

Called To Thrive



Discover the Keys to Living Life More Abundantly!

Brought to you by:

 **NUWELL**

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BUT IN ALL THESE THINGS
WE OVERWHELMINGLY
CONQUER THROUGH HIM
WHO LOVES US.

ROMANS 8:37

INTRODUCTION

In this E-book, Called to Thrive, we will be diving into what it means to T.H.R.I.V.E., and to live a thriving life. We will be adventuring through three parts: 1) You Are Called, 2) The Journey, and 3) The Keys to Thriving in Your Journey.

We must first recognize we are called to begin our journey towards healing, wholeness, and freedom. Once we understand that we are called (E.g., what being called means, what we are called to, etc.), we can begin our journey. Our journey requires that we perceive what category we are in regarding our level of healing in the particular area we would like healed (I.e., Walking Wounded, Stumbling and Stuck, or Thriving Well). We must address the area of need from where we currently reside. Throughout our journey, you will require some keys that will help unlock the treasure chest of healing, wholeness, and freedom.

Travel with us on your adventure towards healing, wholeness, and freedom found in Christ. Let us be your guide as we journey together, hand-in-hand.
Welcome to the NuWell Family.

KEYS TO THRIVE

Togetherness

Holiness

Relevance

Integration

Expectancy

Visionary



YOU ARE CALLED

PART ONE

“Man of God, what is your vision?” This is the question I was asked by an evangelist while sitting in the green room at a TV station while waiting to be interviewed. This question affected me dramatically! First, who is he calling “man of God?” I had never been called that before and I didn’t feel worthy of the description. I was also struck by His question of vision... why is that his first question?

God has used this experience and many others to shape what is now NuWell’s “Called to Thrive” message.

In 1 Timothy 6:6-12, the Bible says:

"But godliness actually is a means of great gain when accompanied by contentment. For we have brought nothing into the world, so we cannot take anything out of it either. If we have food and covering, with these we shall be content. But those who want to get rich fall into temptation and a snare and many foolish and harmful desires which plunge men into ruin and destruction. For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith and pierced themselves with many griefs. But flee from these things, you man of God, and pursue righteousness, godliness, faith, love, perseverance and gentleness. Fight the good fight of faith; take hold of the eternal life to which you were called, and you made the good confession in the presence of many witnesses."

In this passage, we see that as men (and women) of God, we are to be “content” and “pursue righteousness, godliness, faith, love, perseverance, and gentleness.” We are called to “fight the good fight” and to “take hold of eternal life.” At NuWell, when we say we are “called to thrive,” we don’t mean we are called to thrive as it pertains to worldly gain or worldly success. We are called to be faithful and to take hold of eternal life. We believe this means we are to experience the abundance of eternal life right here.

John 3:17 says,

“And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.”

We are meant to do God-sized things as we abide in and fully depend on Christ. We are to walk in the fruit of the Spirit regardless of circumstances or how it compares to worldly standards.

Isaiah 6:8 says:

"Then I heard the voice of the Lord, saying, 'Whom shall I send, and who will go for Us?' Then I said, 'Here am I, send me!'"

You were set free by Christ and called to thrive! What is your response?



THRIVING IS A HEART POSTURE

7

Christians are not to live from a place of fear and striving, but from love and surrender. The Bible says in: 1 John 4:18

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

In Psalm 46:10

Cease striving and know that I am God.

Fear and striving lead to hopelessness and torment. Love and surrender lead to contentment, peace, abundant life and ultimately to thriving!

As I continued to speak to the evangelist, he began to elaborate on his question ("Man of God, what's your vision?). He said, "Vision, decision, provision," that is how it works: God calls you and gives you a vision. Then you make a decision to follow that vision. And finally God gives you the provisions to live out that vision.

VISION

As we allow God to unfold our calling, we should begin to develop a vision while fully depending on Him. This vision might feel scary because God doesn't give us things we can handle in our own power and strength. He gives us things we can only handle through full surrender to Him. Often our vision is blocked with fears and feelings of inadequacy. We are programmed by the world to have toxic, false beliefs that lead us to accept mediocrity and complacency.

