



# KEYS TO HEALTH WHOLENESS & FRUITFULNESS

STEVE GOSS & DR MARY WREN

AN 8-SESSION ADVENTURE TO HELP YOU  
LIVE WELL IN SPIRIT, MIND, AND BODY

**Keys To Health, Wholeness, & Fruitfulness**

**Participant's Guide**

**British English Version**

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## Comments From Participants

*"This course has been amazing for me and has given me practical tools to use."*

*"Knowing who I am in Christ has absolutely set me free!"*

*"It helps to deal with the root cause of issues rather than just dealing with the surface symptoms."*

*"It's given me a much deeper understanding of the connection between the Biblical, scientific, and medical aspects of health, wholeness, and fruitfulness."*

*"Over the last few years I've struggled with anxiety and depression. It's become part of my identity. But what I've realized through doing this course is that it's not my identity at all."*

*"A true understanding of wholeness came through in both the medical and the spiritual sense."*

*"It has given me such freedom to realize that my identity is not tied to any disease and I don't have to 'own' it."*

*"I've had some issues about feeling worthless because of what people have said in my past. I looked at the scriptures and found out who I really am in Christ. That's just really transformed me!"*

*"This course has made me realize how God heals not only spiritually but through my doctor as well."*

*"We're surrounded by 'good advice' about health and you never really know what to believe. A true understanding of wholeness came through from both the medical and the spiritual sense."*

# A Radical Step

Steve Goss, our International Director, explains why we've made the video presentations for *Keys To Health, Wholeness, & Fruitfulness* completely free:

"Our great passion is to equip the Church to transform the nations. Our call is to produce discipleship resources that church leaders can use to help every Christian across every generation become a fruitful disciple who makes a real difference.

A resource such as this one typically takes over five years to write, test, refine, and produce. The final product seems so precious to us that, when we film the accompanying video material, we want it to be the very best, so we use top-quality Christian film-makers and state-of-the-art production facilities.

That doesn't come cheap and we usually try to recoup our costs and raise money for future resources by selling the videos. But we are well aware that our calling is to equip the Church to make fruitful disciples who will transform the nations, not to be a publishing business. So with this resource, we're taking a radical step and making the video available for free in the hope that it will spread far and wide and make a much greater impact. We're trusting that God will give us a new model to fund future resources. It's an exciting step!"

Find out how to access the videos on page 7. Interested in joining with us to produce further top-quality discipleship resources, or to translate existing ones into other languages? Find out how you can help on page 195.

## Important Note For Participants

Some Christians have been taught that seeking medical help is somehow "unspiritual" or demonstrates a lack of faith in God. It is neither of those things, but is an eminently sensible course of action. Medical professionals are part of God's provision for our health.

This course is not an alternative to consulting a medical doctor. If you have a health issue that needs treatment or investigation, and you have not already done so, do not delay in seeking medical advice.

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# Get More Out Of The Course

Steve Goss has written four slim, easy-to-digest books that present Freedom In Christ's discipleship teaching. They are published by Monarch and are available from Freedom In Christ Ministries (see [FreedomInChrist.org](http://FreedomInChrist.org) for your nearest office) and other booksellers.



**Free to be Yourself** – Enjoy your true nature in Christ.

Many Christians act as they think a Christian should act – and find that they simply can't keep it up. They either drop out or burn out. True fruitfulness comes from realizing that we became someone completely new the moment we became Christians.



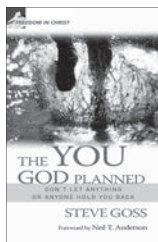
**Win the Daily Battle** – Resist and stand firm.

You are in a raging battle, whether you like it or not. Your only choice is to stand and fight or to become a casualty. Arrayed against you are the world, the devil and the flesh but once you understand how they work and just who you are in Christ, you can expect to emerge victorious from every skirmish with them.



**Break Free, Stay Free** – Don't let the past hold you back.

Every Christian has a past. It can hold us back big-time. Those of us with a lot of "stuff" know that only too well. But even those who have had a relatively trouble-free existence need to know how to resolve negative influences that stop us moving on.



**The You God Planned** – Don't let anything hold you back!

Once we have claimed our freedom in Christ, how do we remain in it and make fruitfulness a way of life? How do we know what God is calling us to be anyway? Are the goals we have for our lives in line with His goals? How can we stop others getting in the way? And how do we avoid getting in their way?

