

At Oaks Christian School, we strive to be Christ-centered in all we do - through our culture, what we say, and what we do. No matter where you are in your faith, we believe living life with God at the center restores a lost sense of purpose, gives meaning and reasons in our difficult circumstances, and helps us to understand who we are and why we are here. When we are in the right relationship with God, with others, and with ourselves, there is often less anxiety and depression and more peace, purity, hope, and love. So, what are some ways to deepen your trust in Jesus? What are some practices to help grow your relationship with God? It may be helpful to consider some disciplines or spiritual practices to stay focused on God and not be consumed with the challenges of life. Taking time to pray, reading through the Bible, enjoying fellowship with other Christians, and serving others for their excellent are ways to grow in faith and align yourself with God's goodwill. Would you like to speak with someone concerning your spiritual life or the spiritual life of your family? You are welcome to contact our SEL team or our Spiritual Life department at any time.

# *Wellness Minute*

# *Spiritual Health*

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (2 Timothy 1:7)