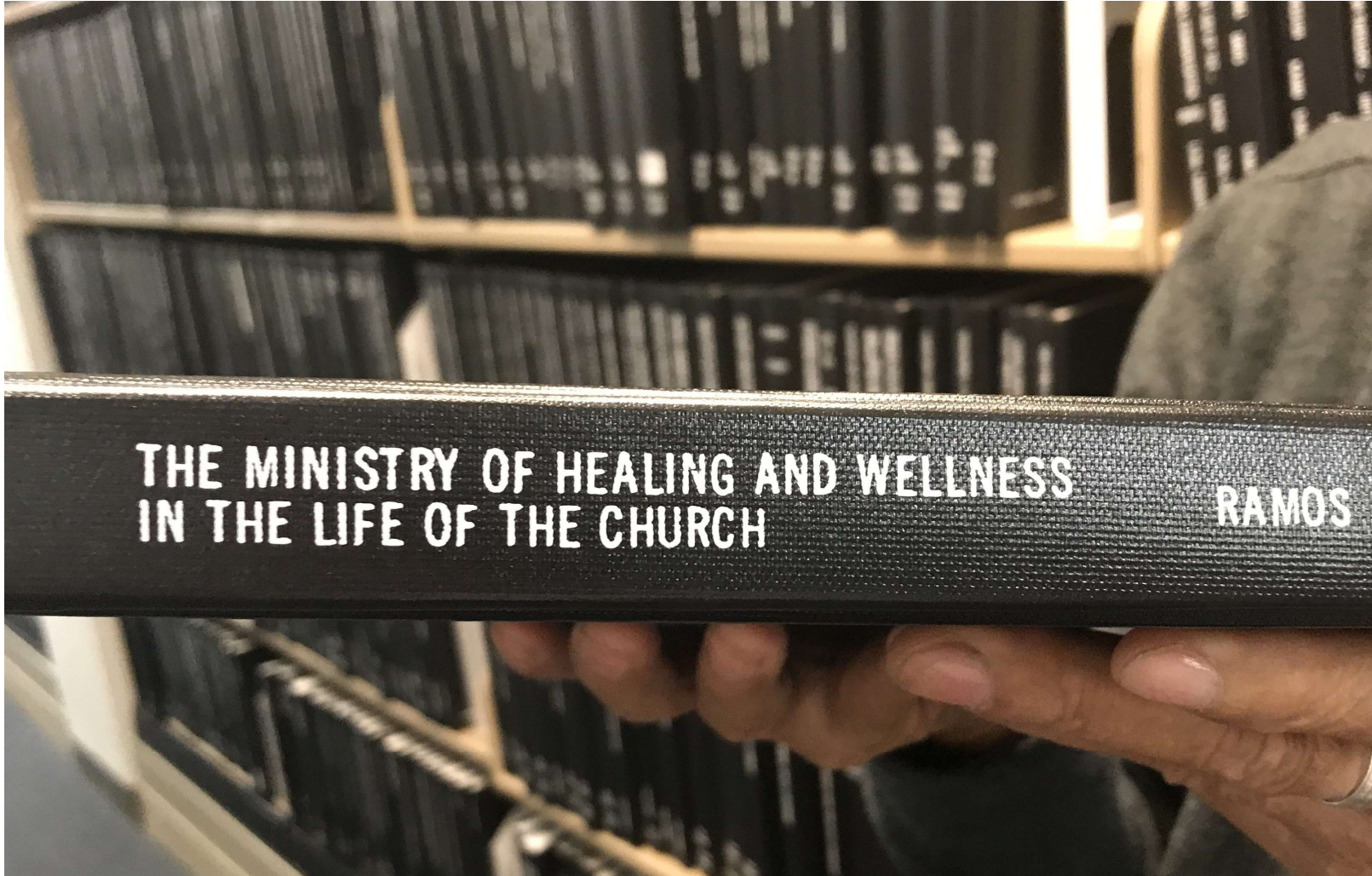


# God's Vision of Wholeness

*Pathway to Holistic Healing and Wellness*



**Richard F. Ramos II**

A close-up photograph of a person's hands holding a book spine. The book is black with white text. The background shows a library with many other books on shelves.