# GET STARTED



*Keys To Health, Wholeness, & Fruitfulness* is designed primarily as a study for small groups running under the auspices of a local church but you can also go through it on your own. For small groups it works best if someone is appointed to lead each session.

## 1. ACCESS THE FREE VIDEO PRESENTATIONS

In order to get started, you need to access the video presentations for each session. Because we believe passionately that the Church needs this message, we are making them available free of charge. To find out how to see them, go to:

**[www.FreedomInChrist.org/health](http://www.FreedomInChrist.org/health)**

## 2. GO THROUGH THE SESSIONS

There are eight main sessions, two optional sessions, a ministry component called *The Steps To Healing And Wholeness*, and a bonus video for participants who want to look in a little more depth at the question of addiction.

Start each session by considering the **Welcome** question, and taking part in the **Worship** time (we have suggested themes for this). Then move to the **Word** section which contains the teaching and discussion times. Start by watching the video for that session. When you reach the first Pause For Thought discussion time, pause the video (the "Pause" symbol will appear on the screen). After your discussion, continue with the second part of the video until you come to the second Pause For Thought discussion time. This is followed by a short conclusion which includes seven "Keys To Take Home", a summary of what has been covered that you can consider during the coming week (there's one for each day).

Every participant will need their own copy of this Participant's Guide.

## 3. DON'T MISS THE STEPS TO HEALING AND WHOLENESS

*The Steps To Healing And Wholeness* is different to the other sessions. It is a self-explanatory ministry component designed to be run in your group on an additional "away day" together or as a one-to-one process. It comes after Session 8 and we strongly advise groups to get a date in the calendar for this as soon as you begin to run the course from the very first session. It is an essential part of the course and it would be a great shame for any participant to miss it.

# The Freedom In Christ App



This app was written for participants on our best-selling *Freedom In Christ Course* but it is extremely useful for those going through *Keys To Health, Wholeness, & Fruitfulness* too, particularly the “Stronghold-Buster-Builder”.

- Get a daily nugget of truth tailored to where you are on the course delivered to your device.
- Access key lists of Biblical truths.
- Extra teaching films on key topics.
- Powerful Stronghold-Buster-Builder tool: find your Bible verses, create your Stronghold-Buster, and specify when you wish to be reminded to use it.
- Sample songs from *Worship In Spirit And Truth*, the album written to accompany the course, and see films of the songwriters, Wayne and Esther Tester and Nicole C. Mullen, sharing why Freedom In Christ is so important to them personally.
- Get a daily devotional from Neil Anderson, Founder of Freedom In Christ, delivered to your device.

Search for “Freedom In Christ” in your app store. In case of difficulty, go to [FreedomInChrist.org/app](http://FreedomInChrist.org/app) where you will find the app store links.



# **Transforming Health**





### WHAT'S IT ABOUT?

This is an optional session that serves as a gentle introduction to the main sessions. It is about half as long as a standard session.

### OBJECTIVE:

To introduce the course and the presenters of the videos.



### WELCOME

Do you think a Christian should expect to be in better health than someone who has not yet taken the step to make Jesus their Lord? Why? / Why not?



### WORSHIP

Praise God for the transformation you have seen Him bring in and through His people:

- We are “the light of the world” (Matthew 5:14);
- God intends us to shine like stars in a “warped and crooked generation.” (Philippians 2:14).

**Video length: 20:44.**



## WORD

Watch the video and then discuss the Pause For Thought questions.



### PAUSE FOR THOUGHT

In what ways might the message of the Gospel be “one of the most powerful medicines known to humankind”?

What are your hopes and expectations as you start this course?



# Meet The Presenters

**Dr. Mary Wren** is the main inspiration for Keys To Health, Wholeness, & Fruitfulness. She wanted to be a doctor from the age of 10 and studied medicine in Sheffield in the North of England. While she was a student, she had a series of illnesses during which she started to learn how to seek God for help and wisdom as well as seeking medical help. For each new situation she has sought God for “keys” to unlock the answers. She works at Sheffield University Health Service as one of the doctors for 35,000 university students. She wrote a weekly column for a newspaper and loves the detective work of medicine – getting to the root of the problem be it physical, emotional, or spiritual – and sees herself as a bridge between medicine and the Church.

