



# KEYS TO HEALTH WHOLENESS & FRUITFULNESS



8 session discipleship course, perfect for small groups.

Keys To Health, Wholeness, & Fruitfulness is a video-based discipleship course for every Christian. Written and presented by Steve Goss and Dr. Mary Wren, it brings together truth from the Bible and wisdom from the medical world to equip you to be a healthy, whole disciple of Jesus whose life really counts.

The objective of the course is to understand that good physical health is not an end in itself, but a means to help us be and do all that God intends for us as fruitful disciples of Jesus. A complete answer only comes if we look at the whole person, spirit, mind and body, and lasting healing is the result of uncovering the root cause of a particular problem and resolving it.

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It has given me such freedom to realise that my identity is not tied to any disease and I don't have to 'own' it.

## COURSE SESSIONS

- SESSION 1 : CREATED FOR A PURPOSE
- SESSION 2 : SPIRITUALLY ALIVE
- SESSION 3 : SOUND MIND
- SESSION 4 : HEALTHY EMOTIONS
- SESSION 5 : FREE TO CHOOSE
- SESSION 6 : LIVING SACRIFICE
- SESSION 7 : TO DIE IS GAIN
- SESSION 8 : WILL GOD HEAL ME?
- THE STEPS TO HEALING AND WHOLENESS

## KEY MATERIALS

- ✓ Participant's Guide
- ✓ 8 point plan
- ✓ Audio streaming option
- ✓ Companion Books

Understand how to look after your whole being – spirit, mind, and body, how to make consistent, healthy choices and uncovering the roots of some health issues and how to resolve them.