THE MINISTRY OF HEALING AND WELLNESS  
IN THE LIFE OF THE CHURCH

RAMOS



## OVERVIEW

- **God's vision of wholeness means holistic healing and wellness. It is a holistic approach to the healing and wellness of the human body, soul, and spirit through the redeeming work of Jesus Christ; hence, the only pathway to achieve it.**
- **It integrates various principles and disciplines of biblical theology, psychology, health, and medicine.**
- **This project was the fruit of my passion for finding an answer for the healing and wellness of the body, mind/soul, and spirit.**

## **What is Holistic Healing and Wellness?**

**It is the integration of spiritual, theological, psychological, and medical principles and disciplines for the purpose of achieving God's vision of wholeness for humanity through the redemptive work of Jesus Christ. It is with deep understanding that God alone is the ultimate Source of all healing and wellness for a person's physical, spiritual, emotional, and mental bodies, as all healing, whether through natural, medical, or supernatural means, is a gift from God. God created each person with body, soul, and spirit. They are all intertwined or interconnected, and each has unique needs.**



## **PURPOSE**

**To clearly understand God's vision for humanity (cosmos) and how the church can fully experience the redeeming work of Christ toward restoration and wholeness. This redeeming work of Christ should be evident in one's body, soul, and spirit, which includes the person's emotional and mental body for Christ's glory and advancement of His mission.**

## **What is This About**

**This holistic ministry is not about healing from a disease, virus, or injury or about healthy diet and exercise. This is primarily about restoration, wholeness, and abundant life through and in Jesus Christ (John 10:10).**

## **The Ultimate Goal**

**To become a spiritually, **emotionally, and physically fit** disciple of Christ to glorify His name and to advance His mission.**

## Healing Scriptures

***He said, "If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you." -Exodus 15:26 NIV***

***"Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security." -Jeremiah 33:6 RSV***

***"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." -3 John 1:2 NKJV***

***"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."***

***1 Corinthians 6:19-20***



## **Words of Wisdom**

***It is God's responsibility to heal, save, protect, and provide for His people. However, it is our responsibility to obey His will.***

***Protect your health to protect your life. Neglect your health, and you lose your life.***

***God respects our will, choice, or decision.***

***John Wesley had lived a long life of 88; his great friend George Whitefield died younger at the age of 56***

## **Seven (7) Areas or Means For Healing and Wellness**

- **Spiritual**
- **Natural(nutritional)**
- **Supernatural (divine intervention)**
- **Psychological (emotional & mental)**
- **Physical (fitness activity)**
- **Environmental**
- **Medical**



# Definition of Terms

## a. What is Healing?

**In Christian tradition, healing is a theological term applied to the restoration of a person's body, soul, and spirit, including the mental and emotional state.**

- **Healing and restoration became necessary only after the entrance of sin into the human experience.**
- **The medical community focuses largely on the repair of physical injury and the cure of physical disease. They prefer to use medical terms, such as “cure and recovery,” over the theological term “healing.”**

- **Because only God can heal and perform miracles and is the Author and Source of all kinds of healing, health, and wellness.**
- **The Christian Gospel is a message of healing to sinful humanity, and Jesus' sacrifice on the cross destroyed the power of sin and death that brought healing to humanity.**



## **b. What is wellness?**

- **Health + Spiritual Component = Wellness (well-being)**
- **The way wellness differs from health is that it has spiritual or intangible components. Wellness is a healthy condition of a person's body, soul, and spirit, including the psychological aspect. (*"I'm well or I'm good?"*)**
- **"Health" is more focused on the physical state of a person, whereas "wellness" goes through the physical boundary down to the inner part of the person. Health and wellness can be used interchangeably on some occasions.**

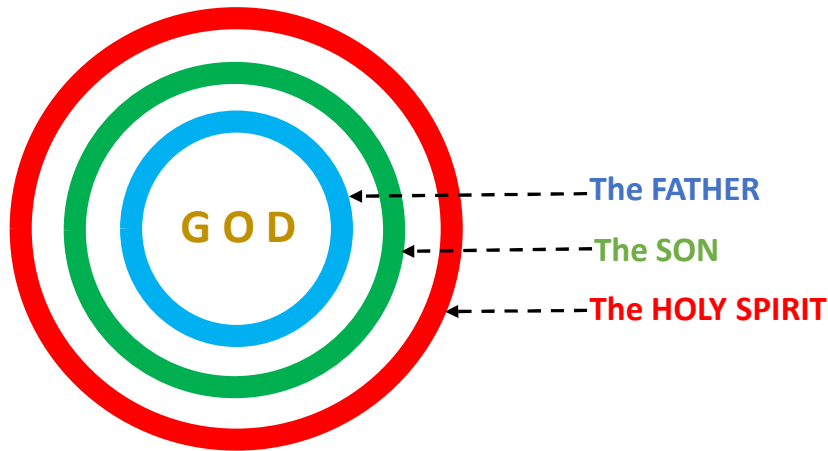
### **c. What is wholeness?**

**It is experiencing the divine gift of healing, health, and wellness in all these human entities--body, soul, and spirit.**

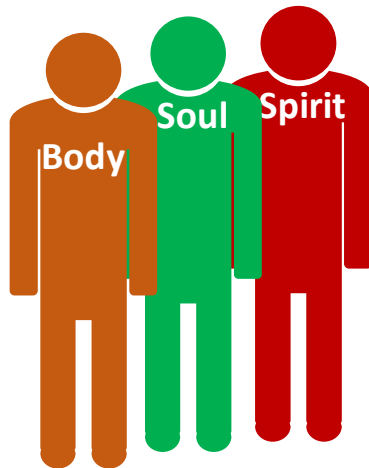
*There are people born blind and disabled, and yet they are spiritually, mentally, and emotionally well, joyful, and happy in Jesus Christ...*