**Steve Goss** passionately believes that a community of committed, fruitful disciples of Jesus can transform a nation. He and his wife Zoë founded Freedom In Christ’s UK office in 1999. They now head up Freedom In Christ globally and are constantly amazed to see God opening doors all around the world. Freedom In Christ now works in around 40 countries. Steve co-wrote *The Freedom In Christ Course* that has been used by around 500,000 people as well as many other resources.

**Dr. Ifeoma Monye** has a passion for preventing, treating, and, if possible, reversing the course of chronic diseases using the principles of “Lifestyle Medicine”. She has a passion to share how we can make simple lifestyle choices every day to live healthier and happier to pursue our purpose and fulfil our destiny. She divides her time between Nigeria and the UK. In Abuja, she is a Chief Consultant Family Physician at the National Hospital and founder of the Brookfield Centre For Lifestyle Medicine. She is the founding President of the African Lifestyle Medicine Association. In the UK, she works as a family doctor. Ifeoma is married with four children and enjoys serving in the intercessory group at her church.



## Meet The Rest Of The Team

*Keys To Health, Wholeness, And Fruitfulness* was developed over a period of five years. During most of that time, the content was worked on by Steve Goss together with a team of medical professionals: Dr. Mary Wren; Lorna Nicholson; Dr. Sue Sorensen; and Dr. Alison Fleetwood. They were joined in the later stages by two more professionals, Dr. Ifeoma Monye, and Judith King. You can read about Steve, Mary, and Ifeoma on the preceding pages. Meet the rest of the team here!



**Dr. Sue Sorensen** is the daughter of an Anglican vicar. She wanted to be a doctor from an early age and now works as a family doctor in the North of England. She has spent time working as a doctor in the Philippines and Nepal, and some time at Bible College. Sue has a particular passion to help those struggling with hurts, hang-ups and habits, and runs groups in her church. You can see Sue sharing her experience in the bonus session, *Freedom From Addiction*.



**Dr. Alison Fleetwood** works as a family doctor in England's Lake District. She is involved in healing ministries and is a Lay Canon in the Church of England. Alison loves the opportunity to work in the area of healing both in the medical sphere and in the Christian sphere. Alison is married with a teenage son, and in her spare time enjoys fell walking, cats, and coffee with friends. You can see her tell something of her story in Session 1 of the course.



**Lorna Nicholson** spends half her time working as an Advanced Nurse Practitioner in a doctor's surgery. In the other half of her time she teaches Pilates, and is especially keen to use it to help those with chronic conditions. Before this, she spent many years working in hospital acute care units. In 2006 Lorna became unwell with an unexplained very rapid heart rate, which, after a number of years, was diagnosed as Postural Tachycardia Syndrome (POTS). Though she has

not yet been healed and needs medication to control symptoms, Lorna regards herself as more whole than she was before becoming unwell. She has learned to improve symptoms through lifestyle changes, such as improving sleep, stress reduction, dietary changes, and ensuring adequate exercise, overall doing life at a slower pace. She tells her story in Session 8 of the course.



**Judith King** is a clinical therapist with 38 years of experience. She integrates biblical and psychological principles and has a particular interest in caring for people in leadership; caregivers, and professionals in ministry as well as in women's issues of all dimensions. She works in private practice, SonLife Associates, which she co-founded with her late husband, Dr. Stephen King, who was a psychiatrist. She serves on the Boards of Freedom In Christ USA

and Freedom In Christ International and lives in Grand Rapids, Michigan, USA.





# **Created For A Purpose**





## WHAT'S IT ABOUT?

### OBJECTIVE:

To understand that:

- Good physical health is not an end in itself but a means to help us be and do all that God intends for us as fruitful disciples of Jesus.
- Our natural worldview predisposes us to see reality in a way that does not line up with how God says it actually is, so we need to make a constant effort to see things as they really are.
- Jesus died so that we might be healthy, whole, and fruitful but there is a question of timing.
- A complete answer comes only if we look at the whole person – spirit, mind, and body.
- Lasting healing comes by uncovering the root cause of a particular issue and resolving it.

**FOCUS VERSE:** For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Ephesians 2:10)



## WELCOME

If you were given the opportunity to ask God one question about health, wholeness, and fruitfulness as a disciple of Jesus, what would you ask Him?



