



NORTHSHORE  
BIBLE CHURCH

## SPIRITUAL WELLNESS PLAN



## WORSHIP

Am I making it to church regularly?  
Acts 2:42



## GROWING

Am I growing spiritually through a church  
class and personal time with God?  
2 Peter 3:18



## SERVING

Am I serving the needs of others  
at church or the community?  
1 Peter 4:10



## FELLOWSHIP

Am I developing friendships with others  
at NBC?  
Acts 2:46



## WITNESS

Am I reaching out to one person who  
doesn't know Jesus yet?  
Matt. 28:19

## 2022 Spiritual Wellness Plan Suggestion Guide

### SUNDAY

- a. Coming to church, with family, in person, for worship and the preached Word together is the most fundamental part of weekly church life.
- b. Attend as regularly as possible.

### GROWING

- a. Grow in Christ through a group study<sup>1</sup> AND personal devotional with God<sup>2</sup>.
- b. We suggest - attend a group learning environment at least 1x a year and to spend personal time with God 5 days a week.

### FELLOWSHIP

- a. In home gatherings are great way to build closer friendships together in the warmth of our own homes<sup>3</sup>.
- b. BYOL (Bring Your Own Lunch) on Sundays after church every other month at church<sup>4</sup>.
- c. We suggest - Gather with others in homes 3-4x a year with people/couples of your choice (include kids or not). Also, come to BYOL with family at least 2x a year.

### SERVING

- a. Christian wellness includes serving others by a variety of means depending on your gifting, experience, schedules and church/community needs.
- b. Examples include AWANA, Sunday morning, meal ministry, private act of service to one another, neighborhood, workplace, etc.<sup>5</sup>
- c. Amount of service is to be individually determined.

### WITNESS

- a. Have one specific non-believing person in your life that you are intentionally praying for, building trust with and talking to about spiritual things leading to hopefully sharing the gospel with them.<sup>6</sup>
- b. This person could be a neighbor, co-worker, family member, friend, health club member, etc.

***Over the course of a year***, we encourage individuals and families to engage in these categories. We DO NOT expect you to be engaged in all of these all year long at the same time together. The exception being WORSHIP and personal devotional time with the Lord. OPTIONAL: if you have kids, we encourage you to adjust the plan above to be able to fit time with your kids to review the children and youth lessons they get weekly. Contact Pastor Von about this if needed at (985-317-9943).

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<sup>1</sup> Keep watch for announcements in the weekly bulletin and [www.northshorebible.com](http://www.northshorebible.com) for these opportunities.

<sup>2</sup> We recommend [www.fivedaybiblereading.com](http://www.fivedaybiblereading.com) as a guide. Pray as you read and reflect. A.C.T.S. and Breath Prayers are good examples of how to pray.

<sup>3</sup> This act of "building Christian friendships organically" can be done in a few ways. (1) Think of who you've wanted to have over for a meal and have not yet. Invite them and find a day that works for both of you. (2) Think of people you know but want to get to know even better. Invite them and find a day that works for both of you. (3) If meeting at your home is not for you, think of meeting at a restaurant any day or maybe after church on Sunday. (4) Think about swapping homes with people you've invited for hosting too. If you are looking for someone's contact info, go to [www.northshorebible.com](http://www.northshorebible.com) and click on "Online Directory" to find people. If you do not have a password yet, fill out the form on that page of the website and you can set one up for yourself. Finally, suggested questions to use to get to know one another better over a meal are available upon request. You can contact Seth Stiles 985-773-3109 if needed.

<sup>4</sup> Keep watch for announcements in the weekly bulletin and [www.northshorebible.com](http://www.northshorebible.com) for specific dates.

<sup>5</sup> Keep watch for announcements in the weekly bulletin and [www.northshorebible.com](http://www.northshorebible.com) for these opportunities. Also, keep your eyes open for private acts of service you can do for one another OR other people in your life.

<sup>6</sup> If you need some guidance for how to have good, spiritual conversations with someone OR how to share the gospel, contact Pastors Jerry (985-264-6348) or Seth (985-773-3109). We can talk together and also give some recommended resources to assist. We can pray for you too.