

The Health – Faith Connection is a series of catechetical articles for the purpose of exploring healing in the Catholic faith and preparation for the healing sacrament of the Anointing of the Sick. It is presented to the faithful of OLPH Church in Clovis as well as the Diocese of Fresno by Sally Flores, RN, FCN of Raphael Health Ministry and a candidate for a Master of Arts in pastoral ministries from HNU.

## HEALTH – what is it really?

***“Health is a matter of wholeness and not perfection. Health has to do with being real and offering our sins, mistakes and brokenness as multicolored threads to be woven into a rich tapestry of humanity by the healing grace of God.” Robert Raines***



### *Assumptions of health:*

- We all experience health and illness in our lives.
- Health is a combination of the spiritual, physical, psychological and social aspects of the patient. This helps us to live better with ourselves, others, the environment and God.
- Health may be experienced in the presence of disease or injury.
- The presence of illness does not mean that you are not healthy nor does good health mean that you have no illness or some imbalance in your life.
- Healing is a way of connecting the body, mind and spirit to create wholeness, health and a sense of well-being, even when your illness is not cured (adapted from American Nurses Association, 2005)

- Health is meant to be a *balance* of every aspect of your life. To begin to understand what it means to be healthy, you have to realize that you are *broken*.

Christ knows of our brokenness and he knew this when he offered us healing and salvation through his passion, death and resurrection.

- Brokenness means that we are dependent on God for life, love and health.
- Brokenness can affect our living, loving and healing capacity.
- Brokenness affects our relationship with God, ourselves and others.

*“I thought that my brokenness had to be fixed before I could be worthy of God’s love. The more I understand and have knowledge of this brokenness, the more I know that God loves me for who I am. It is because of this that I can follow God’s ways more closely, and serve others as a loving disciple.” - Sally*

Brokenness can be understood and lived in such a way to help others and empathize with their pain. Brokenness causes us to be open and vulnerable. If we surrender our will to Christ, we can experience health and healing. A healthy lifestyle begins with learning to trust in God and acknowledging that grace is enough to support and strengthen us.

**TRUST** - Trusting God with our whole self and giving him control will help us turn our brokenness into healing and build healthy relationships. Health that comes from God can provide us with strength that gives life to others even when we think we have nothing left to give.

**RELATIONSHIPS** - Health has everything to do with relationships. Our health depends on how we relate to our family and friends, our community, with God and ourselves. God gave us instructions on how we are to treat each other by the “Greatest Commandment” (Mt 22:37-40, New American Bible). Love is the center of this commandment and God serves as our example of how to love through covenant.

**COVENANT - it's a healthy way of life.**

*The covenant God made with us promised us a personal relationship, and a close and intimate connection with our creator who loves us.*



- This covenant promises to be a sharing in an abundant life filled with joy and suffering.
- God’s covenant is a promise to be there for us when we need comfort and someone to pick us up.
- The covenant calls for our participation to seek him always, not just when we struggle but to greet him daily with thanks and praise for our blessings.

*“Cast your burden on the Lord and he will sustain you.*

*He will never permit the righteous one to be moved” (Ps 55:22, English Standard Version).*

**LOVE** -This covenant relationship of love and compassion extends beyond our own health. God calls us to be Christ for one another, to be his hands and feet, and to comfort each other, especially the sick and dying. Like Mother Teresa’s invitation says, **“Do something beautiful for God.”** It is our covenantal experience with God that teaches us how to have healthy balanced relationships with others affecting our overall well-being and wholeness.

In our broken human nature of illness and suffering, we can and often turn from God and hurt one another. But God offers a beautiful alternative. He calls us to a life of health and healing amid our weak and broken lives. Turn to God for he will always give you an abundant, healthy life.

Raphael Health Ministry is here to guide and support you on your health journey. [The Health Ministry Office is located in Harvard House at 689 Harvard \(behind Notre Dame Hall\). Office hours are Mondays and Wednesdays from 9 a.m. until noon. Phone Number: \(559\) 298-5443.](#)



**Works Cited**

American Nurses Association. (2005). *Faith community nursing: Scope and standards of practice*. Silver Springs, MD: nursesbooks.org.