



Leading by Example

"...the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness." Romans 12:8 (NRSV)

The body of Christ has many roles and responsibilities. These go beyond being worshipers, givers, suppliers and educators. Serve as leaders; guide by positive example. Strive each day to develop and maintain healthy lifestyles and habits. By doing this, others receive encouragement. Care for one another as one cares for self. Read, walk, grow and become renewed as examples, allowing others to confidently follow in these footsteps to healthier lives. Invite others to share success stories and hardships on the way to health. Share, nurture, grow – lead!

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation's Health & Wellness liaison.

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