

# *In God's Image: Spiritual Practices for Youth Wellness*



## **Faith-based Prevention with Wellness Program**

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# In God's Image: Spiritual Practices for Youth Wellness

FAITH-BASED PREVENTION WITH WELLNESS PROGRAM

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# *In God's Image*

## **Section 1: Introduction**

**W**elcome to *In God's Image!* *In God's Image (IGI)* is a fully scripted program designed to give teachers, youth leaders, mentors, parents and service providers a quick and easy to use tool to promote spiritually and physically active, healthy and substance use-free lifestyles among adolescents.

*IGI* is the country's only single-session faith-based prevention with wellness program designed to increase spiritual and physical fitness practices while avoiding substance use that harms spiritual and physical development.

*In God's Image* is based on a proven model which targets naturally motivating positive images of youth that enhances positive self-identity, goal setting skills, and the spiritual and physical well-being of youth.

Young people need to develop a pattern of habits and attitudes that takes them out of current culture and an over-emphasis on materialism and substance use gives them a spiritual foundation in God, but also develops their whole-health and self. Ideally this involves a lifestyle rooted in a relationship with Jesus Christ and a focus on Christ's life as a model for us to live ours.

*In God's Image* comes in a digital download format allowing reproduction of program materials at no additional cost and implementation to an unlimited number of youth. The *In God's Image* program comes with:

- A script for presenting positive image content linking spiritual practices with physical wellness and substance use habits;
- A brief self-administered Screening Survey;
- Colorful slides highlighting vivid positive image terms and illustrations of youth modeling spiritual and physical wellness habits;
- A Goal Plan & Contract for motivating multiple wellness behavior change;
- Evaluation materials for assessing program implementation fidelity and effectiveness;
- Spiritual wellness resources for youth;
- Phone and email program support; and
- Onsite or online training is offered separately to learn to provide *IGI*, or train others to implement it, with fidelity and maximum effectiveness.

*In God's Image* is designed to increase spiritual health promoting behaviors, including taking time to pray, study scripture or meditate, practice key virtues like showing gratitude for what you've received from God and others, attend religious services, and reach out to help others in need. It also aims to increase physical activity, healthy eating and getting adequate sleep which can support spiritual growth. In addition, *IGI* targets the critical necessity to avoid

harmful risk behaviors, particularly alcohol, tobacco, e-cigarettes, prescription drugs, marijuana and other illicit drug use, which can interfere with achieving goals for a spiritually and physically healthier lifestyle.

***In God's Image*** takes less than 50 minutes to implement. It can be provided as either a stand-alone program or used in conjunction with other religious, education, health or youth programs and activities.

***In God's Image*** was created to help young people grow in grace and power to do the sometimes-challenging things in life. Those things which will result in developing into our best possible selves as God planned for us.

We are confident you will find this one-of-a-kind program an easy, fun and effective strategy for promoting spiritually and physically active, healthy and substance use-free lifestyles among your youth.

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# ***In God's Image***

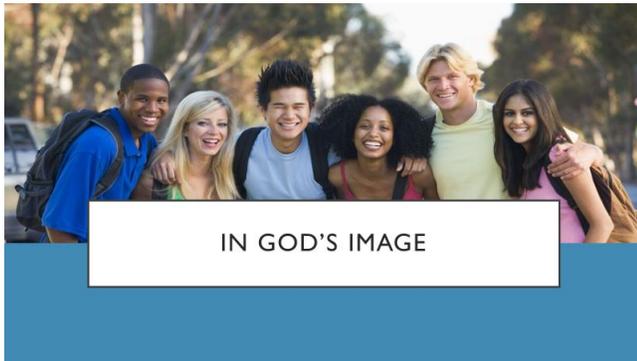
## **Section 2:**

### **Lesson Script**

# In God's Image Instructor's Script

## Introduction:

(Instructor: Show the first slide and read the script. Continue showing slides and reading the script until finished).



In God's Image is an exciting new program about habits that will help you live life more fully in God's image. In doing so, you'll become spiritually stronger and feel more joy in your life as God intended for you. By becoming spiritually stronger, you'll also improve your overall wellness and well-being. This lesson will provide you with keys to help you better love and take care of yourself and others, which is what God wants for all of us.

## Screening Survey:

Now, take out your copy of the Spiritual Wellness Behaviors Survey. The purpose of this survey is to assess your spiritual wellness habits. Your answers are private. Please answer all items honestly. There are no right or wrong answers. Please do not place your name on this survey.

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# Spiritual Wellness Behaviors Screening Survey

**Directions:** This survey will assess your spiritual health behaviors. Your answers are private. Please answer all items honestly. Bubble in the response that best matches your answer. There are no right or wrong answers. Please do not place your name on this survey.

