

MIND. BODY. SPIRIT.

Abundant Health Game

Get inspired by John Wesley on your journey to holistic well-being!

To play the Abundant Health Game, you will need to distribute the game board (or project it onto a large screen) so that everyone can see the squares, stars and John Wesley's quotes along the path.

The game leader will read the quotes in order of the game board one at a time. Each quote will be associated with an action step. Tell the group to listen carefully and to please move along to the next star as they identify with every action they have embraced in their own life.

When the game is finished, the person who has traveled the farthest along the game board – hopefully, to the end – will win the Abundant Health Game! Consider giving the winner a health-related prize such as a water bottle, prayer journal or basket of wholesome snacks.

Let's play!

Game leader speaking points:

Okay! Ready?

- First move. John Wesley says, "Water is the wholesomest of drinks." Move ahead to the first star if you drank water yesterday.
- Next. "A due degree of exercise is indispensably necessary to health...," Wesley said. If you exercise at least three times per week, move ahead to the next star.
- Wesley advocated for a good night's sleep, saying, "I would allow between six and seven hours (of sleep), at an average..." Move ahead to the next star if you slept the recommended seven to nine hours last night.
- "The open air..." Wesley said, "contributes much to the benefit of exercise." Move ahead to the next star if you spent time outside recently.
- Wesley may be known for riding a horse, but he was also a fan of walking. He even said, "Walking is the best exercise for those who are able to bear it." Move ahead to the next star if you walk, as exercise, three or more times per week.

How is everybody doing? Are you feeling healthy?

- The next Wesley quote says, "God grant that I may never live to be useless!" So move ahead to the next star if you have volunteered at least once during the past month in your church, community or city.
- Our last one: "Above all, add to the rest, that old unfashionable medicine, prayer," Wesley said. So, move ahead to the next star if you prayed today.

Okay, our game is over. How did everyone do? Do we have anyone who made it to the end? If so, please stand up. *[If nobody made it to the final star, ask for the next to last star and keep asking until you get a winner.]*





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