

Spirituality as strength ensures family well-being amidst social challenges in society: *The TOTAL LIFE Programme as a key factor contributor to health and well-being*

Abstract

Historically, spirituality and religion have been synonymous; however, in recent decades, spirituality has emerged as a distinct phenomenon and therefore been disregarded. As this disparity has become increasingly evident, research has expanded to demonstrate the advantages of spirituality for an individual's health and well-being and encompass both mental and physical health. However, numerous people in South Africa and globally confront significant challenges and contend with societal concerns such as unemployment, poverty, occultism, Satanism, violence, and paternal absence, among others. These concerns can induce physical illness and impact a person's spirituality. Therefore, God's plan to redeem all of creation, shattered by sin and evil, includes transformation and spiritual healing as integral components. In this poster presentation, the TOTAL LIFE Programme aims to set spirituality as a strength for the well-being of people. The TOTAL LIFE Programme is a spiritual training and equipping tool for personal well-being and strength...

Keywords: spirituality; strength; well-being; resilience; TOTAL LIFE; programme.

Spirituality as strength

Although religion and spirituality have historically been regarded as synonymous, recent decades have witnessed a conceptual divergence in which spirituality has emerged as a distinct domain...

How can spirituality build strength in a person's life?

- Fosters resilience and significance
- Develops wisdom
- Strengthens moral character
- Builds confidence and purpose
- Fosters connection

Practical ways on how to build this spiritual strength

- Practice mindfulness
- Engage in gratitude
- Cultivate compassion and kindness
- Spend time in nature or solitude
- Pursue a sense of purpose



Health & Well-being

Health is a tripartite entity integrated by physical, mental, and social dimensions. Physical well-being is marked by the avoidance of pathological disorders and the promotion of survival through proactive lifestyle choices ... (Koenig, 2011).

Destructive social challenges and ills in society

The absence of paternal figures, prevalence of gender-based violence, and erosion of moral values collectively compromise familial stability, health, spirituality of individuals, and social cohesion. These factors foster harmful patterns that impede societal progress and undermine sustainable development.

The prevalence of father absence

With a history marred by prolonged conflict, South Africa stands among the world's most unequal nations. Alarming statistics underscore the nation's distinction for having the highest rates of violence globally...