DECISION

We need to step out in faith. It is easy to play it safe using God as a magic genie, waiting silently for all the provisions and equipping to be imparted to us, but that's not what God asks us to do. When the prophet Isaiah was called, he said, "Here I am, send me..." God is calling and asking who He can send. Will you hear His call and say "Send me?" Will you do this even if you don't feel particularly equipped? Will you walk in faith, believing that He will provide all you need when you need it? All it takes is one small baby step and He will provide guidance from there.

PROVISION

Step out in faith and watch God provide; it is a beautiful thing. We have to avoid putting God in a box and expecting it to look the same for everyone. For some, provision will come all at once, but for most, it will come more gradually. For example, one person who makes the decision to overcome an addiction by faith may immediately be delivered from that addiction, while another person will experience that healing more gradually. The former is the exception to the rule. In God's sovereignty, He knows who must walk what path. Even when we do not fully understand His plan, we can rely on the fact that God is faithful and wants the best for us. Often, He values the character development that happens in process over a miraculous recovery.

1. God calls you and gives you a vision.
2. You make a decision to follow that vision
3. God gives you the provisions to live out that vision

THE JOURNEY

Each of us belongs to one of three categories in every area of past or present brokenness:

- Walking Wounded
- Stumbling and Stuck
- Thriving Well

Now let's take a look at what each of these means...

Walking Wounded

The “walking wounded” must walk through the process of healing in accordance with Biblical truth. God wants you to be healed and has provided a path through the following steps:

Take off the MASK: We need to begin the healing process by being genuine and transparent about our pain.

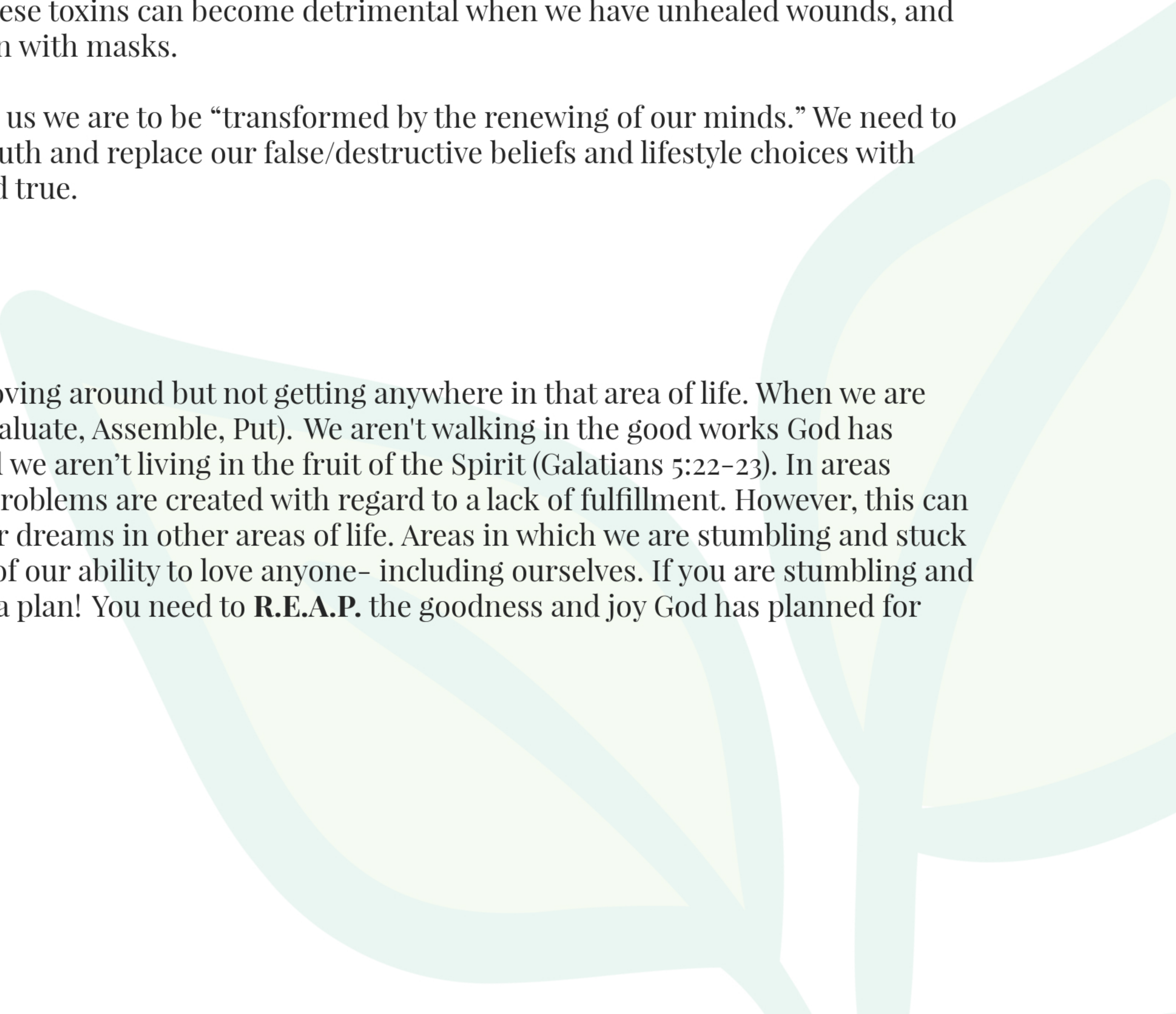
Heal the WOUNDS: Physical, mental, emotional, spiritual, and relational wounds must be treated to be healed.