**The gift of wholeness can never be achieved by human intellect, ability, and advancement of medical science. Only by the grace of God in Jesus Christ can one experience the gift of wholeness and by being a faithful steward.**





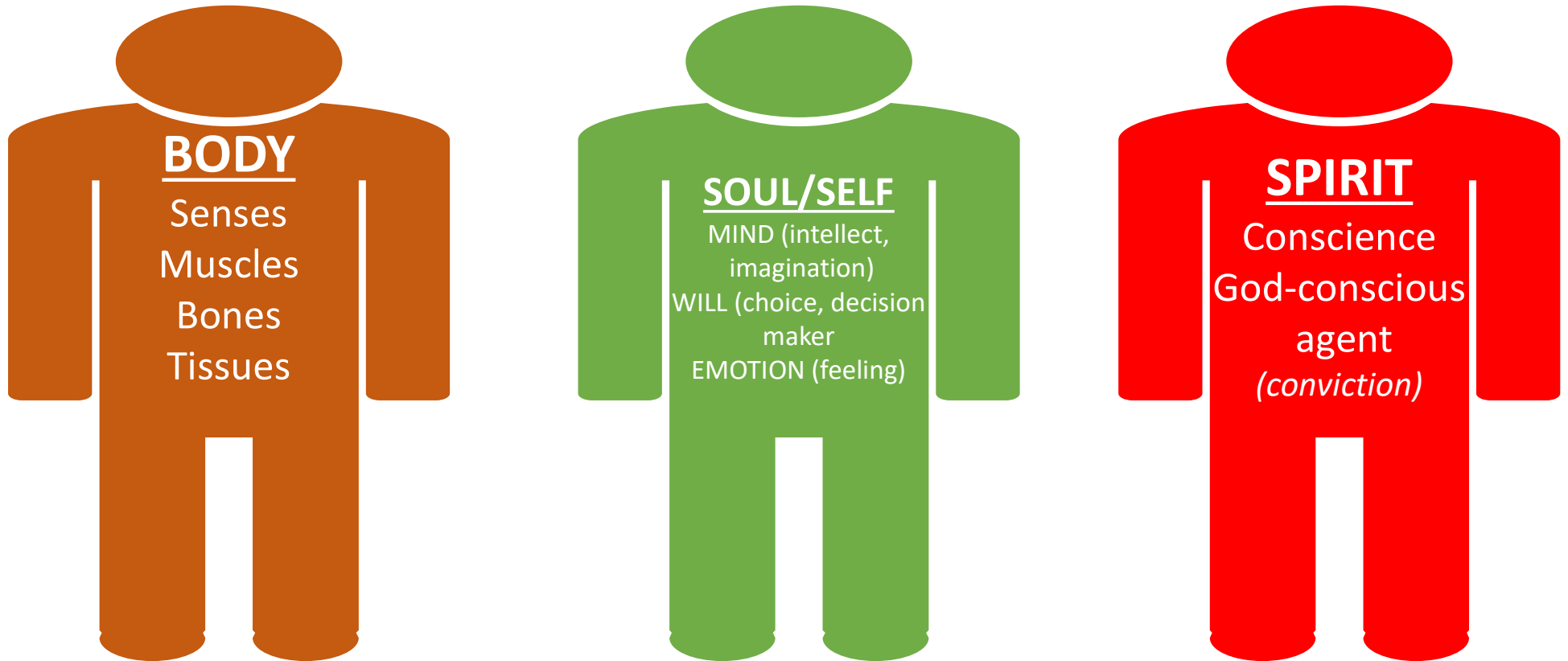
## The Triune God and the Perfect/Sinless Human Being



