



Vision, Mission and Values Statement

VISION: To use fitness/wellness as a tool to spread the gospel of Jesus Christ around the world

In Matthew 28:16-20 Jesus gives his disciples something that is known as The Great Commission; "All authority in heaven and on earth has been given to me. ¹Go therefore and make disciples of all nations, baptizing them in ^[a] the name of the Father and of the Son and of the Holy Spirit, ²⁰teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.

At Revelation Wellness, we believe that being a follower of Christ is not a spectator sport. Each of us are called by name, by God, to awaken to a new life. To be a disciple and follow Him means we will be sent to places we never thought we could go, to do things we never thought we could do. God's Spirit living in us (The Holy Spirit) enables and empowers each of us for such a call. As we obey the call, we become the person God created us to be – a process known as sanctification. A disciple believes that God delights in them because they are His son or daughter and that He also disciplines (leads, teaches and instructs) those He loves. As disciplined and delighted in sons and daughters of God, and co-heirs with Christ, we are being sent into the world to tell others about the goodness, holiness, and wholeness of our good, good God.

Fitness and wellness is a multi-billion dollar industry where every day countless people are looking for solutions to their physical problems. People all over the world are either in real need due to a poor health diagnosis, or they are in perceived need due to the messages they receive about what their bodies should look like. The fitness industry thrives on perceived problems and bad news, often preying on our fears, while the Kingdom of God brings good news because God doesn't look at the outward appearance of a man but at his heart (1 Samuel 16:7). All our Revelation Wellness instructors help people connect back to their hearts (feelings), minds (thoughts) and souls (who they were uniquely designed to be, their bodies included) so they may love God with all their strength.

We believe that bad news (the pain, hurt and disappointments of life due to sin) gets stuck in good bodies. It is the Good News of Jesus Christ that is needed first and most. From there, everything else will flow.

Fitness and wellness is our tool, the hope of Jesus Christ being known all over the world is our vision, and the world is our mission field. Anywhere there is a body with breath, we are being called to go.



MISSION: Love God. Get Healthy. Be Whole. Love Others.

Vision tells us where we are going. As we established above, Revelation Wellness is going to the ends of the earth. A mission speaks more to what we are charged to do when we get to where we are going and how we plan to do it.

The four key principles to our mission at Revelation Wellness of using fitness as a tool are:

LOVE GOD – Many of us profess to love God with our mouths, but our hearts are still far from Him. In the ways we choose to act, think, and feel about our circumstance or other people, it's possible to be a Christian by name but not by lifestyle. When we believe one thing in our hearts spiritually, but do differently with our actions physically we prove ourselves to be disintegrated from our core beliefs. Loving God is an all-encompassing, holy and whole endeavor. "Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." (Mark 12:29-30) Loving God is our full-time life assignment. Because our love for God is built on relationship, not only does our life's purpose require us to love God but also to let God love us. It's God's perfect love that drives out all fears that keep us thinking, acting and choosing in destructive ways.

GET HEALTHY – As stated above, there are many places in our lives where we betray what we believe with our behavior. There is unhealth that resides in each of us for we all come to the cross in need. We all come with a story of pain, disappointments, and regret. Places in our lives where shame and guilt easily condemn our hearts. Getting healthy will be very messy at times. Learning a new way to think, feel, act and choose takes faithfulness – the ongoing desire to continue to show up and grow up in the ways of Christ, even if we fell short the day before. This is a process the Bible calls sanctification. And much like a challenging workout, sanctification is uncomfortable. Through their classes, meetups, events and gatherings, a Revelation Wellness Instructor opens the door for all to come as they are, no matter their size, ability or background story, to hear about The One who by His stripes we are healed (Isaiah 53:5). Revelation Wellness Instructors provide safe and encouraging spaces for people to continue to become new creations; to work out their salvation as God continues to work in them with His perfect love that casts out all fear that feeds our heart's dis-ease.

BE WHOLE – Because getting healthy will be hard and messy at times, we remind people that no matter how hard their situation may be, their belief in Jesus gives them the right to stay whole. Living whole is the way we maintain peace. It is Christ's peace He left with us no matter what trouble we face in this world (John 14:27). God's peace is what we have the right to receive, always, because on the cross Jesus said "It is finished." (John 19:30). No weapon forged against us can prevail since Jesus dealt with the sin on the cross. By His blood shed on the cross, Jesus overcame the power of death and the effects of sin for all mankind, for any who might believe in Him. Even though each of us is always in the process of becoming a new creation, in Christ, we have the right to stay whole – to stay still, to keep our peace. When The Good Surgeon shows up to work on our hearts (sanctification), it's best we stay still, keep our peace and keep



breathing because “This too shall pass.” Wholeness is a state of remaining at peace while we are in the process of becoming. Wholeness belongs in and on God’s people.

