

4 Ways Your Community Can Live Grace Vigorously

A professional development conversation for the Pathways2Promise Leadership Forum Webinar by Brad Bloom.

To bring greater mental wellness support to those in your community you must empower members of your church or organization to literally be active and abundantly imbue life with grace.

1. Start and grow a fitness ministry.

- Help people mentally and spiritually through the physical. It's dirty, smelly, exhausting and demanding. It's potentially injurious.
- Get to know people and learn their passions. Be data driven.
- Pursue opportunities to be intergenerational.
- Have fun

Details: space and equipment needed, insurance, staffing, marketing

2. Venture and become immersed in the depth of communion.

- Refreshments,
- Nutrition coaching
- Fellowship dinners and church picnics
- Come to the family table
- Dinner Church
- gardening
- Strength To Serve
- Initiate disruption

Details: education, investment

3. Facilitate and elevate rest.

- Quit talking about it and outline practical and actionable approaches.
- Decrease/Increase media and resources
- Adjust expectations
- Quarterly retreats

Details: places, planning team, assessment

4. Discover and celebrate beauty.

- Clarify and recalibrate self-worth
- Touch, hug, rub, bathe
- Be amazed – awakening the senses and expanding understanding
- Worship

Details: tools, practitioners, family