# Leading with Faith: Guiding a Wellness Group



Discover how to lead a faith-based wellness group, nurturing mind, body, and spirit with Christ at the center.





### Table of contents

Introduction	3
Day 1: ** Leading with Servant Heart	4
Day 2: Wisdom for Faithful Guidance	10
Day 3: \delta Nurturing Whole-Person Wellness	16
Day 4: & Strength Through Faith and Resilience	22
Day 5: W Building Community and Support	28
Day 6: 1 Leading by Example in Faith	34
Day 7: B Empowering Others to Lead	40







#### Introduction

Welcome to this 7-day Bible study on Leadership, tailored especially for those called to *lead faith-based wellness groups*. Leading others in holistic health requires more than organizing activities; it is about nurturing the well-being of mind, body, and spirit with Jesus as our guide and foundation.

In today's world, many seek guidance for physical health, mental peace, and spiritual renewal. When we lead with Christ at the center, we become vessels of His love, strength, and wisdom. This study invites you into deeper understanding of biblical leadership principles that uplift both you and the group you shepherd.

Through Scripture, reflection, and prayer, you will explore how to support others in a balanced way, mirroring how Jesus cared for the whole person. Each day provides practical insights and heartfelt devotionals to shape your leadership into one that reflects humility, service, courage, and grace.

Let this time renew your heart and mind, equipping you to inspire transformation in your community. As you grow in leading wellness focused on Christ, you help others experience healing and hope for all aspects of their lives. Let's begin this journey together with faith, compassion, and purpose.

















#### Your Verse

Mark 10:45 – "For even the Son of Man did not come to be served, but to serve..."

#### **Supporting Scriptures**

- Philippians 2:3 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."
- John 13:14 "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."







### Devotional: Embrace Servant Leadership Like Christ

**Leadership rooted in service** reflects the heart of Christ, who came not to be served but to serve. To lead a wellness group founded on faith means prioritizing the needs of others above your own. It's about humility—listening deeply, encouraging sincerely, and guiding gently.

When we lead with a servant's heart, we create a safe space where all aspects of well-being can flourish. Supporting mind, body, and spirit requires patience and a willingness to walk alongside others. It means offering compassion when struggles appear and celebrating victories no matter how small.

Ask yourself: How can my leadership emulate Jesus's example today? Are my motivations aligned with service, or am I seeking recognition? As you commit to leading with humility, you invite God's grace to work through you, empowering your group toward renewal and wholeness.







# Reflect and Apply

1. F	How do I currently demonstrate humility in my leadership role?
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	n what ways can serving others in my group deepen their wellness ourney?
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	What barriers might I face in leading with a servant heart, and how can I overcome them?
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# **Journaling Prompts**

1.	Write about a time you experienced servant leadership and its impact on you.
2.	List specific ways you can serve members of your wellness group this week.
3.	Reflect on any feelings of pride or control that challenge your humble leadership.







# **Prayer for Today**

Lord, help me to lead with the heart of a servant. Teach me humility and grace as I support others in mind, body, and spirit. Let my actions reflect Your love and selflessness, creating an environment where wellness thrives through Your strength. May I find joy in serving and depend entirely on You for wisdom. Thank You for being our ultimate example and guide. Amen.







# Day 2: Wisdom for Faithful Guidance









Day 2: Wisdom for Faithful Guidance

#### Your Verse

James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously..."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding..."
- Colossians 1:9 "...asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding."







Day 2: Wisdom for Faithful Guidance

### Devotional: Ask God for Wisdom Daily

Leading a wellness group requires both practical decision–making and spiritual insight. Thankfully, God promises to provide wisdom generously when we seek Him. **Wisdom guides our choices in planning activities,** addressing challenges, and encouraging growth. Without it, leadership can become overwhelming or misguided.

Trusting God means acknowledging that your understanding alone is limited. As you invite the Holy Spirit to lead, you gain clarity to meet the diverse needs of your group. Your faith becomes a beacon that inspires confidence and hope in those you serve.

Consider setting aside time each day to pray specifically for wisdom in your leadership. Reflect on past lessons God has taught you and be open to new revelations. Let your guidance flow from a heart anchored in God's truth.







Day 2:  $\bigcirc$  Wisdom for Faithful Guidance

# Reflect and Apply

1.	How often do I seek God's wisdom before making leadership decisions?
2.	What areas of my leadership need more spiritual insight?
3.	How can relying on God's guidance strengthen both me and my group?