Remove the TOXINS: Throughout life, we amass toxins physically, mentally, emotionally, spiritually, and relationally. For example, we accumulate toxins in our physical bodies from poor diet and lifestyle choices. We do the same to our souls from unhealed wounds, and to our spirits from the false destructive beliefs invading us from the world and the enemy. These toxins can become detrimental when we have unhealed wounds, and we spend a lifetime covering our pain with masks.

Replace with TRUTH: The Bible tells us we are to be “transformed by the renewing of our minds.” We need to examine our life under the light of truth and replace our false/destructive beliefs and lifestyle choices with those that are healthy, beneficial, and true.

Stumbling and Stuck

The “stumbling and stuck” are moving around but not getting anywhere in that area of life. When we are stuck, we don't “R.E.A.P” (Realize, Evaluate, Assemble, Put). We aren't walking in the good works God has prepared for us (Ephesians 2:10), and we aren't living in the fruit of the Spirit (Galatians 5:22-23). In areas where we are stumbling and stuck, problems are created with regard to a lack of fulfillment. However, this can also keep us from really pursuing our dreams in other areas of life. Areas in which we are stumbling and stuck sap the joy from life, and deplete us of our ability to love anyone- including ourselves. If you are stumbling and stuck in an area of your life, there is a plan! You need to **R.E.A.P.** the goodness and joy God has planned for you.



THE JOURNEY

R.E.A.P:

REALIZE you're stuck and need to do something about it. Sometimes the hardest part of the process is to be honest with yourself and acknowledge you are stuck. This requires great strength and humility. It is also sometimes hard to know what to do once you realize this. That's where we come in. Our counselors, coaches, and natural health providers will meet you where you are and walk you through the process to help you thrive.

EVALUATE your life. Once we realize we are stuck in one or more areas of life, we need to do a thorough evaluation of the situation. Our counselors, coaches, and natural health providers are trained to help you walk through this evaluation process.

ASSEMBLE a plan of action. Once you get a good picture of your life, it's time to put a plan together. Plans often fail because they address only secondary goals and miss the underlying issues or more primary goals. It is much easier to address surface symptoms, as much difficulty is often experienced when deep diving. For example, weight loss is a secondary goal. Developing a balanced life or managing stress might be the more primary goal, which need to be addressed. Another reason plans may fail is because they overwhelm us by trying to address every area of need at once, instead of taking it one step at a time. Our practitioners will help you develop a plan of action that will take you at the right pace and achieve sustainable gains.

PUT it into action. Implementing a plan involves staying motivated and making adjustments as the plan unfolds. Our practitioners will support you, motivate you, encourage you, and help you do ongoing assessments and adjustments to your plan.

Thriving Well

If you are the "Thriving Well" in one or more areas of life...good job! It is now time to L.E.A.D in that area(s). This may involve also looking at the areas where you are the "Walking Wounded" and "Stumbling and Stuck" because they may be holding you back from fulfilling your potential and fulfilling God's calling in this area of life as well.

Listen to and refine your calling. Isaiah 6:8 says, "Then I heard the voice of the Lord, saying, 'Whom shall I send, and who will go for Us?' Then I said, 'Here am I. Send me!'"

