

# Christ Church, Epsom Common

## living well



A way of having healthy and happy lives.

*“I have come in order that you might have life -  
life in all its fullness.” (John 10:10)*

As a church family at Christ Church we are all being encouraged to pay attention to God and the world around us as we live our lives. This will help us “**live well**” with God, with other people and with ourselves.

We think there are seven main areas of our lives which play an important part in helping us **live well**. They are:

- 1. Praying and learning**
- 2. Resting and playing**
- 3. Looking after our world**
- 4. Diet and exercise**
- 5. Feelings and relationships**
- 6. Doing things for others**
- 7. Being fair**

Developing ‘Holy Habits’ for each of these areas will help us do our very best to **live well**. Read on for some suggestions for your own ‘Holy Habits’ ... try and decide which ones you would like to focus on!

# 1: Praying and learning

*“Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart.”*

Philippians 4:6

- Pray to God or Jesus – every day if you can; remember ... you can pray **anytime, anywhere!**
- Use a prayer book or the 5 finger prayer technique to help you.
- Learn about the world and pray about the things you hear about.
- Attend church regularly, join in with children's groups or youth groups.
- Learn a new skill.



# 2: Resting and playing

*"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest."* Matthew 11:28

- Turn off your computer, phone, tablet or TV for a while and be peaceful/focus on your breathing.
- Spend a few minutes listening to and watching the world around you.
- Get enough sleep.
- Make something or read a book.



# 3: Looking after our world

*“The LORD God placed the man in the Garden of Eden to tend and watch over it.”* Genesis 2:15

- Feed the birds or pick up litter.
- Recycle as much as possible.
- Switch off lights when you leave a room.
- Water the plants.
- Appreciate Epsom Town and its surrounding nature.



## 4: Diet and exercise

*“Don't you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God? You do not belong to yourselves but to God; he bought you for a price. So use your bodies for God's glory.” 1 Corinthians 6:19-20*

- Drink plenty of water.
- Eat regularly and as healthily as possible.
- Get some fresh air.
- Get your heart pumping!
- Set a health/fitness challenge.



## 5: Feelings and relationships

*“There is no fear in love; perfect love drives out all fear. We love because God first loved us.” 1 John 4:18-19*

- Listen to others and be patient with them.
- Know what matters to you.
- Chat to your family - grandparents, aunts and uncles too!
- Develop friendships.
- Understand that life is special.
- Talk to an adult/friend if you are unhappy.



## 6: Doing things for others

*“Love your neighbour as yourself.” Mark 12:31*

- Be kind and helpful to others.
- Include people who may be feeling left out.
- Welcome new people to your school/church/clubs.
- Do something special for charity.



# 7: Being fair

*“What does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?” Micah 6:8*

- Be respectful - think before you speak.
- Listen to other people’s points of view.
- Stand up for what’s right – avoid gossip, violence and intolerance.
- Share.
- Write campaigning letters.
- Support the Foodbank.



**Have you decided? ... Which Holy Habits will you focus on?**

## My living well targets 2016-17

Choose one Holy Habit to focus on for each area of your life. Write it down here, to help you remember.

1. Praying and learning.....
2. Resting and playing .....
3. Looking after our world.....
4. Diet and exercise.....
5. Feelings and relationships.....
6. Doing things for others.....
7. Being fair.....

.....*Sign and date*

You may wish to talk to someone you trust about your targets. Who might this be?.....

From time to time, check how you are getting on with meeting your targets. Try to identify the things you find easier or more difficult, and think about why that is. Is it time to tick one off and to focus on something new? We hope that you enjoy **living well**.