

Healthy Heart

Love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. ... You shall love your neighbor as yourself. Mark 12:30–31

We are to love God with our whole heart, soul and mind. God has made us intricately and wonderfully. Our human systems are fine-tuned for health and wholeness. Mary Stein-Webber, contributor to “Our Journey to Wellness,” from Women of the ELCA.

We are called to live with a wholeness of heart, to be the person God created us to be in the entirety of our thoughts, words, and deeds. The Bible clearly takes the entire person and situation into account for wholeness and health matters. Yet we often live in ways that do not inspire wholeness or health.

In Genesis, God breathes into humankind and gives life. When we sin and separate ourselves from God, we consider ourselves dried out, broken, and wandering in the desert. Perhaps it can be said that we no longer feel God-inspired, that we feel cut off from the Spirit of God.

Through the waters of baptism we are empowered to live whole-heartedly with God in Christ Jesus. As you begin this journey to wellness, we invite you to remember that you are a baptized child of God, and God is well pleased with you.

Remember your baptism by splashing in the waters, a symbol of God’s gift of wholeness to us. You may mark yourself with the sign of the cross as you move on to the next station.