HUMAN

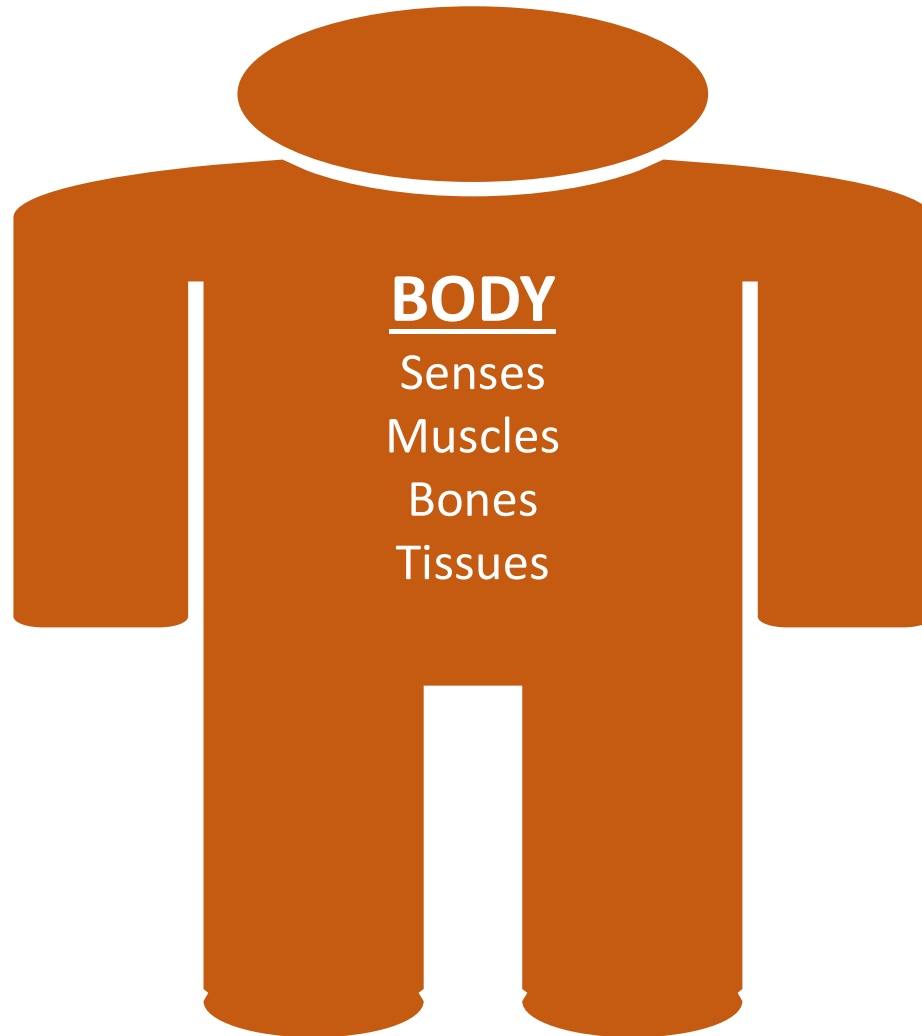
*"Then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being." – Genesis 2:7 NRSV*

THE UNIQUENESS OF HUMAN BEINGS AND THE BRILLIANCE OF GOD'S CREATIVITY.



THE CELL PHONE ANALOGY CONNECTS TO THE TOWER (GOD)





Needs: Food, Air, Water, Shelter,  
Physical Activity

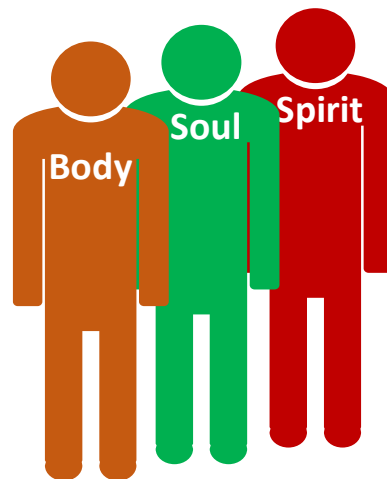
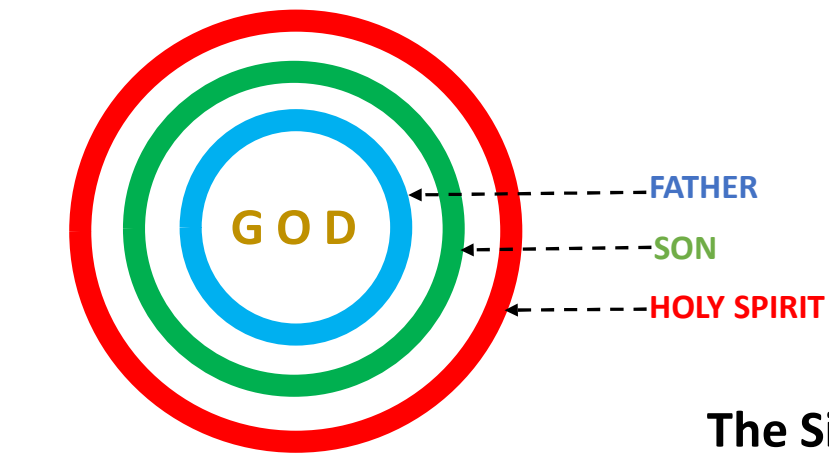
*Needs: Word of God (Matt 4:4),  
Companionship, Relationship,  
Love, Education*







*Needs: Constant fellowship and  
communion with God  
(Worship/Prayer)*



**HUMAN**

## **The Sin Dilemma (Human Problem)**

*Sin entered into human experience, and it brought chaos, sickness and disease, death to the human spirit, soul and body, and the world.*

