

BALANCE MY CHOICE

# WellnessPointers

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**"I tell you the truth, whatever you  
did for one of the least of these  
brothers of mine, you also did for Me."  
Matthew 25:40**



EMPLOYEE WELLNESS  
Southern Adventist University

FINANCIAL

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

# Good Stewards

Two important concepts are ownership and stewardship. When we own something, we have the right to do with it as we please as long as we don't use it to commit a crime. When we are a steward or custodian of someone else's property, we must care for it according to the owner's directions.

Society today has the attitude that we can do whatever we want as long as no one gets hurt. The feeling is, "I am free to eat what I want, drink what I want, and live any lifestyle I want." Unfortunately, such an attitude has led to much heartache and difficulty in the areas of moral behavior, health, and financial instability. Everyone seems to want to be a law unto themselves. It reminds us of God's people in the book of Judges, which declared that "every man did that which was right in his own eyes" (Judges 17:6). Such a mind-set is that of ownership, not stewardship.

The Bible teaches a quite different principle of life. Scripture pictures humanity as belonging to God. The Lord created the human race and thus is its owner. As owner, God has the right to instruct human beings in their lifestyle and activities. The Bible not only teaches that God owns us by virtue of creating us but also because He redeemed us from sin. "For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's" (1 Corinthians 6:20).

God paid the ultimate price for us – Christ's sacrifice. Because of this Paul wrote: "For he that is called in the Lord, being a servant, is the Lord's freeman: likewise also he that is called, being free, is Christ's servant. Ye are bought with a price; be not ye the servants of men" (1 Corinthians 7:22-23). We are to be servants of Christ, obeying Him in all our ways. Thus we must consider ourselves as stewards of God, not owners of ourselves to do whatever we please. Paul wrote: "Moreover it is required in stewards, that a man be found faithful" (1 Corinthians 4:2).

As a result, Christians must take seriously the instruction that God gives concerning how to take care of the body that God has given them. Whenever we follow God's health laws we are being good stewards. But whenever we disregard His health laws we are being unfaithful stewards.

Jesus told a parable about the talents that God has given us and the use we make of them. Everything we have is considered a talent – our money, voice, abilities, body, etc. To the ones who used their talents according to the master's instruction, "his lord said unto him, well done, good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord" (Matthew 25:23). But to the one who did not follow his master's instructions, "his lord answered and said unto him, thou wicked and slothful servant...cast ye the unprofitable servant into outer darkness: where there will be weeping and gnashing of teeth" (Matthew 25:26-30).

The Bible is clear. As God's stewards and servants we are to take seriously what He has to say about the laws of our being. We are to do our best to attain physical, emotional, and spiritual health, which are an essential part of being a faithful steward and servant of God. This will also be the attitude of those who are ready for Christ's return.

taken from "40 Days" By: Dennis Smith pp. 27-28

# 7 Biblical Secrets on Money Management

Live joyfully! This is God's world and we are to enjoy what has been given to us. While the Bible tells us we are not supposed to love money (1 Timothy 6:10), the Bible does advise us to enjoy it. King Solomon addresses this fact: "it is good and proper for a man to eat and drink, and to find satisfaction in his toilsome labor under the sun during the few days of life God has given him – for this is his lot. Moreover, when God gives any man wealth and possessions, and enables him to enjoy them, to accept his lot and be happy in his work – this is a gift of God" (Ecclesiastes 5:18-19).

1. Live by this truth: God has the power to supply all your needs. The Bible never speaks in terms of God's limitations, but in terms of His infinite ability to meet your needs. "My God will meet all your needs according to His glorious riches in Christ Jesus." Philippians 4:19

2. Give methodically. We are asked to give something back as a testimony of our gratitude to God for His generosity in the first place. "A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the Lord; it is holy to the Lord." Leviticus 27:30

3. Give and you will receive. As we share of our abundance, the Bible also makes it clear that even more blessings will come our way as a result of our generosity. Jesus says, "give and it will be giving to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For the measure you use, it will be measured to you." Luke 6:38

4. Give joyfully. Be certain that your giving is done with the right spirit. "God loves a cheerful giver." 2 Corinthians 9:7

5. Develop a spirituality of money. Money, in itself, is neither good nor bad. It is the misuse and abuse which creates problems. "The love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs." 1 Timothy 6:10

6. Save. This means being cautious and wise with expenditures. Pray and ask God, "Do I really need this?" The pleasure of giving up something now and saving for the future adds delight to life.

7. Invest wisely. Be sure that what you save is wisely invested where it can grow and produce still more (Matthew 25).

## Employee Wellness Mission Statement:

Cultivating a sense of community, Southern Adventist University Wellness promotes balanced living, provides risk assessment, rewards and empowers employees for pursuing optimum health in a caring, Christian environment.

### What is Wellness?

“Wellness is an intentional choice of a lifestyle characterized by personal responsibility, balance, and maximum personal enhancement of physical, mental, and spiritual health.”

-Dr. Garver

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# FRENCH CREPES WITH FRESH FRUIT

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## Ingredients

1 ½ cups water  
¼ cup raw cashew nuts  
(may use 1 ½ cups soy  
milk instead of water and  
cashew nuts)  
½ cup quick oats  
½ cup brown rice flour  
½ tbsp. honey  
½ tsp. salt  
½ cup tofu  
\*fruit of your choice\*



## Preparation Directions:

1. Blend ingredients (except fruit) together for about 1 minute.
2. Lift preheated nonstick skillet from burner and pour ¼ cup portion, tipping a circular motion so crepe becomes larger and thin.
3. Use medium-high temperature to cook the crepe until dry on top (about 1 minute), then loosen gently with spatula and turn, cooking the other side for about 30 seconds.
4. Stack finished crepes on a flat plate and cover with a cloth to keep warm.
5. Take a crepe and put the \*fruit of your choice\* inside, roll up, and enjoy!

taken from: <http://newstartclub.com/recipes/detail/french-crepes/>

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# Hope for Your Heart

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## God will not fail you.

“Not a word failed of any good thing which the Lord had spoken to the house of Israel. All came to pass.” Joshua 21:45

Placing your life in the hands of a faithful God means that His care is certain, sure, unchangeable, steadfast, and true. He will support you, uphold you, sustain you, and provide for you. In no way and at no time will He fail you. He cannot. He will not. He is completely trustworthy.

## God is always faithful.

God not only gives you exceedingly great and precious promises, but He faithfully fulfills them in more ways than you could ask or think.

These are things He is working for your good that you may not understand or see clearly at this moment; these are promises He is fulfilling that you may have thought He'd forgotten; these are prayers He is answering that you may have thought were requests that had been denied.

## God will provide.

God would not have made you, if His arms could not embrace you.

He would not have called you, if His power could not enable you.

He would not have led you, if His presence could not keep you.

He would not have gifted you, if His hands could not bless you.

He would not have told you to trust Him, if He could not provide for you.