

How can faith make you whole?

Firstly, what is faith? To have faith in God is to make a practical promise—the kind involved in trusting God, or, trusting in God.

And in what way are we made whole?

You may hear Peter's sermon later. He has a going-blind wife and is a deaf man. Both are people of deep faith. So in what way are they "whole"? That would be a great question to ask them when you see them next.

Today, I want you to begin a week's study of body language. Did you know we have a body language? Our bodies reveal our inner thoughts. Scary huh?

I remember a particular time when I saw my daughter walking across the playground. She had her head down, shoulders hunched and shoes scuffing the ground. I immediately knew she was suffering. And sure enough she was being bullied by some girls.

What did I do? Well I worked on her body language. Stand tall, head up. I had her practising walking with a book on her head. But that was not enough. I had to address what she was thinking. We began a series of role plays, where I was her and she was the bullies. How could she react in a different way? How could she be respond to the nastiness? Eventually she faced down a pack of bullies by her quiet assurance and eye contact. Her thinking had become more confident and she was able to maintain positive body language..

During the week I want you to complete the following table. I want you to **OBSERVE** your parents and siblings. Note changes in their body language at any one time. When you note changes, ask them what they are thinking in that moment. Are they worried, tired, joyful, angry? Complete the following form.

| Who? | Features that changed | What are they thinking/feeling in that moment? |
|------|-----------------------|--|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |

Features that you might see change:

Eye contact (avoidance or looking straight ahead)

Shoulders (slumped or pulled back)

Feet (trudging or lifting well)

Back (bent or erect)

Eyes (dull or shining)

Movement (rapid, jerky or still)

Skin colour (pale, reddened, normal)

NOTE: The more **fearful** we are, the more our bodies move towards the foetal position. The way we were in the mother's tummy. Our vital parts – heart and lungs – were then especially protected.



I wonder what conclusions you will reach after your study? I hope you'll tell me.

Our thoughts have a great influence on our bodies. Do you know we cannot even lie without affecting our bodies. That is the reason lie detectors can work on all but those people who have super-human mind control!

Much illness is affected by long-term negative thinking. For instance, long-term hate can have a disastrous effect on our health.

So how does your thinking today, affect your walking and talking tomorrow?

During any day, our bodies will respond to a hundred different situations and so reveal our hundred different temporary thoughts. But **overall**, does our faith in God lead to our long-term wholeness?

What do we believe about God? You might listen again to the song, *Beautiful things*.

I am hoping you also talk to one another about how faith can lead to wholeness and what that wholeness looks like.