**As for you, you were dead in your transgressions and sins..**  
*(Ephesians 2:1)*

**SIN = SEPARATION**



# SIN

## BODY

*Became mortal  
and weak,  
prone to diseases,  
(HD, Cancer, etc.)*

Needs: Food, Air, Water, Shelter,  
Physical Activity

## SOUL/SELF

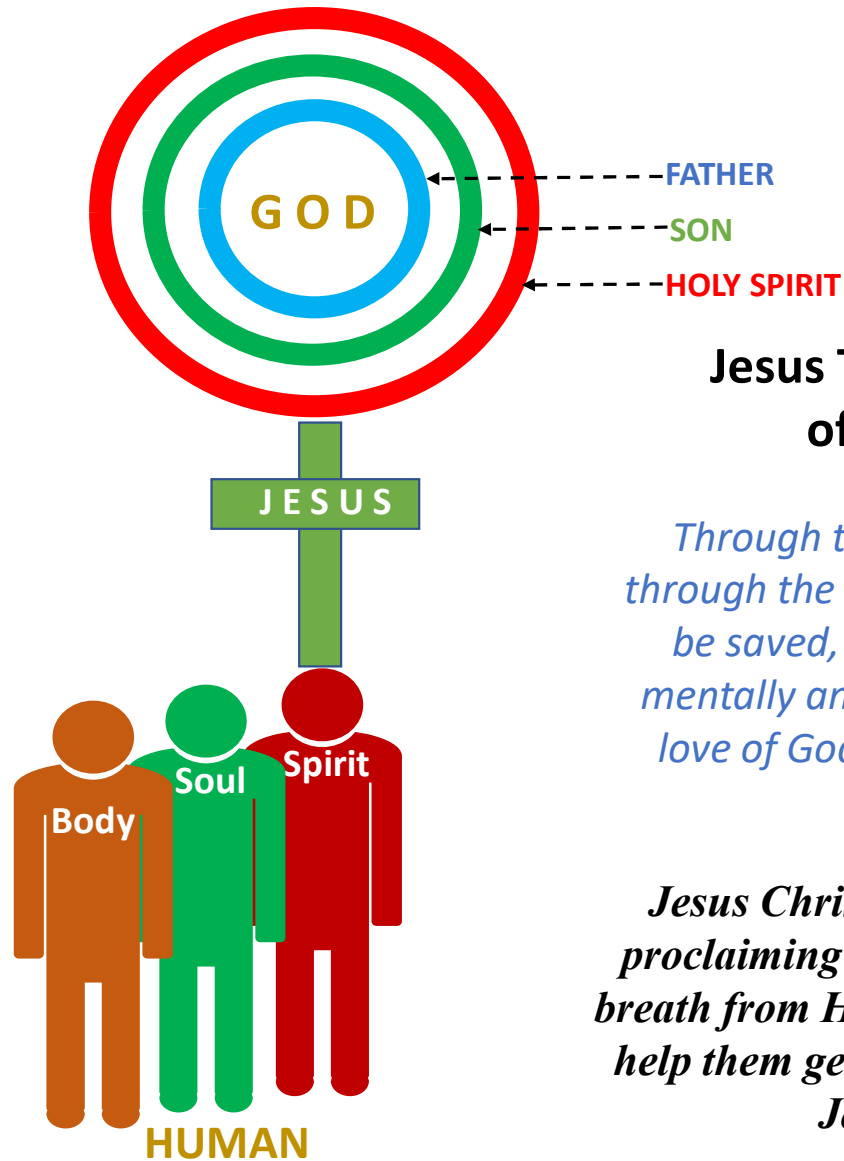
*Worry & anxiety,  
depression, anger,  
jealousy, insecurity,  
discouraged, hopeless*

Needs: Word of God (Matt 4:4),  
Companionship, Relationship,  
Love, Education

## SPIRIT

*Emptiness,  
Lost, Separated  
(disconnected)*

Needs: Constant fellowship and  
communion with God  
(Worship/Prayer)



## Jesus The Solution: The Redemption of Humanity and the World

*Through the grace of God in Jesus Christ working through the power of the Holy Spirit, humans can now be saved, restored, and whole again – spiritually, mentally and emotionally, and physically. The Agape love of God drove Him to save the world – you and me. (John 3:16).*

*Jesus Christ is the new “breath of life.” So, keep proclaiming the Gospel as people will receive a new breath from Heaven when they believe/accept it. It will help them get restored, whole and immortal again in Jesus Christ (John 11:25-26).*



