



Seventh-day Adventist Church
ONTARIO CONFERENCE

HEALTH
MINISTRIES

RESTORED™

CONNECT & GROW



90 Days to Healthier Living

**Small Group Activities:
Learning & Managing Lifestyle Diseases**



••• health.adventistontario.org •••

Introduction

Welcome to **Connect & Grow: 90 Days to Healthier Living!**

Are you ready to be in charge of your health, one step at a time? You are not alone, and you don't have to do it alone either.

Whether you are managing high blood pressure, diabetes, heart disease, or trying to build healthier habits, this 3-month journey is designed just for you. **Connect & Grow** is more than just a program. It provides a community of supportive people where you will learn, grow, and take action alongside others on a similar journey.

But even more than that, this is a wholistic restoration journey.

As Seventh-day Adventists, we believe that true health is more than food, exercise, or medicine. It is about the harmony of the physical, mental, and spiritual aspects, as God originally designed them. He desires for you not just to survive, but to grow and prosper (3 John 1:2, NKJV):

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

Over the next 12 weeks, you will:

- * Understand your condition and how to manage it
- * Learn how to apply the Eight Laws of Health (**RESTORED™**)
- * Discover practical tools that actually work in real life
- * Set meaningful goals and achieve them
- * Celebrate progress, not perfection

Each week, we will meet in a small, safe, and supportive group setting to share ideas, experiences, victories, and challenges. You will be guided by a mentor who is here not to lecture, but to **walk with you**.

We will not only explore practical health strategies but also the power of faith, rest, purpose, and God's Word, principles at the heart of the Adventist health message.

This is a time to share experiences. To get inspired. To take back your God-given power to choose to do what is right for your health. Because health is not just about numbers (e.g., weight, calories, blood levels, etc.) — it is about how you feel, how you live, and what you are capable of becoming in God's hands.

So, be encouraged and take a deep breath...

Welcome to the first day of a healthier, stronger, more confident you. Let's connect and grow together, with God leading the way!

Program Title

Connect & Grow: 90 Days to Healthier Living

Target Audience

Adults managing chronic lifestyle diseases

Duration

12 weeks (3 months)

Group Size

4 - 8 participants

Meetings

Once a week, in-person or virtual, 45 - 60 minutes

Facilitator

Health coach, nurse, or other qualified mentor

Disclaimer

This content is not a substitute for professional medical care.

The information, materials, and recommendations provided in this small group activity are for educational purposes only and are not intended to replace the advice, diagnosis, or treatment of a qualified healthcare professional. Participants should always consult their primary care physician or another licensed healthcare provider with any questions or concerns regarding their health, medical conditions, or treatment options.



Month 1

Awareness & Foundations

Theme: *Understand Your Condition and Take Control*

Week 1 Introduction and Goal Setting



- Pray to seek the Holy Spirit's help and guidance.

- Icebreakers: Share your health journey.

- Set individual health goals.

- Discuss group norms and confidentiality agreement.

- Brief on what to expect in 3 months.

Activity:

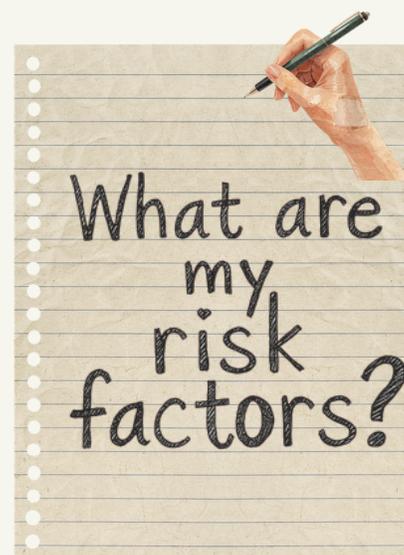
Rate each area—sleep, nutrition, spending time in nature, taking slow, deep breaths, choosing good over bad habits, physical activity, hydration—on a scale of 1 to 10 (1 = low, 10 = high).

Create a personalized wheel diagram that includes each area and its rating on the scale (see the sample on the left).

Week 2

Understanding Your Condition

- Pray to seek the Holy Spirit's help and guidance.
- Examine the basics of chronic lifestyle diseases (tailored to your group).
- Discuss risk factors and complications.
- Understand the importance of self-management.
- Create goal-setting for behaviour change.
- Identify community resources and positive support systems.



Activity:

Myth vs. Fact Quiz.

Example:

Myth: “If I don’t feel symptoms, my blood pressure must be fine.”

Fact: High blood pressure is often called the “silent killer” because most people feel no symptoms at all until complications arise.

Someone can look and feel perfectly healthy while still having dangerously high blood pressure.

Regular monitoring is essential for early detection and prevention.

Reflection:

What surprised you the most?