Day 2:  $\bigcirc$  Wisdom for Faithful Guidance

# **Journaling Prompts**

1.	Record a leadership decision where God's wisdom made a difference.
2.	Write a prayer asking God for insight into a current leadership challenge.
3.	List biblical principles that influence your leadership style.







Day 2: 🖓 Wisdom for Faithful Guidance

### Prayer for Today

Heavenly Father, I ask for Your wisdom today. Help me to lead with discernment and understanding as I support others. Guide my thoughts and actions so I may reflect Your will in every decision. Thank You for Your faithful presence and generosity in giving wisdom. May my leadership honor You and nurture the wellness of those I serve. *In Jesus' name, Amen.*  $\bigwedge$ 















#### Your Verse

3 John 1:2 - "...I pray that you may enjoy good health and that all may go well with you..."

#### **Supporting Scriptures**

- Psalm 23:3 "He restores my soul."
- Romans 12:1 "...offer your bodies as a living sacrifice..."







### Devotional: Encourage Balance in Body, Mind, Spirit

True wellness embraces mind, body, and spirit — all facets of God's design for humanity. As a leader, encouraging balance supports holistic health in your group. This means promoting rest for the soul, exercise and nutrition for the body, and spiritual growth through faith.

Christ's ministry showed us this holistic care. He healed physical ailments and brought peace to troubled hearts. Helping others thrive means addressing each dimension thoughtfully and prayerfully. Encourage open conversations about mental health, create physical activities that everyone can enjoy, and foster spiritual practices like Bible study and prayer.

When your leadership models whole-person care, you honor God's intention for abundant life. Remember to care for yourself too—leading well requires that you maintain your own mind, body, and spirit.







# Reflect and Apply

1.	How do I currently support holistic wellness in my group?
2.	What healthy habits can I introduce that nurture all parts of a person?
3.	In what ways can I model self-care to my group?







# **Journaling Prompts**

1.	Describe how faith influences your understanding of wellness.
2.	Plan one activity this week that nurtures spirit, mind, and body.
3.	Reflect on personal areas where you need more balance and wellness.







# **Prayer for Today**

God, You are the source of life and restoration. Help me to promote wellness in every member of my group—spirit, mind, and body. Give me creativity to design activities that nurture whole–person health and compassion to support individual needs. Strengthen me as I lead, and may Your peace flow through our community. *Thank You for loving us completely.* Amen.







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#### Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength."

### **Supporting Scriptures**

- Philippians 4:13 "I can do all this through him who gives me strength."
- Nehemiah 8:10 "The joy of the Lord is your strength."







### Devotional: Draw Strength from Christ's Power

Leading others on a wellness journey will bring challenges and occasional setbacks. However, as a faith-based leader, your strength is not your own—it comes from God. Relying on His power allows you and your group to rise above difficulties with resilience and hope.

Encourage your community to place their hope in the Lord, who renews strength like eagles soaring. This resilience is spiritual, emotional, and physical. When members falter in motivation or face health struggles, remind them of God's promises and presence.

Your leadership can inspire perseverance by openly sharing how faith sustains you. Acknowledge that vulnerability is a strength, and together, you can draw near to God for restoration and joy.







# Reflect and Apply

1.	How do I personally renew my strength in God during challenges?
2.	What words or actions can I use to encourage resilience in others?
3.	How can shared faith build greater endurance within my group?







# **Journaling Prompts**

1.	Write about a time God gave you strength in difficulty.
2.	List scriptures that encourage you and your group to persevere.
3.	Reflect on how vulnerability and faith coexist in leadership.







## Prayer for Today

**Lord, be my strength and refuge.** Help me to lead with resilience and inspire endurance in others through Your power. When challenges arise, remind us all to hope in You, finding renewed strength and joy. Let our wellness reflect Your sustaining love. *Thank You for never leaving us weak or alone.* Amen.









# Day 5: 🂝 Building Community and Support









Day 5: 🌣 Building Community and Support

#### Your Verse

Hebrews 10:24–25 – "...let us consider how we may spur one another on toward love and good deeds..."

#### **Supporting Scriptures**

- Ecclesiastes 4:9 "Two are better than one..."
- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."







Day 5: 🌣 Building Community and Support

### Devotional: Foster Supportive, Loving Community

Leadership in a wellness group thrives in community. God designed us for connection, and part of leading well means fostering supportive relationships where members uplift each other.

Encourage openness, celebrate progress, and create an atmosphere of love and accountability. True wellness grows where people feel known, safe, and valued.

