

A MINISTRY OF CARE

Promoting Health in Your Faith Community

Cynthia A. Russell, PhD, RN, FAAN, PCC, CBCC, NBC-HWC
Kristen L. Mauk, PhD, DNP, RN, CRRN, GCNS-BC, GNP-BC, ACHPN, FAAN



**THE FOUNDRY
PUBLISHING**

Copyright © 2019 by Cynthia A. Russell and Kristen L. Mauk
The Foundry Publishing
PO Box 419527
Kansas City, MO 64141
thefoundrypublishing.com

978-0-8341-3762-2

Printed in the
United States of America

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—for example, electronic, photocopy, recording—without the prior written permission of the publisher. The only exception is brief quotations in printed reviews.

Cover design: Merit Alcalá
Interior design: Sharon Page

Library of Congress Cataloging-in-Publication Data

Names: Russell, Cynthia A., 1956- author.

Title: A ministry of care : promoting health in your faith community / Cynthia A.

Russell, PhD, RN, FAAN, PCC, CBCC, NBC-HWC, Kristen L. Mauk, PhD, DNP,
RN, CRRN, GCNS-BC, GNP-BC, ACHPN, FAAN.

Description: Kansas City, MO : Foundry Publishing, 2019. | Includes bibliographical references.

Identifiers: LCCN 2018043566 | ISBN 9780834137622 (pbk.)

Subjects: LCSH: Church work with the sick. | Healing—Religious aspects—Christianity. | Medical care—Religious aspects—Christianity.

Classification: LCC BV4460 .R87 2019 | DDC 259/.4—dc23

LC record available at <https://lccn.loc.gov/2018043566>

All Scripture quotations, unless indicated, are taken from *The Holy Bible: New International Version*® (NIV®). Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com.

Scripture quotations marked (NASB) are taken from the NEW AMERICAN STANDARD BIBLE®, Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission.

The internet addresses, email addresses, and phone numbers in this book are accurate at the time of publication. They are provided as a resource. The Foundry Publishing does not endorse them or vouch for their content or permanence.

CONTENTS

Part One: Becoming Health Aware

- | | |
|-------------------------------|----|
| 1. Why Address Health Issues? | 7 |
| 2. Birth to Advanced Age | 12 |
| 3. Caring Professionals | 36 |
| 4. Diversity and Health | 44 |

Part Two: Developing a Health-Aware Ministry and Community

- | | |
|---|-----|
| 5. Before You Begin | 63 |
| 6. Building Your Health Ministry Team | 69 |
| 7. Creating Risk Awareness | 77 |
| 8. Fostering Wellness within Your Faith Community | 101 |
| 9. Reaching beyond Your Faith Community | 117 |

Part Three: Increasing Your Reach

- | | |
|---|-----|
| 10. Emerging Trends: Health and Wellness
Coaching and Technology | 133 |
| 11. Collaborating and Networking | 138 |
| 12. Keep Growing a Compassionate Team | 149 |
| Notes | 157 |

PART ONE

Becoming Health Aware

1

WHY ADDRESS HEALTH ISSUES?

*“I have come that they may have life,
and have it to the full.”*

—John 10:10b

“Lord we pray for healing and peace for the frail and the sick. We pray for those hurting in body, mind, and spirit. Especially we pray for John after his heart attack; for Jenny’s aunt Thelma following the amputation of her foot; for Anne with her diagnosis of breast cancer; for Alex as he transitions to the memory care center; for Shalina as she struggles with depression and thoughts of self-harm; and for all those unnamed who are dealing with illness and pain.”

Have you or has someone you know prayed a prayer similar to this one? Illness—and its impact on our lives—is never far from our thoughts and actions as we worship together. This consciousness is not surprising when we take into account that one in two Americans suffers from a chronic disease such as hypertension, coronary heart disease, stroke, diabetes, cancer, arthritis, hepatitis, weak or failing kidneys, asthma, or chronic obstructive pulmonary disease (COPD).¹ As you look down the pew, imagine that one in two people (which, in a pew seating ten, would be five) is living with a serious health condition. Little wonder our prayer lists for health and restoration grow longer every week.

What would happen if, in our places of faith, we took aim at embracing health with the goal of reversing the downward spiral of disease? How many lives would be changed? While well grounded in inspiring spiritual well-being, local churches are ideally positioned to facilitate a renewed commitment to overall health and wellness in their members' lives and in the lives of the many people whom they reach in their communities.

Historically, the church has been a place for both physical and spiritual health. Jesus spent the majority of his earthly ministry performing many miracles, including healing the blind, the lame, and the sick, and even raising people from the dead. Although physical healing is the accompanying outcome of some of these stories, spiritual healing usually precedes it in the form of forgiveness, cleansing, or freedom. As Matthew 9:35 records, "Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness." In the early Christian church, the disciples of Christ continued this tradition of ministering to the sick and diseased. In later years, many Catholic and Protestant nursing orders were formed to care for the sick. Now, as then, many congregations continue to provide care for the sick and poor.

Today, churches have an opportunity to focus on promoting health and the *prevention* of disease. Advancements in science and the ease of access to use this knowledge to promote health create a powerful path to lifestyle change. Small changes in food choices, physical activity, and stress management can add up to significant improvements in one's health and sense of well-being. Increasing the knowledge of individuals in relation to key health concerns and medical management is a means to affect the health of the congregation. Add to this the social support of the church family and the ability to expand in relationship to God, others, and oneself, and the church, through its members, has all the key elements to promote a healthy life.

This book is about reclaiming Christ's ministry in its fullness to include a focus on all dimensions of the human experience: mind, body, and spirit. Part 1 provides the context for building a congregational awareness of how healthy people can better serve God, their families, and their communities. Part 2 offers how-to steps with practical information to address common health concerns and issues, along with health-promotion activities for church members and the larger community. Part 3 expands the reach of the congregation with a focus on current healthcare trends and ways to enhance and maintain a health-ministry team.



Are You Health Aware?

Think about the past month in the life of your church. What health issues have impacted the members of your church community? How have these issues affected the individual, the family, the congregation, and the community at large?

What is your congregation currently doing to support parishioners in attaining and maintaining healthy lives?

How did Christ and his disciples promote the health of individuals? Consider the following scriptures:

- Matthew 25:35–40
- Mark 2:1–12
- Mark 2:17
- John 4

- John 10:10
- Acts 5:12–16
- James 5:14–16



Next Steps

Right now we can:

Within three months, we will:

Our end-of-year goal is: