

HOLEY, WHOLLY, HOLY:

Living an Integrated Life

SEASON 8 EP. 11

Group Questions

1. What struck you from this week's episode?
2. Jackie mentioned the first step in living an integrated health is awareness. Of the nine pillars—faith, nutrition, sleep, stress management, community, personal growth, movement and play—what is one area you recognize you are living a healthy life and one area you acknowledge you need healing and wellness?
3. What keeps you from living a healthy, integrated life: fear of failure, fear of exposure, fear of change, busyness/distraction?
4. Where have you seen Jesus bring “holes” into wholeness in your life and the lives of people you care about?

Lectio Divina

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” - 1 Corinthians 6:19-20

Journal Questions

1. The first step to integrated living is making space for the Lord and being Christ centered. What is one way you can make space for the Lord this week? What else might be in the center of your life instead of Jesus?
2. Just like you would to prepare for confession, take a moment to make an examination. What's the state of your body? What's the state of your soul? Where the areas are in your health that you haven't invited the Lord into? Where do you lack discipline?
3. Invite the Lord to reveal to you the area of your wellbeing where you are in need of focus and the presence of Jesus. Pray “Jesus re-form me.”

Quote to Ponder

“To reform. A little each day. This must be your constant concern if you really want to become a saint.” - St. Josemaria Escriva

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