

## Wholeness

*Weekly Biblical reflections for looking after our Wellbeing*

### Reflection 1 – Living Life to the Full

*I have come that they may have life, and have it to the full.*

John 10:10

I'm not sure it's always felt like we have been living life to the full this year. For some being at home more, having the children around more, having just that bit more time has been a joy, but for many it has been a struggle. Not being able to go out as much, see friends and family and generally having life disrupted has proved to be a real challenge. As we reflect on the last 6 months can we say we have been able to live by these words? And what do we actually mean 'to live life to the full'.

Currently we are having to sit with the idea of uncertainty, constant change and a 'new normal', so living life to the full may seem difficult, but there are ways we can start to live life to the full even in the current circumstances.

Wellbeing and mental health are much talked about topics, thankfully. While people are still working on putting them on a par with physical health, thanks to celebrities and royalty it is certainly talked about and started to be understood better than ever before. Often, we don't link it in with what the Bible says about who we are. However, if Jesus wants us to live life to the full, our wellbeing and mental health must have part to play.

Do you know psychologically that there are no good or bad emotions? For example, without the emotion of fear we would not want to run away from danger. Emotions like this are very strong and create a needed short-term action. What we would call 'good' emotions aren't attached to such strong actions, such as peace and happiness, but they do broaden our awareness and resilience.

**The problem is that in our culture, these seemingly negative emotions should be short-term, but we end up living in them long-term, meaning we are not living life to the full. Over the next few weeks we will look at how we cannot live in these emotions continually, but how the Bible can give us ways to live life to the full.**

Going back to school will bring up a whole host of emotions and emotions don't always feel that convenient in the middle of a classroom or a staff meeting, and learning to sit with them can be difficult, use the questions below to help you reflect:

- Do we see emotions as good and bad? On reflection can we see a purpose for many of our emotions?
- Do you feel you are living life to the full?
- What would it mean to you to live 'life to the full'?
- List some of the things in your life that show you are 'living life to the full'
- Is there anything you could change to help you live life to the full?

Prayer:

Thank you that you came to give me life to the full, give me the opportunity to see how I am living life to the full, through my work and my home. Help me to see how you can help me live my life to the full. Amen

Next week: Living a life of Gratitude