1. One most days of the week, do you take time and place yourself in a quiet environment without distractions to **pray, read or study the Bible or other holy scripture, or practice deep breathing, meditation, or similar spiritual health or religious activities?**
  - a.  Yes
  - b.  No
  
2. On most days of the week, do you practice **spiritual virtues** such as **accepting things you can't change, having faith things will turn out okay in your life, looking at challenges as opportunities, forgiving those who may have hurt you, avoiding judging others, focusing on Jesus Christ's life as a model for how you live your life, or showing gratitude for what you've received from God and others?**
  - a.  Yes
  - b.  No
  
3. On most weeks of the month, do you participate in **religious services or activities with others** that are supportive of you living a spiritually healthy lifestyle?
  - a.  Yes
  - b.  No
  
4. On most weeks of the month, do you **reach out to help others** by volunteering your time, sharing your skills or talents, or giving your money to those in need?
  - a.  Yes
  - b.  No

## Spiritual Wellness Behaviors:

(Show slide).



Practicing any of the spiritual wellness behaviors on a regular basis helps to be a spiritually **strong, happy and calm** young person. The more of these habits you use, and the more often you use them, the greater the spiritual and other health benefits you will experience. For example, take more time to pray, study the Bible or other holy scripture or meditate, practice a key virtue like showing gratitude for what you've received from God and others, attend religious services, or reach out to help others in need.

## Benefits of Spiritual Wellness:

(Show slide).



Regularly practicing strategies to promote spiritual health will help you be more **focused, peaceful, and relaxed**. Using spiritual health practices leads to feeling more **confident and composed** to friends, family and teachers. Along with regular exercise, a healthy diet and plenty of sleep, spiritual wellness habits can also help prevent mild depression, anxiety, and excessive worries, as well as headaches and acne breakouts.

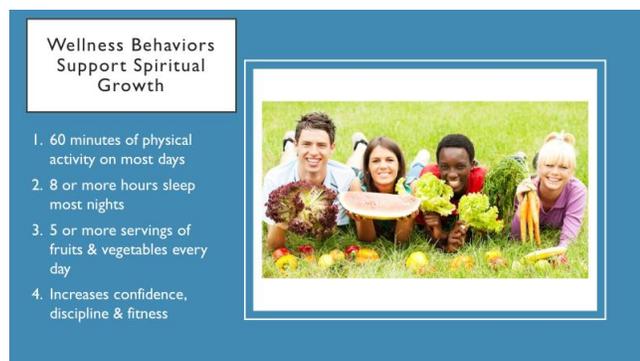
Spiritual health promoting behaviors help you feel more **centered** and closer to God, as well as better able to handle life's eventual problems and challenges. Spiritual health habits can give you **peace of mind**, a more **positive attitude**, and a greater sense of **happiness**. They can also help you be a **kinder, gentler, and more loving and accepting**

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person. Which spiritual wellness behaviors do you practice, or would like to do more often?

### Wellness Behaviors Support Spiritual Growth:

(Show slide).



Wellness Behaviors Support Spiritual Growth

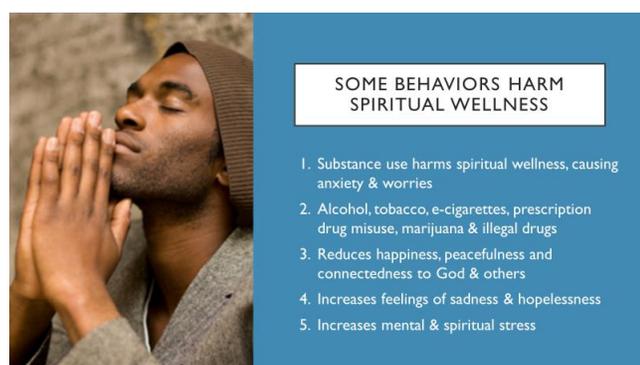
1. 60 minutes of physical activity on most days
2. 8 or more hours sleep most nights
3. 5 or more servings of fruits & vegetables every day
4. Increases confidence, discipline & fitness

The slide features a blue background. On the left, there is a white box with the title 'Wellness Behaviors Support Spiritual Growth' and a numbered list of four items. On the right, there is a white-bordered image showing a diverse group of four people (two men and two women) smiling and holding various fresh fruits and vegetables like apples, carrots, and leafy greens.

Getting 60 minutes of any type of physical activity on most days a week, along with getting 8 or more hours of sleep each night and eating plenty of non-processed foods including 5 or more servings of fresh fruits and vegetables each day will further improve and maintain your spiritual and overall health. These three behaviors, regular physical activity, sleep and healthy eating, are key to being **fit** enough to help others in need. They also increase **confidence and discipline** to reach your spiritual and other life goals. What types of healthy behaviors to you practice, or would like to do more often?

