

THE WHOLENESS WORKBOOK



A GUIDE TO WHOLENESS

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HEY GIRL HEY

I'M JONETTA

I help women of Faith
discover their identity in
Christ, uncover their
purpose, and to walk
authentically in their
calling.

WHOLENESS – A BIBLICAL AND CHRISTIAN PERSPECTIVE

WHAT IS WHOLENESS?

The condition of being sound in body. The quality or state of being without restriction, exception, or qualification. (A noun) Antonyms: imperfection, unsoundness

WHOLENESS – A BIBLICAL DEFINITION

The state of being perfectly well in body, soul (mind, will and emotions) and spirit. This was God's original design for man before the fall and is now attainable once we join Jesus in heaven.

WHOLENESS – A BIBLICAL AND CHRISTIAN PERSPECTIVE

● *Wholeness - God's Original Design*

The Bible tells us that “the Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” (Genesis 2:7) God created a physical body from the earth and then breathed spirit into it. The spirit gave life to the body and man became a living soul. From that point forward, humans have a spiritual nature with a soul within a physical body. God made Adam and Eve as complete or ‘whole’ beings. Each part of them were intricately interwoven with the other parts in a marvelous way. They were a masterpiece. (Ephesians 2:10) Just as the body itself is a whole unit made up of many parts (1 Corinthians 12:12), our whole self was created to function as a complete unit.

Be Made Whole ... Sis

The word of God is filled with so many scriptures that speak on our wholeness both naturally and spiritually. Here are some of my favorite scriptures.

01

You must stop wasting time and energy looking for wholeness in the wrong places like romance, addictions, or even careers. 2 Corinthians 12:9 reads, "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

02

You must realize that nothing and no one except God has the power to complete you as a person. Psalm 73:26 reads, "My flesh and my heart may fail, but God is the strength of my heart and my portion forever." God is our portion. He is a part of our whole. We are not complete without him.

03

You must give up unrealistic expectations for others to meet needs that only God can meet. John 15:11 reads, "I have told you this so that my joy may be in you and that your joy may be complete." Joy comes when we are completely satisfied through the knowledge of God.

04

You must rely on God alone for the healing and fulfillment you are seeking. Psalms 107:20 reads, "He sent forth his word and healed them; he rescued them from the grave." He made sure we have the way back, to the original design.

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05

You must not calculate our worth on the basis of our appearance, job performance, success in a certain relationship, or anything other than our identity as God's beloved child. 2 Corinthians 5:7 reads, "We live by faith, not by sight."

06

Don't live your life for other people. Instead, seek to please God by discovering and fulfilling his purposes for your life, no matter what other people think. Psalm 94:19 reads, "When anxiety was great within me, your consolation brought joy to my soul." He brings comfort to our sense of failure.

07

Stop yourself when an unhealthy thought enters your mind, and challenge it by evaluating its accuracy by asking yourself, "Does this thought line up with the word of God?" Psalm 42:5 reads, "Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my savior and my God."

Talk to yourself by using God's word. The battlefield is in our minds. 2 Corinthians 10:5 reads, "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." What argument are you having in your head about yourself? Demolish it. A "pretension" is what we claim about ourselves. Demolish it.

08



BE MADE WHOLE

RECLAIM YOUR TIME

Thoughts that lead to brokenness are the devil's way of blocking what God wants you to know about who you are in Christ. You have to take those thoughts about yourself and lock them up. Make your mind listen to what God has to say about you. If you do, you will find wholeness.

The background is a solid light pink color. It is decorated with several large, abstract, organic shapes in shades of beige and grey. One large beige shape is in the upper left, a grey shape is in the upper right, and other smaller beige and grey shapes are scattered in the lower half of the image.

Thank You

Thank you taking the time to read this guide and for supporting my brand. It is my prayer that I will leave a positive impact on every woman that crosses my path.

Jonetta M. Prendergast

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