As a leader, you set the tone, demonstrating kindness and devotion. Guide your group to spur one another on toward encouragement and good deeds. Through prayer partners, group discussions, or shared meals, nurture bonds that strengthen body and spirit alike.







Day 5: 🎔 Building Community and Support

# Reflect and Apply

1.	How can I cultivate a deeper sense of belonging in my group?
2.	In what ways does community aid in mental and spiritual wellness?
3.	How do I encourage mutual support without fostering dependency?







Day 5: 🎔 Building Community and Support

# **Journaling Prompts**

1.	Reflect on the importance of community in your own wellness journey.
2.	Plan one group activity aimed at building deeper relationships.
3.	List ways to promote love and respect among all members.







Day 5: 🌣 Building Community and Support

## Prayer for Today

**Father, thank You for the gift of community.** Help me to lead in ways that build genuine support and love within the group. Teach us to encourage each other and honor one another as You do. May our relationships reflect Your unity and grace. *Bind us together in faith and wellness.* Amen.

















Day 6: 1 Leading by Example in Faith

#### Your Verse

1 Timothy 4:12 - "Be an example to the believers in speech, in conduct..."

### **Supporting Scriptures**

- Matthew 5:16 "Let your light shine before others..."
- Titus 2:7 "In all things set them an example by doing what is good."







Day 6: 1 Leading by Example in Faith

### Devotional: Inspire Through Authentic Leadership

One of the most powerful tools in leadership is example. Your daily choices in how you live out faith, care for your body, and guard your mind become a testimony that encourages others.

**Living authentically with Christ at your center** demonstrates integrity and inspires trust. As you practice spiritual disciplines, prioritize health, and exhibit kindness, members of your group witness the gospel in action.

Remember, imperfections are opportunities for grace and growth. When you openly share your journey, including struggles, you create an environment where everyone feels safe to pursue wellness alongside you.







Day 6: 🗘 Leading by Example in Faith

# Reflect and Apply

1.	What aspects of my life reflect my faith most visibly?
2.	How can I more intentionally live out Christ's example daily?
3.	What vulnerabilities can I share to foster authenticity in leadership?







Day 6: 🗘 Leading by Example in Faith

# **Journaling Prompts**

1.	Identify ways your example has influenced others positively.
2.	Write about how you handle imperfection in your leadership role.
3.	Plan one intentional practice to strengthen your witness this week.







Day 6: 1 Leading by Example in Faith

### Prayer for Today

**Lord Jesus, help me to lead by example.** May my words and actions shine Your light and inspire faith. Grant me authenticity and humility as I share this wellness journey with others. Let my life point always to You, drawing others closer to Your love. *In Your name, Amen.*  $\bigwedge$  1

















Day 7: BEEMpowering Others to Lead

#### Your Verse

Ephesians 4:11-12 - "He gave some...to prepare God's people for works of service..."

#### **Supporting Scriptures**

- 2 Timothy 2:2 "And the things you have heard me say in the presence of many witnesses entrust to reliable people..."
- Matthew 28:19 "Therefore go and make disciples of all nations..."







Day 7: Bempowering Others to Lead

### Devotional: Raise Up New Leaders in Wellness

**Leadership multiplies when we empower others.** Your role is not only to lead but to equip others for service in the wellness journey. This creates sustainable impact and nurtures gifts within the community.

Look for potential leaders by observing hearts and abilities. Offer encouragement, training, and opportunities to step forward. Teaching others aligns with Christ's call to make disciples and prepare workers for fruitful ministries.

Empowerment fosters confidence and growth both for you and your group. When leadership is shared, wellness expands beyond what one person can do alone. Trust God to develop leaders who will carry forward His mission of whole-person care.







Day 7: B Empowering Others to Lead

# Reflect and Apply

1.	Who in my group shows potential for leadership and service?
2.	How can I create space for others to grow as leaders?
3.	What fears or barriers do I face in delegating leadership roles?







Day 7: B Empowering Others to Lead

# **Journaling Prompts**

1.	List qualities you look for in emerging leaders.
2.	Write a plan for mentoring and supporting new leaders.
2	Deflect are not arreading and official arrangement of to local
3.	Reflect on past experiences of being empowered to lead.







Day 7: BEEMPOWERING Others to Lead

### Prayer for Today

Gracious God, thank You for the gift of leadership. Help me to empower others to serve with faith and love. May I wisely mentor and encourage those You are calling to lead in wellness. Strengthen our community as we multiply Your work together. *In Jesus' name, Amen.* 🙏 💋 💝



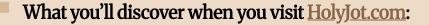




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