

Congregational Health Ministry Mt Calvary Baptist Church

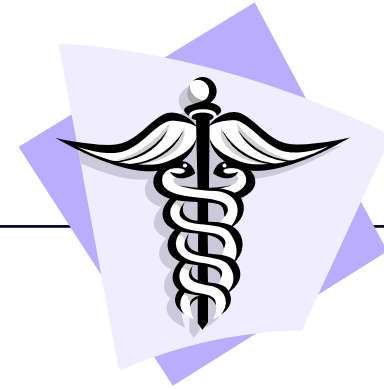




Objectives

- ❑ To encourage concepts of good health and to promote wellbeing of members of the congregation
- ❑ To disseminate health promotion information to enhance congregational health
- ❑ To minister to congregational members experiencing chronic and acute illness through physical assistance, visitation and calls

Health Ministry Mission Statement



To develop health promotion strategies to enhance congregational physical and mental wellness so that they might be better able to serve others and grow in their relationships with Jesus Christ.

I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well. Psalm 139:14

Why “Health Ministry”?

- To educate the congregation about the link between spiritual and physical wellbeing
 - **Psalm 67:2**
That thy way may be known upon earth, thy saving health among all nations
 - **3 John 1:2**
Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.
 - **Psalm 43:5**
Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.

Why “Health Ministry”? cont’d

- To assist the congregation as they strive to be physically equipped for God’s work
 - **2 Timothy 3:17**
That the man of God may be perfect, thoroughly furnished unto all good **works**.
 - **Titus 2:14**
Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works.
 - **Hebrews 13:21**
Make you perfect in every good work to do his will, working in you that which is well pleasing in his sight, through Jesus Christ; to whom be glory for ever and ever. Amen

Why “Health Ministry”? cont’d

- To provide support, encouragement and information to congregational members who are experiencing alterations in their health
 - **Isaiah 41:6**
They helped every one his neighbor; and every one said to his brother, Be of good courage
 - **Hebrews 10:24**
And let us consider one another to provoke unto love and to good works:

Health Ministry Opportunities

- ❑ Wellness Classes
- ❑ Newsletter/bulletin flyer
- ❑ Training
- ❑ Seminars
- ❑ Health Fairs
- ❑ Visitation
- ❑ Community Service



Other Potential Ministry Activities

- ❑ Providing physical assistance to families in need
- ❑ Service projects in the community
- ❑ Mentoring youth interested in health careers
- ❑ Visiting/contacting homebound and hospitalized members





The Ministry Team

- Ministry will be a sub-unit of the Family Life Ministry
- Volunteers are needed to:
 - Develop goals and structure for ministry
 - Plan activities
 - Educate and communicate with congregation and community members



Steps to a Successful Ministry

- ❑ Pray for God's guidance
- ❑ Define our purpose and goals
- ❑ Involve others who are interested in helping
- ❑ Develop roles for team members
- ❑ Establish training and activity calendar
- ❑ Review effectiveness of Health ministry activities



Getting Started

- Developing an action plan for our congregation
 - Creation of an annual/monthly theme
 - Involvement with other ministries

- Moving forward



Working with the community

- ❑ INOVA Congregational Care Ministry
- ❑ George Mason University
- ❑ Northern Virginia Community College
- ❑ Virginia Chapter Black Nurses Association
- ❑ Virginia Chapter American College of Nurse Midwives
- ❑ Local Health Department