Week 3

Stress Management and Sleep

- Pray to seek the Holy Spirit's help and guidance.
- Talk about how stress and poor sleep worsen chronic disease.
- Explore how emotions affect the body.
- Identify stress-reduction techniques.



- Understand the difference between good vs. poor-quality sleep.
- Identify personal stress triggers.
- Discuss how to build a healthy bedtime routine.
- Share relaxation activities for nighttime (e.g., reading the Bible, stretching, journaling, calming music, etc.).
- Talk about sleep hygiene tips (e.g., light, screens, caffeine, etc.).

Activity:

“Casting Our Cares” – Write down the things that bring worries, frustrations, or emotional burdens connected to one’s chronic lifestyle disease. Symbolically give them to God.

Challenge:

15-minute nightly wind-down routine.



Week 4

Food as Medicine



- Pray to seek the Holy Spirit's help and guidance.
 - Review the basics of healthy eating (e.g., wholesome, high-fibre, low-sugar, etc.).
 - Understand macro and micro nutrients and how they support body functions.
 - Discuss benefits of whole foods vs. processed foods.
 - Talk about anti-inflammatory foods and their role in chronic disease prevention.
- Talk about meal planning on a budget and strategies for affordable healthy eating.
 - Understand common additives (artificial sweeteners, preservatives, and sodium resources).
 - Discuss smart grocery skills, such as shopping perimeter and creating nutrient-dense lists.

Activity:

Build-a-meal challenge – write them down and pass them around.
Label Detective (bring food labels to analyze).

Challenge:

Try a new healthy recipe and plan to share.

Month 2

Behavioural Changes & Habits

Theme: *Make It Stick – Small Changes, Big Results*

Week 5 Sunshine and Outdoor Nature

- Pray to seek the Holy Spirit's help and guidance.
- Discuss connection with God through nature for inner peace.
- Share the benefits of sunshine for mood and stress reduction.
- Talk about how outdoor nature time supports better sleep.
- Understand the benefits of sunshine to help regulate the body's internal clock.
- Discuss how outdoor activity supports chronic disease management.

Activity:

Organize a group outdoor outing.

Challenge:

“Photo of the Week” Nature Challenge
– Each person takes a photo during the week of something outdoors that lifted their spirits. Share pictures at the next meeting.



Week 6

Mindset and Trusting in God

- Pray to seek the Holy Spirit's help and guidance.
- Open reflection of Proverbs 3:5-6 and Psalm 55:22.
- Identify the “weights” that each person carries.
- Fatigue vs. Faith - discuss ways God meets needs within each person's limitations that changes fatigue into faith.
- Trust vs. Fear reflection – Make two lists:
 1. “What fear says...”
 2. “What trust in God declares...”
- Discuss how chronic conditions rarely heal instantly; progress is often slow.
- Surrender to God the “What Ifs.”
- Use Scriptures to talk about trusting in the Lord during long-term health challenges.



Activity:

“Trust Habits for Hard Days”

- Create a personal list each person can use when health symptoms appear, such as speaking one Scripture aloud, whispering a prayer, playing one Scripture song, texting a prayer partner, etc.



Week 7

Breathing in God's Creation



- Pray to seek the Holy Spirit's help and guidance.
 - Look at the connection between breath and spiritual life – e.g., Genesis 2:7, Psalm 104:29, etc.
 - Discuss about fresh air and its effect on physical symptoms – e.g., calmness, relaxation, etc.
 - Talk about barriers to getting fresh air.
 - Discuss balancing indoor life with outdoor time.
- Discuss how creation reflects God's care and His presence and provision.
 - Explore biblical examples or personal stories where creation played a role in renewal and/or healing.
 - Discuss how taking care of the body by seeking fresh air can be an act of stewardship and trust.

Activity:

Create a "Fresh Air Routine"

– For example, backyard morning or evening prayer or worship time, short neighbourhood walk, etc.

Week 8

Freedom Through Restraint and Self-Control

- Pray to seek the Holy Spirit’s help and guidance.
- Reflect on the Fruit of the Spirit (Galatians 5:22-23).
- Talk about how daily choices influence chronic diseases (e.g., blood pressure, pain levels, blood sugar, fatigue, etc.).
- Brainstorm on boundaries that support better self-restraint.
- Discuss about Replacement Strategy – replacing harmful habits with healthy ones.

Activity:

“Temptation Role-Play” – create short scenarios (e.g., being offered unhealthy food, etc.) and practice responding using calm self-control and faith-based statements.

Challenge:

Accountability Partner Check-In: Pair participants as “support partners” to check in with questions like: “How did you practice self-restraint this week?”



Month 3

Empowerment & Sustainability

Theme: Own Your Journey

Week 9 Physical Activity for Health

- Pray to seek the Holy Spirit's help and guidance.
- Explore the benefits of movement for chronic conditions.
- Discuss how physical activity affects anxiety, mood, confidence, and spiritual clarity.
- Talk about types of physical activities that are enjoyable to each one.
- Discuss about matching activity with ability and safety.