## WORSHIP

Praise God for His creation:

- Everything that ever existed was created through Jesus and for Jesus (Colossians 1:16);
- His creation is "very good" (Genesis 1:31);
- Each one of us was "fearfully and wonderfully made" (Psalm 139:14).

### Video length: 35:31

Pause For Thought 1 comes in at 20:04.

Pause For Thought 2 comes in at 32:47.



## WORD

### **Confused?**

The internet has brought a huge array of dubious cures written in pseudo-scientific language. Sometimes legitimate science doesn't seem much better. What experts tell us is good or bad for us seems to change with alarming regularity. Then there's the Church.... There's a lot about wholeness and healing in the Bible, but different people say different things about what it means in practice.

We're going to try to come up with some reliable answers.

### **What Does It Mean To Be Healthy?**

The World Health Organization said that health is "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

The Bible adds a further crucial dimension: spiritual well-being.

Good physical health is not our end goal on this course. We want to help you work out how to be the person God created you to be, spirit, mind, and body, so that you can do the things that God says He has prepared specifically for you to do.

### **Adopt A Biblical Worldview**

All of us have learned to see reality in a particular way, and differently to how God tells us it actually is.

Our worldview has been shaped by our culture, our education, our families, our friends, the media we consume.

In Africa, for example, most people grow up with the belief that our lives are controlled by a kind of universal power that runs through everything – animals, plants, minerals – and by spirits of many types. So when you fall ill, you are likely to assume that an enemy may be afflicting you with this illness by manipulating the universal power or the spirits against you. Traditionally, in order to sort it out, you would turn not to a medical doctor but to a shaman or witch doctor, someone who you believe knows how to deal with this universal power and the spirits.

The most widespread outbreak of Ebola took place in West Africa between 2013 and 2016. Over 11,000 people died. A significant factor in the spread of the virus is that people trusted their animistic worldview more than they trusted Western medicine. They refused to have their relatives quarantined, preferring instead to take them to a witch doctor. People died as a result.

In the West most of us have learned to look at reality in a scientific, physical way as though it is simply what you can see, touch, and test. A medical text book will teach that you are simply a collection of atoms and molecules and chemicals and doesn't talk about the spirit at all. So if we have a serious illness we would tend to go straight to a medical doctor with the belief that we need tests done and then physical treatments such as a pill or an operation. But up to half of the symptoms reported to doctors appear not to have any physical cause<sup>1</sup>.

In no way do we want to deny the amazing truths that science has uncovered and continues to uncover, but what science teaches as fact today, might turn out not to be fact tomorrow, when new discoveries bring a different perspective.



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<sup>1</sup> <http://bjgp.org/content/63/617/625>

## The Bible Shows Us What The World Is Really Like

The principles in the Bible, however, are timeless and we need to give the Bible a higher place. It is God's message to the people He created and it alone reveals what reality is actually like. (If you want to explore that a little more there's an extra video here: [www.FreedomInChrist.org/health](http://www.FreedomInChrist.org/health).)



### PAUSE FOR THOUGHT 1

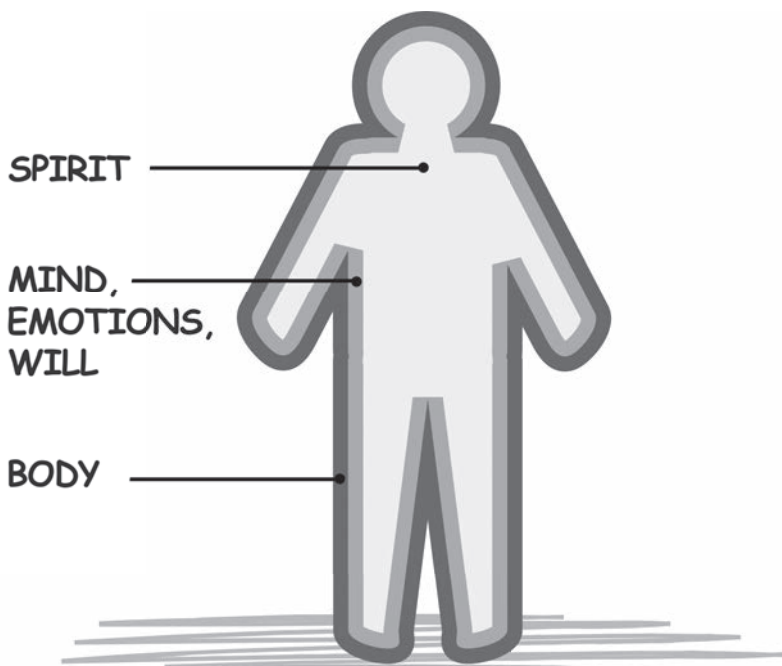
How does the way you learned to look at the world affect the way you have tended to view health and wholeness? In what ways does the Bible bring a different emphasis or perspective?

