

Session 1: Self-Reflection Activity

Biblical Wellbeing

This is a quiet time for self-reflection. You will be given 10 minutes to journal your response to this activity. These responses are personal and do not need to be shared or discussed.

In the video, Brian Harris suggests that Genesis 1-2 points to a four-step sequence in wellbeing:

Step 1: A relationship with God

Step 2: A relationship with place (your physical surroundings)

Step 3: Relationships with other people

Step 4: Relationship with yourself

Questions to consider:

1. Do you think the sequence matters? And why?
2. Are any of the four optional?
3. What happens if one part is missing?
4. Is there an area in your life that you want to focus on in relation to what you have heard today?