

# 1 START CONVERSATIONS

Discuss how your local church can address the needs of your congregation and community.

Talk with your pastor or church members involved in health care.

Gather a group of supporters.

# 2 FIND OUT WHAT PEOPLE NEED

Think outside of your church walls.



- HOSPITAL FAIRS
- HOSPITAL VISITS
- PRAYER CHAIN
- SUPPORT GROUPS
- BLOOD PRESSURE SCREENINGS

# 3 USE AVAILABLE RESOURCES

Reach out to local health care providers and clinics for possible partnerships with your church.



Team up with existing ministries that are already involved in health programs.

## 4 CONNECT THE DOTS

A health ministry needs spiritual support to succeed.

Recognize the relationship between physical wellbeing and spiritual health.

Look for ways to incorporate health into worship and other church activities.

## 5 GET STARTED

Start small!

Look for ways to include physical, mental, and spiritual health into church life.

While keeping available resources in mind, find 2-3 health projects to try out for a year.



**LEARN MORE:**

[www.abundanthealth.org](http://www.abundanthealth.org)



**Abundant Health**

Global Ministries

THE UNITED METHODIST CHURCH



5 TIPS ON STARTING A

# HEALTH MINISTRY