## The Original Design – Body, Mind, And Spirit

One of the key facts we learn from the Bible is that God created our ancient ancestors, whom it calls Adam and Eve. Christians have different views on exactly how He did that. Some have no problem believing in a literal seven-day creation while others think He did it a different way over a long time. Science confirms that we are all descended from one man and one woman – the evidence is in our Y chromosomes and mitochondrial DNA.

When God created them, He gave them a physical body. But they were much more than that. God created them in His own image (Genesis 1:26) and, as God is spirit (John 4:24), we too, at the deepest level, are spiritual beings.





It can be helpful to picture ourselves in three layers: at the centre we are spirit. On the outside we have our physical body. Linking the two are our mind, emotions, and will.

Western medicine focuses primarily on the body. It considers the mind and emotions to some extent, but generally ignores the spirit altogether.

To have a true understanding of health, wholeness, and fruitfulness, we need to consider our whole person.

## A Question Of Timing

The Bible talks of two eras in which everyone is in perfect health.

The first was back when God created the world and declared His creation “very good” (Genesis 1:31). Adam and Eve’s spirits were alive and connected to God. They had perfect bodies with no sickness and they didn’t experience any negative mental or emotional issues such as anxiety or depression.

When Adam chose to disobey God, there were significant consequences for him and for us. His spirit was cut off from God, and he handed his right to rule the world over to Satan, God’s enemy.

One way or another, all illness and disease – spirit, mind, and body – can be traced back to that point.

Which is why God sent Jesus, His only son, to die in our place. Here is a prophecy about Him written many years before He was born:

Surely he took up our pain [or griefs]  
 and bore our suffering [or sorrows],  
 yet we considered him punished by God,  
 stricken by him, and afflicted.  
 But he was pierced for our transgressions,  
 he was crushed for our iniquities;  
 the punishment that brought us peace was on him,  
 and by his wounds we are healed.

(Isaiah 53:4-5)

We can say both “griefs and sorrows” and “pain and suffering” – the original words carry both meanings.



Jesus came to deal with our sin, our physical infirmities, and our mental torment. "By his wounds we are healed."

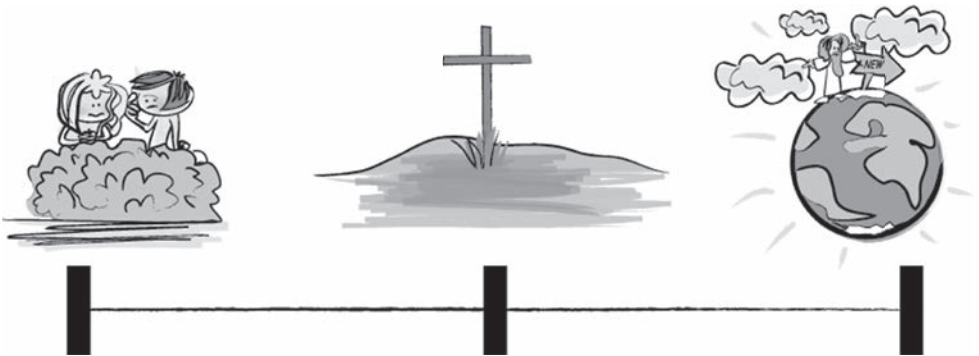
Over a hundred times in the New Testament we find the Greek word, *sozo*. It is usually translated "salvation" but it also carries the sense of "healing," "deliverance," "freedom," and "wholeness".

Jesus came to destroy all the works of the evil one, which include sickness, disease and death. He died and rose again so that we could be whole in spirit, mind, and body.

The second era when followers of Jesus will be perfectly healthy is in the future when Jesus will return. There will be a new heaven and earth, no more suffering, and we will have healthy new bodies that live for ever.

Right now we live between those eras, after Jesus's resurrection but before He comes again. Satan has been condemned and judged but not yet imprisoned permanently.