# APPLICATION & IMPLEMENTATION



# Holistic Healing & Wellness

*Concept & Practice at a  
Personal and Family Level*





**"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." -3 John 1:2 NKJV**

***Healthy Spirit, Healthy Body...  
Strong Spirit, Strong Body...***

**"Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit." -3 John 1:2 NLT**





**Start with the  
SPIRITUAL LIFE**





**PHYSICAL FITNESS`**  
*(Strong Spirit, Strong Body)*



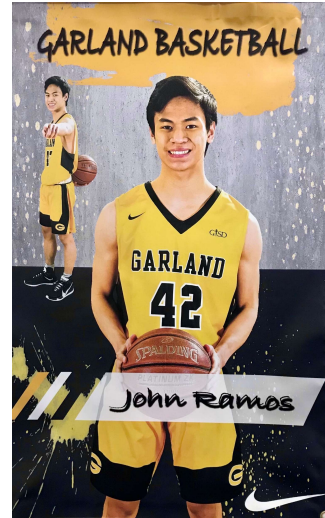




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# **NUTRITION**

***(Nutrition is the body's fuel, food, and natural medicine. God provided dietary laws and guidelines)***

***God said, "See, I have given you every plant yielding seed that is upon the face of all the earth and every tree with seed in its fruit; you shall have them for food."***

***- Genesis 1:29 NRSV***

***"Along the bank of the river, on this side and that, will grow all kinds of trees used for food...Their fruit will be for food, and their leaves for medicine."***

***- Ezekiel 47:12 NKJV***

***"Please test your servants for ten days, and let them give us vegetables to eat and water to drink. And at the end of ten days, their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies. 16 Thus the steward...gave them vegetables." - Daniel 1:12, 15-16 NKJV***

***Now Isaiah had said, "Let them take a lump of figs, and apply it as a poultice on the boil, and he shall recover." - Isaiah 38:21 NKJV.***