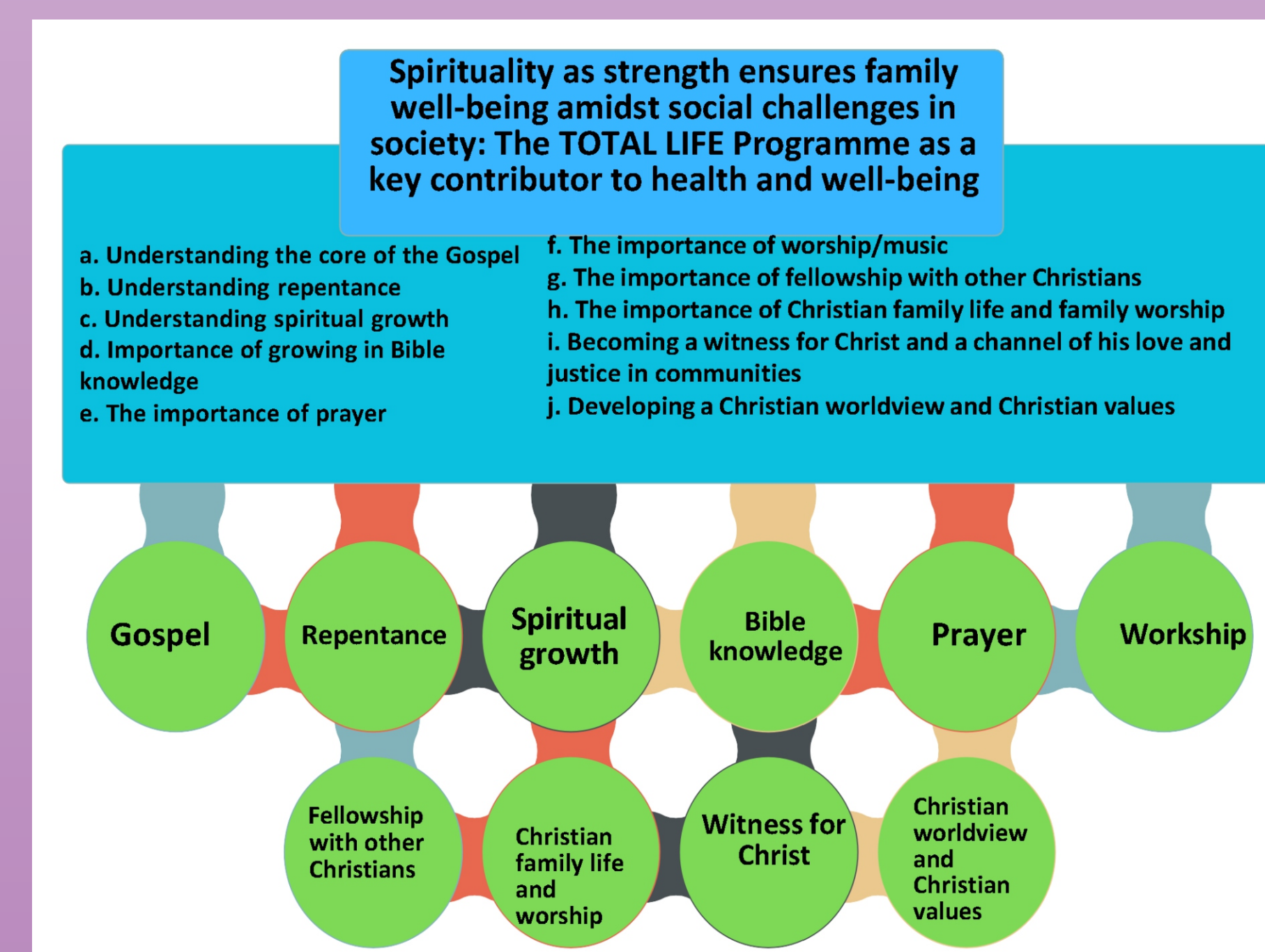
Gender-based violence (GBV)

Another deleterious social issue plaguing South African society, significantly impacting family well-being, is GBV. As the term "gender-based violence" encompasses any act of violence, most commonly against women (or mothers), that causes or is likely to cause physical, sexual, or psychological harm or suffering...

Moral and values quandaries

Moral deterioration and a lack of moral values represent another social issue and destructive force that adversely affects family well-being in South African society. Despite not being a new topic in South Africa, the values debate resurfaces when education professionals and policymakers grapple with issues related to human rights abuses, social moral decay, and a lack of discipline in schools...

The TOTAL LIFE Programme as a key factor contributor to health and well-being



What is TOTAL LIFE?

TOTAL LIFE is a missional tool and programme which pursues a clear direction of key learning, activities and facilitation exercises ... The TOTAL LIFE is driven by ten principles (Freeks, 2018).

TOTAL LIFE and its meaning

The TOTAL LIFE programme was developed in 2017 based on a missional study by Freeks (2018). The acronym TOTAL LIFE has the following meaning:
T for teaching, training and equipping
O for optimal ("Imago Dei")
T for transformation, which indicates that the gospel changes lives (Rom. 12)
A for abundant
L for life and indicate lifelong learning and experience in the Word of God. Jesus gives abundant life (John 10:10)

The aim, layout and design of the TOTAL LIFE Programme

The main aim of this programme is to support participants, and its mission is to strengthen, motivate, inspire and develop them, primarily in their decision-making and choices on behaviour problems (Freeks 2018).

The ten TOTAL LIFE principles

1. Understanding the core of the gospel
2. Understanding repentance
3. Understanding spiritual growth
4. Importance of growing in Bible knowledge
5. The importance of prayer
6. The importance of worship/music
7. The importance of fellowship with other Christians
8. The importance of Christian family life and family worship
9. Becoming a witness for Christ and a channel of his love and justice in communities (social justice)
10. Developing a Christian worldview and Christian values

Impact and outcomes of the TOTAL LIFE programme

The TOTAL LIFE programme articulates ten missiological principles designed to promote family well-being and holistic health. As a structured model, it provides a framework for integration that advances quality of life, nurtures spirituality, strengthens familial relationships, and affirms human dignity in devotion to God through Christ.

