

*life*Lines Guide
I AM WITH YOU
True Vine: Wellness

WORD

(You are welcome to gather in groups of 3 or 4 for all or part of this discussion. Consider using a break out room in zoom for smaller groups if needed)

READ [Psalm 128](#)

List the ways that the Psalmist says we are “blessed” or we have “wellness”

Consider these different areas of life/wellness - what can you thank God for?

Physical

Emotional

Intellectual

Social

Spiritual

Environmental

Occupational

Are you struggling in any of these areas? Can you share it with your brothers and sisters in Christ?

PRAY

Lift up to God thanks and praise for the many blessings you have received and cry out to Him for help in the areas that were shared that you are experiencing struggle or need. Also pray for the wellness of those in your circle of influence.

LOVE

How will you show love this week? Who will you be intentional about showing love? Be specific.