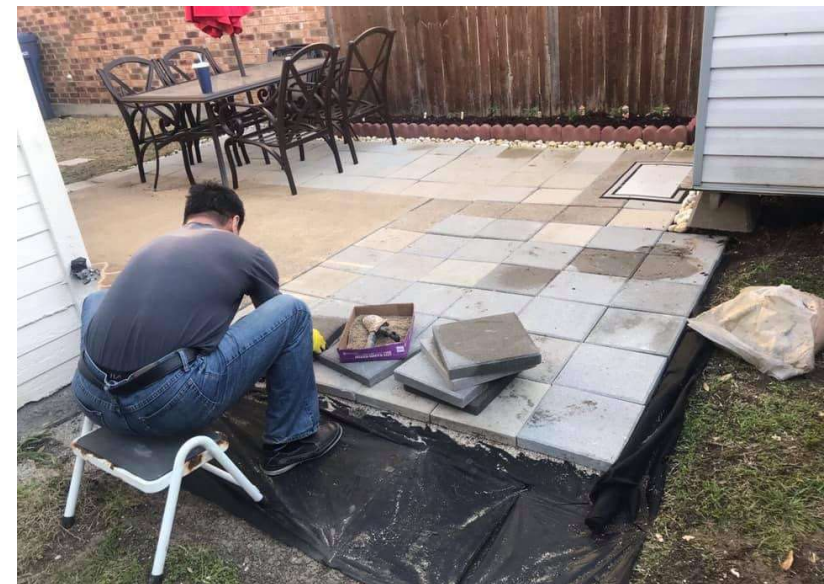


**PLANT-BASED NUTRITION  
(Healing food & medicine)**

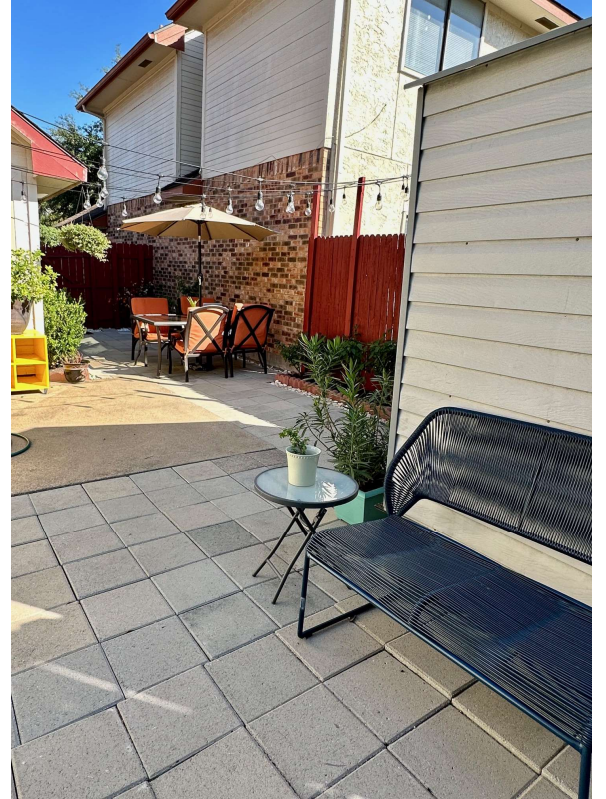




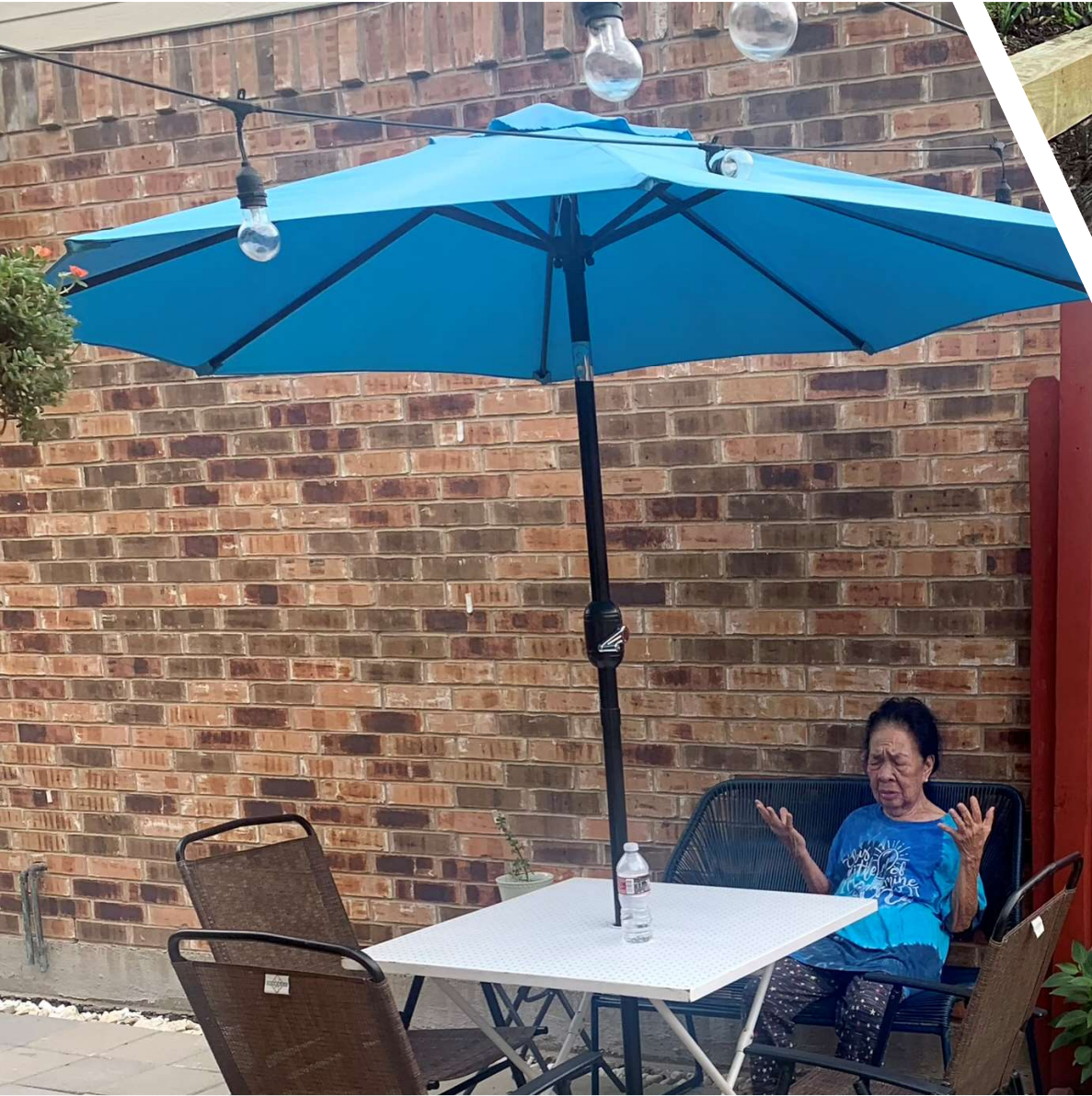
# Building A Meditation & Wellness Garden













**Organic Gardening**





**Working with my wellness  
Christian doctor**



# Mom-in-law's Journey to Holistic Healing & Wellness









**My mother supernatural healing experience while on her deathbed in 2014. I led a 7-night virtual prayer...**







**Our Lord Jesus Christ can heal your  
spiritual, emotional, mental, and physical  
bodies.**

**He is the greatest Holistic Physician!**

**To Him all the glory and honor forever!!!**





## **VISION: To Establish A Healing and Wellness Center**

***When we establish a hospital, we're dealing with treating the symptoms. Healing and wellness deals with the causes of physical, spiritual, emotional, and mental conditions. Rather than establishing more medical and psychiatric clinics and hospitals, why not the church invest more in establishing healing and wellness centers to help prevent more people from getting hospitalized?***

