

Christ Church, Epsom Common

living well



A way of having healthy and happy lives.

*“I have come in order that you might have life -
life in all its fullness.” (John 10:10)*

As a church family at Christ Church we are all being encouraged to pay attention to God and the world around us as we live our lives. This will help us “**live well**” with God, with other people and with ourselves.

We think there are seven main areas of our lives which play an important part in helping us **live well**. They are:

1. **Praying and learning**
2. **Resting and playing**
3. **Looking after our world**
4. **Diet and exercise**
5. **Feelings and relationships**
6. **Doing things for others**
7. **Being fair**

Developing ‘Holy Habits’ for each of these areas will help us do our very best to **live well**. Read on for some suggestions for your own ‘Holy Habits’ ... try and decide which ones you would like to focus on!

1: Praying and learning

“I ask that your minds may be opened to see his light, so that you will know what is the hope to which he has called you, how rich are the wonderful blessings he promises his people,” Ephesians 1:18

- Pray to God or Jesus – every day if you can; remember ... you can pray **anytime, anywhere!**
- Use a prayer book or the 5 finger prayer technique to help you.
- Learn about the world and pray about the things you hear about.
- Attend church regularly, join in with children’s groups or youth groups.
- Learn a new skill.



2: Resting and playing

“Instead, your beauty should consist of your true inner self, the ageless beauty of a gentle and quiet spirit, which is of the greatest value in God's sight.”

Peter 3:4

Turn off your computer, phone, tablet or TV for a while and be peaceful/focus on your breathing.

- Spend a few minutes listening to and watching the world around you.
- Get enough sleep.
- Make something or read a book.



3: Looking after our world

“For, as the scripture says, “The earth and everything in it belong to the Lord.” Corinthians 10:26

- Feed the birds or pick up litter.
- Recycle as much as possible.
- Switch off lights when you leave a room.
- Water the plants.
- Appreciate Epsom Town and its surrounding nature.



4: Diet and exercise

“But keep away from those godless legends, which are not worth telling. Keep yourself in training for a godly life. Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future.”

Timothy 4:7-8

- Drink plenty of water.
- Eat regularly and as healthily as possible.
- Get some fresh air.
- Get your heart pumping!
- Set a health/fitness challenge.



5: Feelings and relationships

“Anyone who is joined to Christ is a new being; the old is gone, the new has come. All this is done by God, who through Christ changed us from enemies into his friends and gave us the task of making others his friends also.” 2 Corinthians 5:17-18

- Listen to others and be patient with them.
- Know what matters to you.
- Chat to your family - grandparents, aunties and uncles too!
- Develop friendships.
- Understand that life is special.
- Talk to an adult/friend if you are unhappy.



6: Doing things for others

“Remember to welcome strangers in your homes. There were some who did that and welcomed angels without knowing it.”

Hebrews 13:2

- Include people who may be feeling left out.
- Welcome new people to your school/church/ clubs.
- Do something special for charity.
- Be kind and helpful to others.



7: Being fair

“and learn to do right. See that justice is done—help those who are oppressed, give orphans their rights, and defend widows.”

Isaiah 1:17

- Be respectful - think before you speak.
- Listen to other people’s points of view.
- Stand up for what’s right – avoid gossip, violence and intolerance.
- Share.
- Write campaigning letters.
- Support the Foodbank.



Have you decided? ... Which Holy Habits will you focus on?

My living well targets 2018-19

Choose one Holy Habit to focus on for each area of your life. Write it down here, to help you remember.

1. **Praying and learning**.....
2. **Resting and playing**
3. **Looking after our world**.....
4. **Diet and exercise**.....
5. **Feelings and relationships**.....
6. **Doing things for others**.....
7. **Being fair**.....

.....*Sign and date*

You may wish to talk to someone you trust about your targets.

Who might this be?.....

From time to time, check how you are getting on with meeting your targets. Try to identify the things you find easier or more difficult, and think about why that is. Is it time to tick one off and to focus on something new? We hope that you enjoy *living well*.