

# Health Notes

Dear Redeemer Family,

As we step into a new year, we are reminded of God's promise to renew, restore, and guide us in every season. The turning of the calendar invites us to reflect on our physical, emotional, and spiritual wellbeing—and to seek healing in all its forms.

## Scripture Reminds Us:

*"Beloved, I pray you may prosper in all things and be in health, just as your soul prospers." 3 John 1:2*



This verse beautifully captures our ministry's heart that health is not just the body, but about the soul's flourishing. Whether you're navigating chronic illness, caring for loved ones or simply hoping to make healthier choices this year, know that you are not alone. Our church family walks with you.

## In This Season of Renewal, Consider These Gentle Invitations:

- Nourish your body with wholesome foods and movement that brings joy.
- Tend to your emotional health through prayer, journaling, and connection.
- Seek healing through forgiveness, rest and the peace of Christ. Stretch and strengthen with gentle movement: chair yoga, walking indoors or light resistance bands. Get fresh air whenever possible, even for a few minutes, to lift your mood and energy.
- Try a new nourishing recipe from our bulletin board or handouts—warm soups, roasted vegetables or whole grains.
- Stay hydrated with herbal teas and water rich foods like citrus and broth Based meals.
- Practice breath prayers—inhale peace, exhale stress—to center yourself in God's love.
- Connect with others through church events, phone calls, or volunteering; Community is healing.
- Join us for upcoming health ministry events, educational offerings, bulletin board resources and seasonal handouts designed to support you.

## Let Us Hold Fast To The Promise in Isaiah 40:31

*"But those who wait on the Lord shall renew their strength; they  
Shall mount up with wings like eagles..."*

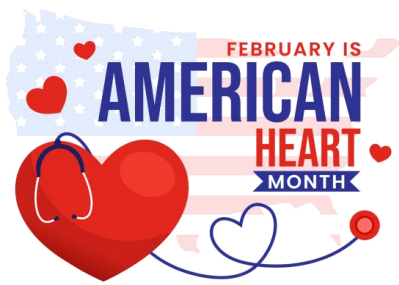
May this be a year of rising, of restoration and of radiant health—not by our own strength, but by the grace of God.

## A Prayer for the New Year

*Gracious God,*

*Thank You for the gift of a new beginning. Renew our minds, bodies and spirits. Heal what is broken, strengthen what is weary and guide us in paths of peace. May our health reflect Your goodness and may our lives be vessel of Your love. In Jesus' name, Amen.*

*With Love and Hope,  
Jodi Hellickson & Kathy Zarling  
Redeemer Parish Nurses*



## Guarding the Heart: A Faith-Centered Reflection for Heart Month

February is recognized across the nation as **Heart Month**, a time to reflect on the importance of caring for our physical hearts. As people of faith, we also understand that the heart carries deep spiritual meaning. Scripture speaks often about the heart—not only as the center of our physical life, but as the well-spring of our spiritual life as well.

### A Scriptural Foundation

One of the most well-known verses on the heart comes from **Proverbs 4:23**:

*“Above all else, guard your heart, for everything you do flows from it.”*

This verse reminds us that the heart—both physical and spiritual—is precious. God calls us to protect it, nurture it, and be mindful of what influences it. While the writer of Proverbs speaks primarily of the spiritual heart, the wisdom applies beautifully to our physical well-being as well.

### Caring for the Heart God Gave Us

While we always look to God as our ultimate source of strength and healing, we are also called to be good stewards of the bodies He has entrusted to us. Scripture affirms this in **1 Corinthians 6:19–20**, where Paul reminds us that our bodies are temples of the Holy Spirit. Caring for our physical heart can be an act of worship—an expression of gratitude for the life and breath God gives us each day.

Here are a few gentle, practical ways we can honor God by caring for our hearts:

#### 💧 **Nourish Wisely**

Choosing wholesome foods—fruits, vegetables, whole grains, and lean proteins—supports the body God designed. Eating with intention can be a spiritual practice of gratitude and discipline.

#### 🚶 **Move with Purpose**

Regular movement, whether walking, stretching, or light exercise strengthens the heart and lifts the spirit. Even small steps can make a meaningful difference.

#### 😊 **Rest and Restore**

Scripture often speaks of rest as a gift from God. Adequate sleep and moments of stillness help calm the mind and support overall well-being.

#### 🤝 **Stay Connected**

A joyful heart is good medicine (Proverbs 17:22). Fellowship, laughter, prayer, and community support all contribute to emotional and spiritual heart health.

#### 🙏 **Manage Stress Through Faith**

Life brings pressures, but God invites us to cast our cares on Him. Prayer, worship, and time in the Word can help ease burdens that weigh on the heart.

### A Heart Aligned With God

As we observe Heart Month, may we remember that God desires not only that our physical hearts beat strongly, but that our spiritual hearts beat in rhythm with His love and purpose. Let this February be a time to reflect, renew, and recommit to caring for the whole heart—body, mind, and spirit.

### A Closing Prayer for Heart Month

**Let us pray:**

*Gracious God, the One who searches and knows our hearts, we thank You for the gift of life and the breath that sustains us each day. As we reflect on the importance of caring for our physical hearts, shape within us hearts that also beat in rhythm with Your love, Your wisdom, and Your peace.*

*Strengthen us to be good stewards of the bodies You have entrusted to us. Guide our choices, calm our anxieties, and help us cultivate habits that honor You. Where there is stress, bring Your rest. Where there is worry, bring Your assurance. Where there is weakness, bring Your renewing strength.*

*Create in us clean hearts, O God, and renew a right spirit within us. May our lives reflect Your grace, and may our hearts—both physical and spiritual—be guarded by Your unfailing love. In Jesus’ name we pray. Amen.*