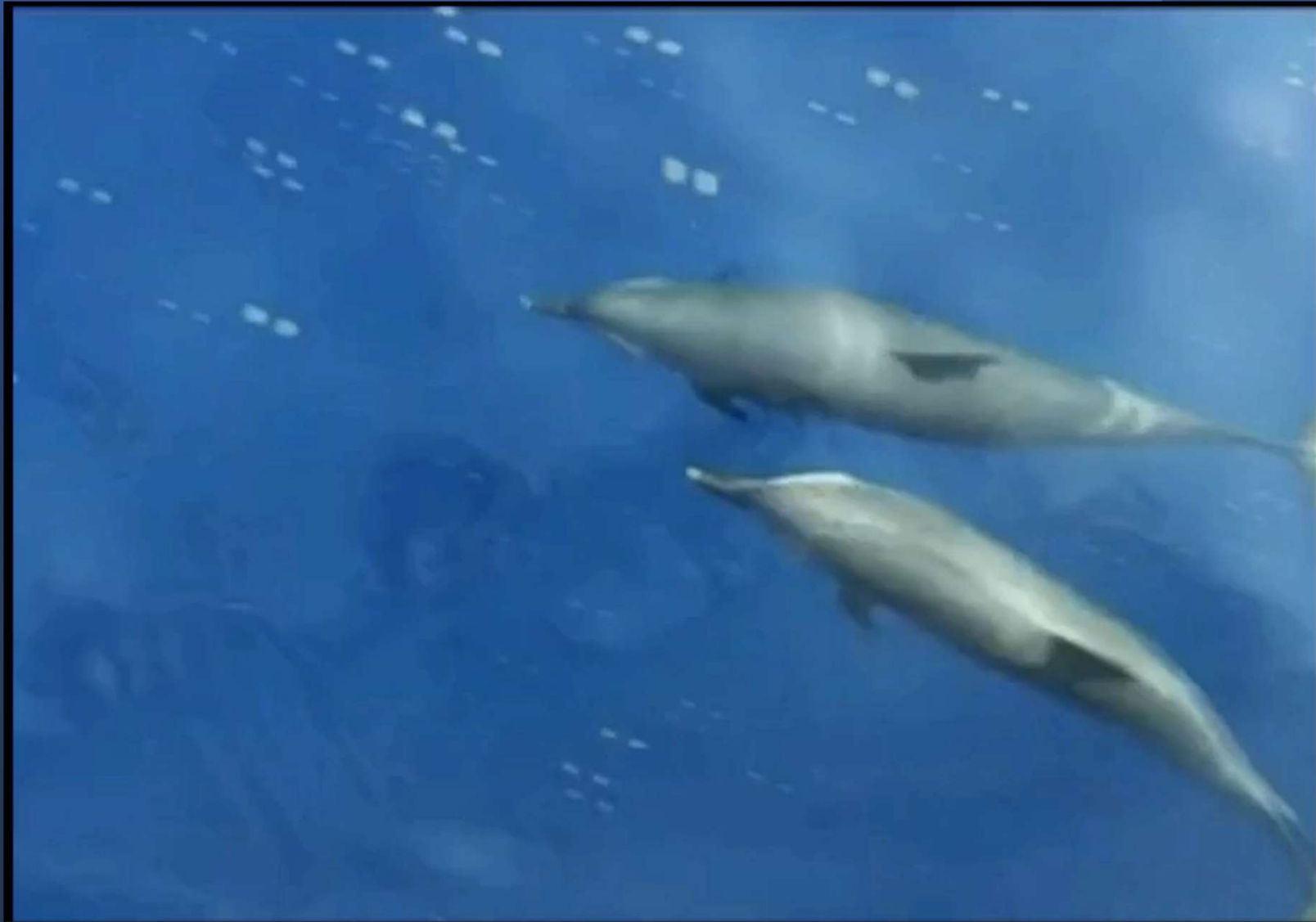


**Potential Site for Healing & Wellness Center**  
***(and launch a GM church plant)***

***with prayer mountain & retreat facilities,  
conference & training facilities, library, dormitory,  
nutrition hall, healing & wellness clinic, fitness &  
sports facilities, organic farming, retirement  
homes...***

***The property has a beautiful panoramic view of the ocean/nature, an  
abundance of fresh wild fish, fruits & vegetables, isn't hit by  
hurricanes/typhoons, is surrounded by new resorts being built, is close to a  
military base, and a new international airport construction will begin soon.***





## **Create A Holistic Wellness Team**

***To guide, assist, and provide resources for the well-being of Gospel workers, to help them become spiritually, emotionally, and physically fit disciples of Christ to glorify His name and to advance His mission.***





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**Website: [www.churchwellness.net](http://www.churchwellness.net)**



# Prayer for Wholeness

*May the God of peace himself sanctify you entirely; and may your **spirit** and **soul** and **body** be kept sound and blameless at the coming of our Lord Jesus Christ.*

*- 1 Thessalonians 5:23*