Do you have that attitude? Do you know what He is calling you to and how to accomplish it? Just because you are doing well in one area of life doesn't mean you have arrived. Even the best quarterbacks in the NFL still have a coach because they want to avoid becoming complacent and excel. Our life coaches would like to come along side you as you seek your calling and help you serve God through a life filled with joy and peace.

Educate yourself. Once you hear God's calling in a particular area, it is time to get busy educating yourself so God can work in and through your life. Sometimes it's hard to know where to begin. One of our Biblical life coaches can help you develop a plan.

Advance in life – act on your calling and develop mastery. This is what life is all about! God calls us to continued progress and advancement in our calling and ministry. Don't settle for lukewarm or mediocre progress; God has called you to victorious living. Don't miss out!

Deliver at the highest level for the kingdom of God. Many of us would like to hear God say, "Well done, my good and faithful servant." Will that be you?

WHAT IS THRIVING VS WHAT IS NOT THRIVING?

PART THREE

THRIVING

In order to thrive you must have radical commitment to:

T.H.R.I.V.E.

T.H.R.I.V.E stands for:

- Togetherness,
- Holiness,
- Relevance,
- Integration,
- Visionary,
- Expectancy

NOT THRIVING

Thriving is not about our circumstances. It transcends our circumstances.

Thriving is not:

- Guaranteed Health
- Wealth
- Prosperity
- Worldly Success
- Physical Fitness
- Attaining everything we want/desire

In order to thrive, we need to be all in, without reserve. We must be committed to do whatever it takes to go to whatever extent necessary, to receive the freedom Christ died for us to have.

Now let us take a deeper look into some keys we can use to unlock the doors of thriving.

Life is a journey, do more than survive; choose to T.H.R.I.V.E.!

THE KEYS TO THRIVING IN YOUR JOURNEY

PART TWO

Keys to T.H.R.I.V.E.

God has given us everything we need to live a godly life (I Peter 1:3) and offers us abundant life (John 10:10). It is our desire to equip you with the keys to unlock this potential and T.H.R.I.V.E. in life.

God has given us everything we need to live a Godly life and to T.H.R.I.V.E. but we need keys to unlock that potential.

In this section we will be going over the 6 keys you need to T.H.R.I.V.E.

T.H.R.I.V.E. is an acronym for:

Togetherness

Holiness


Relevance

Integration

Visionary

Expectancy

At NuWell, we believe God has called us to share a message that He wants to bring abundant life back to the Body of Christ. It is our desire to honor that call in all that we do and in every service we offer. Those who aren't experiencing their true potential in Christ often feel unsatisfied, stuck, and hopeless, and have often grown complacent thinking that maybe this is all there is. We are here to share the message loud and clear that there is so much more available to believers. God has called you to T.H.R.I.V.E.! Are you ready? Maybe this is the year to get unstuck and continue your journey towards thriving and walking in God's unique calling on your life.



Live a Life That Thrives!

Are you thriving in your life? Do you believe you can thrive, or have you settled for just surviving? Have you wondered if there is hope, or is this all there is? Let's take a look at this:

Romans 8:37

But in all these things we overwhelmingly conquer through Him who loved us.

Are you overcoming? Yeah, me neither. But check it out: God is! Too often we think we have to do it on our own, which leads to becoming overwhelmed and depleted. We conclude we can't do it... and we are right. But God doesn't want to do it to us- He wants to do it through us. Isn't that amazing? Doesn't that make you excited? The God of the universe wants to give you abundant life and help you thrive in your life despite your circumstances. He wants to move you past the limitations and lies that the world has given you. They are nothing to him! What do you think God wants to do in your life that He isn't because you won't get out of the way?

John 16:33

These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

In case you are wondering, this doesn't mean you won't have suffering or bad things happen to you. What it means is that God has already overcome those circumstances, and we can be assured that He will work everything together for our good. Read the above verse again. "I HAVE overcome the world." He has already overcome- we just have to accept it and let Him live through us. Are you ready?

Now let's take a look at which each these term mean...



T: TOGETHERNESS

¹John 1:3

That which we have seen and heard we proclaim also to you, so that you too may have fellowship with us; and indeed our fellowship is with the Father and with his Son Jesus Christ.

God has called us to be in relationship with Him and others. The quality of these relationships affects all areas of our lives. If we are to live the life we were called to- if we are to thrive, we must connect healthily with God and others.

