



GOD'S PLAN FOR YOUR

Wellbeing

CCCWL - Week 1
Sunday 6th June 2021

An Introduction to Wellbeing.

1. We need to follow the best directions for greater wellbeing.

2 Timothy 3:16,17 (NIV)

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."

Psalms 119:105 (NIV)

"Your word is a lamp for my feet, a light on my path."

2. We need to seek expert guidance for greater wellbeing.

Judges 6:24 (NIV)

"So Gideon built an altar to the Lord there and called it The Lord Is Peace. To this day it stands in Ophrah of the Abiezrites."

3. We need to travel with others for greater wellbeing.

Ecclesiastes 4:9-12

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

The Importance of Connection - Practical steps.

- Make sure you access the celebrations every Sunday and encourage someone to watch it with you.
- If you can join us here in the building, we would love to see you.
- Do get a copy of the book.

(There is a limited number available from the Church for £5.00 each, speak to Julie on Sunday)

- The book is also available to order from Amazon via the link below.

https://www.amazon.co.uk/Gods-Plan-Your-Wellbeing-Smith/dp/1789512794/ref=sr_1_8?dchild=1&keywords=WELLBEING&qid=1622634179&sr=8-8

Ways to Connect at CCCWL.

- WhatsApp and email.
- Contact form via the CCCWL website.
- CCCWL Online Community Page on the website.
- Prayer Gathering on Zoom, Mondays at 7.30pm
- Small Groups on Zoom, Thursdays at 7.00pm.

My Notes

CCCWL website - www.cccwl.co.uk
(Please visit the Knowing Jesus Page)

CCCWL Prayer email - prayer@cccwl.co.uk
CCCWL Office email - office@cccwl.co.uk