

Prosperity & Wellness Bible Study

Objective: Prosperity is more than wealth—it can be expressed through wellness. Wellness is not confined to physical health alone but extends into every area of our lives: spiritual, physical, emotional, and relational. True prosperity is experienced when each of these areas is nurtured and aligned with God’s Word. Through scripture, we are reminded that wellness is not accidental; it requires intentional choices, virtues, and actions that reflect our faith and reliance on God.

This study explores how prosperity flows from wellness when we align our lives with God’s Word and live with discernment. Wellness is both a gift and a responsibility—it calls us to care for ourselves while also caring for those around us. When we cultivate peace, gratitude, balance, and stewardship, we embody different types of prosperity. Our lives reflect His abundance not through possessions but through wholeness—having hearts at peace, minds renewed, bodies cared for, and relationships strengthened in love.

Key Components

Science (S): Health and Rest in God’s Design

Objective:

- ☐ Understand how rest, nutrition, and balance impact our health, and how God designed rhythms that restore the body and soul.

Scripture Focus: 2 Corinthians 13:11 (NIV)

“Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.”

- **Reflection:** How does rest (physical and spiritual) affect your health and wellness?

Technology (T): Tools for Healthy Living Objective: ☐ Explore how technology can either hinder wellness (through stress and distraction) or promote it (through tools, reminders, and connections).	Scripture Focus: <i>1 Corinthians 10:23 (NIV)</i> <i>"I have the right to do anything," you say—but not everything is beneficial.</i> ● Reflection: How does technology affect your wellness habits (sleep, exercise, peace of mind)? What boundaries can you set to keep technology from stealing rest and peace?
Engineering (E): Building Rhythms of Wholeness Objective: ☐ Consider how we can "engineer" healthy systems—regular prayer, exercise, rest, and community engagement—that cultivate wellness and prosperity over time.	Scripture Focus: <i>1 Corinthians 6:19-20 (NIV)</i> <i>"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."</i> ● Reflection: What small, repeatable habits can you build to strengthen your body and soul? How does discipline in small things contribute to prosperity in the long run?
Arts (A): Creative Expression of Peace and Joy Objective: ☐ Recognize creativity—art, music, journaling—as tools God gives us to process emotions, cultivate joy, and	Scripture Focus: <i>1 Corinthians 10:31 (NIV)</i> <i>"So whether you eat or drink or whatever you do, do it all for the glory of God."</i> ● Reflection: How can creative expression (song, writing, painting)

celebrate wellness as a form of prosperity.	help you celebrate God's abundance and maintain emotional wellness?
Math (M): Measured Living and Balance Objective: ☐ Understand how balance and stewardship—budgeting, time management, and moderation—bring stability and prosperity in wellness.	Scripture Focus: Proverbs 21:5 (NIV) <i>"The plans of the diligent lead to profit as surely as haste leads to poverty."</i> ● Reflection: How can being intentional with your time, energy, and resources help you prosper? Where might God be calling you to add balance?
Social Studies (SS): Community Wellness and Prosperity Objective: ☐ Explore how true prosperity includes harmony and compassion within community. Wellness is not only individual—it is collective.	Scripture Focus: 1 Corinthians 12:12-13 (NIV) <i>"Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body."</i> ● Reflection: What role does community wellness play in your own prosperity? How can you contribute to the health and peace of those around you?

Key Takeaways

This Bible study reminds us that prosperity pertains to wellness—spiritual, physical, emotional, and relational. True wellness is not just personal but communal, as we help cultivate environments where God's design for wholeness is lived out. Prosperity through wellness is not about chasing more, but about aligning our rhythms with God's Word, caring for our

bodies, practicing balance, forgiving one another, and being faithful stewards of His provision.

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