What is the quality of your relationships? If there is some lack there, you can bet it is affecting all other areas of life. In Godly connectedness, we become available to the will and call of God. A commitment to Godly togetherness means we need to be willing to be vulnerable or emotionally naked with God and in healthy relationships with others. Wow... that sounds scary! Well, it certainly is, but remember that we serve a BIG and compassionate God who wants what is best for us. He wants to meet you where you are and help you each step of the way.

Fear is probably the biggest limitation in life. Removing limitations is one of our core concepts in our T.H.R.I.V.E. philosophy. As you remove the limitation of fear one step at a time, you will be moving closer and closer to your call to T.H.R.I.V.E. in life. When looking at the whole process of overcoming fear and connecting in a vulnerable and meaningful way, it can be overwhelming. But taking one step at a time with the help of a patient God and a skilled helper, quality connections are very doable. With God, all things are possible (Matthew 19:26).

H: HOLINESS

Hebrews 12:14

Pursue peace with all people, and holiness, without which no one will see the Lord.

1 Peter 1:15-16

But as He who called you is holy, you also be holy in all your conduct, since it is written, "You shall be holy, for I am holy."

God has called us to be holy, and without holiness, we cannot connect with God or live a Godly life. In a world that is addicted to "me" and comfort, we are taught to pursue happiness; however, happiness is only the result of holiness.

The influence we receive from the world gives us another limitation. It limits our view of our circumstances, narrows our focus solely on ourselves, and makes us very egocentric. As we remove this limitation and stand in awe of God's holiness, our perspectives on ourselves, our circumstances, and the world we live in completely change. We become open to a whole new understanding that helps us T.H.R.I.V.E... no matter our circumstances. We begin to recognize that we can have something so much better than happiness... holiness. Holiness leads to joy, which is not dependent on our circumstances, it is a gift from God, and the joy of the Lord is our strength (Nehemiah 8:10). No manner of suffering can remove joy, as it comes as a gift from God.

Are you ready to shed the limitations that come from the pursuit of happiness, and put on pursuing holiness? We must remember that in the Lord, your labor is not in vain (1 Corinthians 15:58). Wherever you are, God wants to meet you, embrace you, and impart you with His joy. The more we become consumed by this joy, the more we see how lacking the pursuit of happiness was. When overwhelmed by good, it is simple to spot the bad. This is what Solomon was referring to when he said in Ecclesiastes 1:14, "I have seen everything that is done under the sun, and behold, all is vanity and a striving after wind." Like trying to catch the wind, all attempts to capture what the world offers only leads to momentary happiness that is gone in an instant. Because it is so fleeting, it isn't long before we are looking for our next fix. Even if at some level we could permanently obtain everything under the sun, none of it would be worth having, as it is only vanity.



R:relevant

1 Corinthians 13:1-3

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing.

1 Corinthians 9:19

Though I am free and belong to no one, I have made myself a slave to everyone, to win as many as possible.

OK... so this is super important...

We need to be relevant with regard to how others receive love, but to be relevant, we need to be aware of what that means. We must love not as we understand/receive it (e.g., words of affirmation, gift-giving, quality time, acts of service, or physical touch – see *The Five Love Languages* by Gary Chapman), but love so that others will receive it. If I love in a way that is not received, it is irrelevant as it doesn't make the recipient feel loved.

To truly love and receive love, we need to have people in our lives who are willing to get to know us and understand how we are wired. Do you have people in your life like that? It is our desire, through these “Keys to T.H.R.I.V.E.,” to meet you where you are and communicate God's love in a manner that is relevant to your life and your circumstances.

The limitation we experience is perspective. Through life's experiences, our perspectives become limited. So when we see something that we don't understand, we can't adapt to it. When we can't allow ourselves to see things from another person's perspective, it becomes very toxic not only for us but for others in our lives as well.

My friend, we are all damaged. We all hurt, and we are all limited by our perspective. We suffer loneliness, disconnection, and a lack of satisfying relationships when we don't truly hear others and know how to communicate in such a way that others hear us. Do you sometimes feel like people don't understand you, you are disconnected, or that you are not on the same wavelength with others? This could be a problem of not knowing how to love in a relevant way, or how to give and receive love in a transformational way.