LOVE OTHERS – The second of the two greatest commandments that Jesus gives us is to love others as we love ourselves (Mark 12:31). We would be hard pressed to find anyone who would disagree that loving others is a good thing and the right thing to do. The challenge is how can we love others with a sustainable and enduring love if we haven’t taken the time to be loved by God – to get healthy and be whole? Since God is love (1 John 4:8), meaning He is the source, the instigator and progenitor of love, it is impossible for us to love others with a healthy love unless we ourselves receive God’s love that drives out our stinking thinking, faulty feeling, and destructive choosing. God is love and His truth sets us free to love others even if they choose not to love us in return. Even if we are mocked, scorned, or hated, like Christ, we can still choose to love. This is the highest form of love for God and others. It’s a love that is not self-seeking. Love for God and from God, above all else or others, fills us up and sets us free from needing the love of man and makes us the humblest of servants who seek to serve and not be served – to meet needs and heal hurts. By showing up to do our part of loving God, getting healthy, and remaining whole, we are best fit for this kind of Love. It’s this kind of love the displays the goodness of God on earth. When we have this kind of love for others we are best fit to carry the Good News message of the Gospel to the ends of the earth without needing love from man in return. We love because we have first been loved. As disciples of Christ we want the world to know there is room in His house for them too (John 14:2)!

CORE VALUES: Core values are the guiding principles of a person, community or organization. It’s the reason we enjoy the experience of one establishment of business over another. It’s because the person, community or organization, have established what they want others to experience when doing life or business with them. Our core values at Revelation Wellness are: God First. No Gimmicks. Freedom Living.

GOD FIRST – The fitness and wellness industry is wonderful realm that can get noisy at times. With new products and promotions popping up in every magazine or social media feed, it’s easy for us all to get lost in the promises of achieving the better version of ourselves. None of these things are bad in and of themselves, it’s our hearts that get easily lost when we look only to what can be seen. We believe one of the best ways to keep ourselves from getting lost in a sea of “do this or don’t do that” is to be a Matthew 6:33 people; “But seek first the kingdom of God and his righteousness, and all these things will be added to you.” At Revelation Wellness we seek God first and most so we might know how and when to give our best yes to God, ourselves or another.

NO GIMMICKS – Gimmicks occur when lofty promises are made in order to attract attention. Many people have been discouraged by their health and wellness experiences because not only did someone make a promise to them that they couldn’t keep, they also couldn’t keep their own promises to themselves. This ongoing pattern of broken promises (from themselves or another)



fuels the cycle of shame and can keep people feeling unworthy of God's redeeming love. At Revelation Wellness we hold all people in high honor and esteem. We consider it a privilege to walk alongside people who are desiring to get better and not just feel better. We see all our classes, trainings and events as a holy and whole space for people to grow in relationship with a God who keeps all His promises. For this reason, Revelation Wellness does not sell or partner with any one supplement or product in order to be a "clearing space" for people to reset and refresh should they have gotten taken captive by a desire of their flesh. If you are a representative of a product line, you are welcome here. We are not anti-supplement or anti-product but we are anti-gimmick. Join us as we see people as opportunities to serve, to build them up as image-bearers of God and never as opportunities for personal or platform growth.

FREEDOM LIVING - If there's one thing we get excited about at Revelation Wellness it's the idea of helping people get free from their patterns of obsessing and neglecting about the things of this world -from worshipping created things moreover creator God (Romans 1:28). Worship occurs wherever, whenever and to whomever I ascribe highest value and to whom or where we go looking for our needs to be met. To be human is not a matter of *if* we will worship, it's a matter of *who* or *what* we will worship because everybody has a hungry heart. Anything we give highest value to that is not God is what the Bible calls idolatry – a giving ourselves away to a false god. Idolatry takes our hearts captive, leads us into bondage and away from living healthy, whole, and free. At Revelation Wellness, we are excited to partner with God as He does His healing and redemptive work of setting all the captives free to love God, get healthy, be whole, and love others because free people, free people.