supper.

Wholistic wellness

"We are to grow up in every way into Him who is the head, into Christ." (EPH. 4:15)

Our whole self is transformed in Baptism, and we become a temple of the Holy Spirit. We are stewards of the gifts God has given in the complexity of our being, body and soul. Through the proclamation of God's Word, and with a Christian faith that is created and strengthened in Baptism, we find true, lasting and complete wellness.

"This life, therefore, is not godliness but the process of becoming godly, not health but getting well, not being but becoming, not rest but exercise. We are not now what we shall be, but we are on the way. The process is not yet finished, but it is actively going on. This is not the goal but it is the right road. At present, everything does not gleam and sparkle, but everything is being cleansed."

— Martin Luther, *Defense and Explanation of All the Articles* (AE 32:24)