Activity:

“Move What You Can” Reflection
- To reinforce positive, personalized movement.

Participants discuss:

- What part of your body feels good to move right now?
- What movements do you enjoy rather than dread?



Week 10

Power of Water for a Healthier You

- Pray to seek the Holy Spirit's help and guidance.
- Discuss why the body needs water.
- Talk about the signs of dehydration.
- Water vs. Sugary Drinks – discuss the impact of sodas, energy drinks, juices, and sweetened teas on chronic conditions.
- Talk about barriers to drinking enough water.
- Discuss how culture or upbringing shaped how much water each one drinks, and what each person would like to change now.
- Scripture and Hydration Reflection – Read John 4:14 and Psalm 23:2. Physical water refreshes the body, and God's presence refreshes the soul.



Challenge:

Prepare a small card to track water for 24 hours. Challenge:

- Check off each cup you drink.
- Take note of any improvements, such as fewer headaches, better digestion, less fatigue, clearer thinking, etc. Share with the group in the next meeting.



Week 11

Reviewing Progress



- Pray to seek the Holy Spirit's help and guidance.
 - Talk about the biggest takeaway of the last 10 weeks.
 - Discuss about habits that improved the most.
 - Share what changes you have actually felt, such as better energy, better mood, improved digestion, etc.
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- Talk about which lifestyle change was the easiest, and why.
 - Discuss about which change was the hardest, and why.
 - Share what has been most challenging to maintain in the long-term.
 - Talk about what things will be done differently moving forward.

Next Step Commitment:

Each participant create a card labeled "My Next Step Toward Wholeness"

Write: One habit to continue, one habit to strengthen, and one spiritual intention, such as memorizing one Bible verse every month, or setting up an early morning prayer routine, etc.

Week 12

Celebration and Next Steps

- Pray to seek the Holy Spirit's help and guidance.
- Reflect on what worked, and what's next.
- Talk about most helpful habit or mindset that were gained during the program.
- Identify “non-negotiable” health habits to keep.
- Discuss the challenges that remain and how perspectives have changed.

Activity:

Group Celebration and Recognition:

- Peer acknowledgments (participants recognize each other's efforts).
- Presentation of Certificate or symbolic tokens (e.g., commitment card).

Challenge:

Create a letter to future self and make a commitment to God to continue to take care of the body He created which is the temple of the Holy Spirit (1 Cor. 6:19-20).



Continuing the Journey

We have spent time together over the last 90 days; today is a commemoration and a well-wish for the future. The laughter we shared, the challenges we faced, the tears that may be shed, and the victories we experienced help us grow to know each other better. Each step you've taken, which reflected your efforts and willingness, has been a step toward honouring the amazing gifts God has entrusted to you: your life and your body.

As Seventh-day Adventist believers, we are reminded that “your body is the temple of the Holy Spirit” (1 Corinthians 6:19–20). When we care for our health, it is not about perfection; it is about stewardship, gratitude, and love for God and others. Over these weeks, you've practiced principles that reflect God's design for wholistic living—rest, eating wholesome food, sunshine, trusting in God and building meaningful connections, fresh air, restraint/self-control, exercise, and drinking water (**RESTORED™**).

These principles are not meant to stay in this group or within these 12 weeks. They are meant to be inculcated into everyday life; into your homes, families, workplaces, schools, and communities. The habits you've developed and the knowledge you've gained are planted seeds in your life's garden.

When you continue to water your garden with prayer, faithfulness, humbleness, and grace, have faith that God will make them grow and that He will supply the needed strength.

Remember, progress is not measured by never stumbling, but by continuing to rise up and trusting in God's leading. When challenges arise, return to what you've learned. When motivation fades, lean on the support God has placed around you. When you feel strong, use that strength to lift someone else by being a blessing.

As Ellen G. White reminds us, "The relation that exists between the mind and the body is very intimate" (The Ministry of Healing, ch. 18, p. 241). By caring for your physical health, you are strengthening your spiritual life, and by trusting God, you empower your journey toward wellness.

You aren't heading into this next chapter alone. The same God who walked with you through these last 12 weeks is going right into the next season with you. May you continue to choose life, health, peace, and hope. May your life be a testimony that God desires us to have a life full of abundance (John 10:10).

Let us go forward, connected and growing, living out the wholistic health message as a light in our family, church, community, and beyond.

RESOURCES

Missah-Habaradas, E. (2024). RESTORED™ - Restore and Preserve Your Health. Health Ministries of the Ontario Conference of the Seventh-day Adventist Church.

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Compiled, edited, and annotated by:

Edith Missah-Habaradas, BSN, MPH
Director, Health and Prayer Ministries



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HEALTH
MINISTRIES

905-571-1022
health.adventistontario.org
1110 King Street E.
Oshawa, ON L1H 1H8
Canada