INTEGRATION

Hebrews 4:12

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

1 Thessalonians 5:23

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

God created us body, soul, and spirit... we are physical, emotional, and spiritual beings. As modeled in the Garden of Eden (Genesis 2:18), we are made to be relational in all aspects of our being. These areas of life all work together and affect one another. Therefore, all approaches to healing and wellness must be integrative to be effective.

Meaning, we must be willing to look at all areas of our lives and not just one area that we deem important. The limitation here is compartmentalization. When we believe the lie that we can be healthy in one area but ignore other areas, we end up suffering in all areas our lives... because hurt can't be compartmentalized. Although our pride may tell us different, humility flows in and gives us insight.

Let's look at the common example of someone trying to lose weight unsuccessfully over and over again. They are trying to be healthy in their body, but are often blocked because of emotional and spiritual problems. The harsh reality is that only 2% of people who try to lose weight actually keep it off (see *Losing Weight-Permanently* by Gregory L. Jantz). This is because of a lack of wholistic integration in their approach to health- they may try diet and exercise without attempting to understand the root reasons as to why they became overweight in the first place. One can have extensive understanding without the power to execute... this is where the Holy Spirit comes in.

Now let's broaden this example to all areas of change. If we take on any process of change but are not using an integrated approach, we will likely suffer from frustration and eventually give up. Have you experienced this before? It can be different this time with our help.

V:VISIONARY

Proverbs 21:5

The plans of the diligent lead to profit as surely as haste leads to poverty.

Proverbs 16:9

The mind of man plans his way, But the Lord directs his steps.

It is natural to have visions, plans, and desires. Despite what you may have been taught, we are all active players in this world and in the lives of others. However, this never minimizes or negates the sovereignty of God. We are to make plans and be visionaries, but only in full dependence on God and His sovereignty, while in total submission to Him!

Do you allow yourself to meditate on what it would be like if you could T.H.R.I.V.E.? This is difficult, as when we sit down to envision thriving, all kinds of limitations flow into our minds that can stifle progress. What if there were no limitations? What if God removed those limitations and redeemed you from all of it at the cross? Well, He did!

Hebrews 12:1

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.

OK... now is where someone says “Yeah but we still have limitations. I couldn’t play in the NFL just because I believe I can!” And you would be correct, but God DID remove all the limitations for you to T.H.R.I.V.E. in your life and in what you are called to do and be. He equips the called, and He would never leave you hanging in the place where He has sent you.

You are not limited in fulfilling your calling or in having the abundant life God came to give you (John 10:10). And when you get there, you wouldn’t want to be playing in the NFL; in fact, you wouldn’t want to be doing anything other than what you are doing. Some say that if we knew what God had planned for us through every circumstance, struggle, storm, and trial, we wouldn’t have wanted anything different in the end, as He works all things together for the good of those who love Him and are called according to His purpose (Romans 8:28).

E:EXPECTANT

1 Thessalonians 5:24

The one who calls you is faithful, and he will do it.

2 Timothy 2:13

If we are faithless, He remains faithful, for He cannot deny Himself.

God has called you; He is faithful, He will do it. Let that sink in for a moment. God can't be unfaithful because he can't deny Himself. He cannot contradict His own nature. This means we can expect God to show up and make things happen out of troublesome circumstances. So, has God called you to T.H.R.I.V.E. in your life? If you're not sure, go back and read this book again. Is He bigger than any of the things that have been limiting you in your life?

/ One of the biggest limitations we have in our culture when it comes to our faith in God is that we don't expect Him to show up... we don't expect Him to answer our prayers, and while we know intellectually that He loves us, we don't act as though He really loves us as sons and daughters of the King. As a foster and adoptive parent, I would do anything for my kids, but many times they don't believe it because they have been so damaged and have seen the opposite for so long. We are just like that with God because we have been hurt by this world and lied to by our culture. Think about it- when you pray, do you sit back and expect God to do something, or do you move on with life having fulfilled your obligation to pray but not really expecting anything to happen? If you are one of those people who were brought up expecting God to show up and answer prayers, where does that expectancy end? Can that be expanded? Do you want to expect God to show up in even bigger ways?

James 1:6

But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

If we pray without expecting anything, then we get just that... nothing. If you are ready to begin the journey towards believing that God has called you and that He will show up and make that calling happen in your life, we are here for you. If you are ready to T.H.R.I.V.E. in life, we would consider it an honor and a privilege to come along side you and help you get there!