### Some Behaviors Harm Spiritual Wellness:

(Show slide).



SOME BEHAVIORS HARM SPIRITUAL WELLNESS

1. Substance use harms spiritual wellness, causing anxiety & worries
2. Alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana & illegal drugs
3. Reduces happiness, peacefulness and connectedness to God & others
4. Increases feelings of sadness & hopelessness
5. Increases mental & spiritual stress

The slide features a blue background. On the left, there is a photograph of a man with his hands clasped in prayer, looking upwards. On the right, there is a white box with the title 'SOME BEHAVIORS HARM SPIRITUAL WELLNESS' and a numbered list of five items.

However, substance use can harm your spiritual health, just like it can cause physical and mental health problems. Alcohol, tobacco, e-cigarettes, marijuana, prescription drug misuse and illegal drugs damage spiritual wellness and cause anxiety and worries, reducing happiness and connectedness to others, and increases feelings of sadness and

hopelessness. These can lead to increased mental and spiritual stress, making it more difficult to feel at peace and close to God.

## Spiritual Wellness Goal Plan & Contract

Think about the habits that promote your being **spiritually strong** and **healthy** as well as those that **interfere** with reaching your spiritual wellness goals. To become a **better, happier and more stress-free** person, select **at least one** goal.

In selecting goals to work on **next week/month**, consider those that will help you become more like the type of person you want to be in the future, or how you want to be seen by God and others.

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To be more spiritually strong, healthy and happy, I \_\_\_\_\_ (Print name) will avoid alcohol, tobacco, e-cigarettes and other drug use every day this week/month, and I will also (Choose at least one):

- Take time and place myself in a quiet environment without distractions to **pray, read or study the Bible or other holy scripture, or practice deep breathing, meditation, or similar spiritual health or religious activities** on most days this week/month.
  - Practice **spiritual virtues** such as **accepting things I can't change, having faith things will turn out okay in my life, looking at challenges as opportunities, forgiving those who may have hurt me, avoiding judging others, focusing on Jesus Christ's life as a model for how you live your life, or showing gratitude for what I've received from God and others** on most days this week/month.
  - Participate in **religious services or activities with others** that are supportive of me living a spiritually healthy lifestyle on most weeks next month.
  - Reach out to help others** by volunteering my time, sharing my skills or talents, or giving my money to those in need on most weeks next month.
  - Increase my **physical activity, sleep or healthy eating** most days of the next week/month.
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# *In God's Image*

## **Section 3:**

## **Evaluation Materials**

## In God's Image (IGI) Youth Feedback Survey

**Directions:** Bubble in one answer for each question below. We really want to know what you think about the In God's Image program. Please answer honestly. Thank you!

	Not (none) at all (1)	A little (2)	Some (3)	A lot (4)
1) Did you like the IGI lesson?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) Do you think this IGI lesson will help youth make better spiritual choices?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) Will this IGI lesson help you increase your praying, etc. next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) Will this IGI lesson help you increase your practicing key virtues next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) Will this IGI lesson help you increase your attending religious services next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) Will this IGI lesson help you increase your helping others in need next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) Will this IGI lesson help you increase your physical activity next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) Will this IGI lesson help you avoid alcohol use next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) Will this IGI lesson help you avoid marijuana use next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) Will this IGI lesson help you avoid cigarette smoking next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11) Will this IGI lesson help you increase your healthy eating next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12) Will this IGI lesson help you increase your sleep next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13) Will this IGI lesson help you avoid e-cigarettes next month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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# *In God's Image*

## **Section 4:**

## **Spiritual Wellness Resources**

(Instructor: Share these resources as you see fit with your youth to further enhance their spiritual knowledge, confidence, skills and overall wellness.)

## Spiritual Wellness Resources

**Faith Connections: Spiritual Tools:** <http://www.faithconnections.ca/spirituality>

**How Can I Pray?: The Daily Examen:** <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray>

**Life Teen:** <https://lifeteen.com/blog/tag/spirituality/>

**Our Daily Bread: Growing Closer to God: Spiritual Growth:**  
<https://odb.org/tag/spiritual-growth/>

**Quest for Meaning: Spiritual Themes:** <https://www.questformeaning.org/spiritual-reflections/spiritual-themes/>

**Salesian Youth Spirituality:** <http://www.salesianym.com/salesian-youth-spirituality.html>

**Spiritual Development:** <https://www.search-institute.org/our-research/youth-development-research/spiritual-development/>

**Spiritual Growth for Teens (Books):** <https://www.christianbook.com/page/teens/teen-christian-living/teen-books-on-spiritual-growth>

**Spiritual Growth Workshop:** <https://www.thoughtco.com/spiritual-growth-workshop-701025>

**Spiritual Growth:** <https://www.allaboutgod.com/spiritual-growth.htm>

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