

Wholeness Wheel



The Wholeness Wheel is a guide to balancing all aspects of health. The wheel was developed by the Inter-Lutheran Coordinating Committee on Ministerial Health and Wellness to help depict the interconnectedness of the multiple dimensions of wellness.

You are the center of the wheel as a new creation through baptism and a member of the body of Christ. Spiritual health surrounds, contains and supports us through faith and our relationship with God. Within the wheel are the multiple dimensions of wellness—physical, emotional social/interpersonal, intellectual, vocational and financial.

Nurture your whole being, body, mind and spirit as you journey to living well in Christ.

“WHOLENESS WHEEL” Ministerial Health and Wellness

The **Wholeness Wheel** was developed by the InterLutheran Coordinating Committee as a visual representation of the multifaceted and interdependent nature of health and wellness.

It is intended to assist in understanding the complex nature of health and wellness and the manner in which we can focus on the unique aspects of a Lutheran awareness of health and wellness.

At the center of the **Wholeness Wheel** is the faithful confidence that, in baptism, God graciously gives us a new life in Jesus Christ and welcomes us into the community of the Body of Christ. Health and wellness focuses both on the individual as a new creation and on the individual’s relationship within the community of faith and the larger world communities. Through God’s invitation and promises, we are firmly grounded in a relationship with God and other believers. However, as human beings we often fall short of God’s hopes for our lives and make unhealthy decisions, resulting in forces which send our wholeness wheel careening in unhealthy ways. But the powerful force of God’s Word and promises, made flesh in Jesus Christ, pulls us back into the Spirit’s central faith focus. God’s forgiving grace, conveyed to us through Sacrament and Word, is the empowering force for our health and wellness in our personal, professional, and interpersonal lives.

The **Wholeness Wheel** is comprised of six further components: physical, emotional, social/interpersonal, intellectual, vocational and financial emotional, interpersonal, vocational and intellectual arenas. These components are integrated into a wholistic circle which “rolls” most smoothly when these five elements are well-balanced in a person’s life. Each of these components requires our disciplined nurturing and strengthening in order to remain wholistically balanced. If one area is neglected, it will adversely affect one or more of the other components and conversely, when one area is strengthened, there will be positive impacts on one or more of the other elements. All these elements are surrounded, contained, and supported by our spiritual well-being, for all of creation belongs to God. Every aspect of our lives is sustained and supported by Him.

The outer circle represents how the integration of God’s central promises with the decisions we make about our physical, emotional, interpersonal, vocational and intellectual well-being, surrounded by a healthy spiritual life, can lead to “faith hardiness” or the ability to faithfully meet life’s challenges and opportunities, “running with perseverance the race that is set before us.”

As you view the **Wholeness Wheel**, take a moment to identify those areas where you are healthiest and those areas which may need some attention. Imagine one or two behavioral changes you could make right now, confident of God’s sustaining presence, that would strengthen these areas. Identify someone you trust whom you could ask to support and pray for you as well as hold you accountable for more ‘balanced’, healthier living. Remember, every healthy decision is made at the foot of the cross, conscious of God’s redeeming action in Jesus Christ!

*Copyright (1997) - Adapted from
the InterLutheran Coordinating Committee
on Ministerial Health and Wellness*