

THE WELLNESS REVELATION

THE COVENANT

I, _____, choose to put God's desire and design for my life first. I know that the Lord desires that I be holy and whole but that, when separated from God, I break apart. I realize that I have neglected good health in my life and the responsibility that I have in Christ to value such a gift. This covenant proclaims that I henceforth am turning from my old ways toward the new way. I acknowledge that hard work and sacrifice are to be expected, and I will allow God to be my strength as I press on toward the goal. I understand that this is a contract—an agreement—between God and me, solely based on love, and I promise to make my health and wholeness in God a priority for His glory and my joy.

I promise myself that I will take the following actions as I give my whole life—body, soul, and spirit—to Christ. Through the power of His grace, I commit myself to:

- > showing up, doing the work, and being real;
- > staying accountable, first to God and then to my community of two or more;
- > partnering with faith and not with fear;
- > surrendering when I want to take back control;
- > resting in God's truth and His love for me;
- > seeking God first so that all other things may be added to me (see Matthew 6:33);
- > knowing that God has made me on purpose for a great purpose;
- > letting God make and mold me, from my soul to my skin, into His workmanship;
- > refusing to give in to shame or condemnation when things don't appear to be going my way;
- > remembering—when I want to give up—that God's love never gives up on me.

Signature _____

Date _____