The crucial question is this: **What does it mean to be a spiritually alive child of God living in an unredeemed, unrestored world?**



## Getting To The Root


Some illnesses such as malaria or tonsillitis have a purely physical root. Others may have a spiritual root. Still others may have a mental or emotional root.

Conventional medicine and sometimes our approach to healing in the Church can sometimes be like pulling the heads off weeds but leaving the roots in place.

For example, a lady goes to the doctor with indigestion, wind, and nausea. Some investigations are arranged and stomach inflammation is diagnosed. Tablets are given to heal the stomach lining. A good doctor would also advise on lifestyle changes such as stopping smoking, reducing alcohol, and eating less spicy food.

Medicine in the West often stops here after addressing the physical issues. But we could dig deeper. Perhaps symptoms started after a stressful time when her husband left for someone else. She finds it hard to sleep and feels anxious and exhausted. The doctor might suggest counselling. She may get helpful advice about how to manage the anxiety, how to eat and exercise well, look after herself, and find new interests. All this is good.





We could dig deeper still and consider her spirit, the most fundamental part of her being. This rarely happens in the surgery because doctors have not been trained to consider the spiritual realm.

Might this lady be angry and bitter towards her husband? That would be perfectly understandable. But Jesus told a story in Matthew 18:21-35 to warn us that if we don't forgive from the heart, we will experience spiritual torment. If this is indeed the root, when the lady makes the choice to forgive her husband from her heart, it is likely that the anxiety and depression will start to improve, and the inflammation can heal.

Often physical symptoms can be a red flag waving to warn us that there may be something wrong at a deeper level.

Medical research backs this up. Two studies found “a significant association between the diagnosis of breast cancer and a behaviour pattern, persisting throughout adult life, of abnormal release of emotions.” In most cases, this was to do with suppressing emotions, especially anger<sup>2</sup>. A similar link was found with bowel cancer in those who repress anger and other negative emotions<sup>3</sup>.

The Bible also links physical symptoms with deeper issues:

A tranquil heart gives life to the flesh, but envy makes the bones rot. (Proverbs 14:30 ESV)

We're going to look in turn at our spirit, our mind, our emotions, our will, and our body. We'll then draw some conclusions about how we can become the people God wants us to be and do the things He has prepared for us to do. And we'll work out how we can approach seeking healing and wholeness in our own situations.

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<sup>2</sup> Greer, S. & Morris, T. (1975). Psychological attributes of women who develop breast cancer: A controlled study. *Journal of Psychosomatic Research*, 19, 147-153.

<sup>3</sup> Personality as a risk factor in large bowel cancer: data from the Melbourne Colorectal Cancer Study GA Kune, S Kune, LF Watson. *Psychological Medicine* 1991, cambridge.org



## PAUSE FOR THOUGHT 2

What experiences do you have of spiritual, mental, and emotional issues being the root cause of a physical health problem? How might we try to uncover the root cause of a particular problem?

## Keys To Take Home

- 1. We tend to look at the world based on our culture, education, and upbringing but we need to learn to look at it as God says it really is.**
- 2. All sickness comes ultimately from Adam's choice to disobey God and to trust Satan's lies more than God's truth.**
- 3. Jesus died and rose again for our wholeness, which means more than just physical health.**
- 4. Being physically healthy is not a good enough end in itself.**
- 5. God has a purpose for your life and specific things for you to do which He has prepared in advance.**
- 6. Spirit, mind, and body issues can all affect health and we need to consider all three.**
- 7. Rather than just addressing the surface issue, we need to be willing to identify and deal with the root problem.**

Why not meditate on a different one of these "Keys" each day in the coming week and ask God to help you understand how it applies to your own life and thinking?



## GOING DEEPER

The “Going Deeper” section that you will find at the end of every session provides some questions for you to consider at home. They are designed to help you wrestle a little more with what has been taught during the session.

- In what ways have you focussed purely on physical health rather than wholeness across your whole being, spirit, mind, and body?
- Consider what your reaction is when you are faced with illness in yourself or someone else. Where do you turn first? Do you, for example, seek spiritual help, physical help, alternative therapy help? Why do you make that choice?
- Have you considered before that physical symptoms may have a root at the spirit or mind level? Can you think of an example of that in your own experience?
- If you are currently facing a health issue, how deep are you willing to go in searching for and addressing possible roots of the condition? What might stop you digging deeper?

