



TE OPE KĀTUA O AOTEAROA  
**DEFENCE FORCE**

**NZDF Chaplaincy Department**

# **SPIRITUAL WELLBEING**

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## **Wednesday Wellbeing Series**

This session is UNCLASSIFIED and being recorded

Please have your camera and microphone off

Please feel free to place your questions in the Q&A function

**UNCLASSIFIED**



Toitū te rangi  
Toitū te whenua  
Toitū te aroha o te Atua  
Toitū ōna manaakitanga katoa  
Mauriora e Te Ariki  
Matua, Tama, Wairua Tapu. Āmine.

The sky is constant  
The earth is unchanging  
The love of God is dependable  
The gifts of God are continuous  
Hail to the Lord!  
Creator, Redeemer and Giver of Life.  
Amen.

*The Late Ven Dr Hone Kaa*

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“Ko te amorangi ki mua, ki te hapai o ki muri.”

“Place the things of the spirit to the fore, and all else shall follow behind.”



# The scope of our kōrero

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So, we will look at:

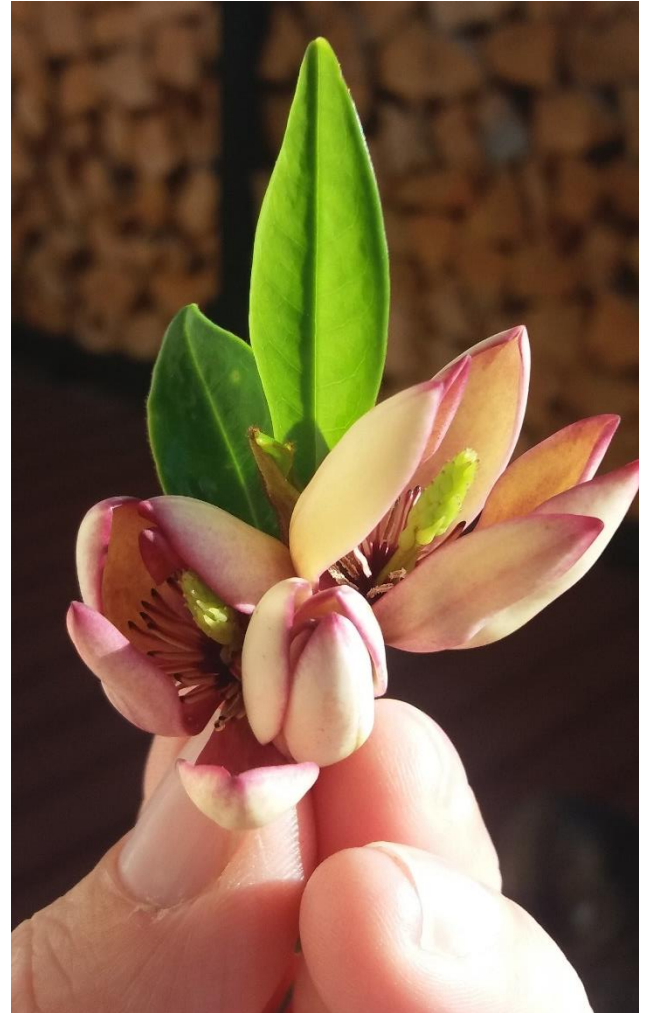
- What do we mean by spirituality/wairuatanga?
- What does spiritual health look like?
- What can affect our spiritual wellness
  - the problem of pain,
  - the gift of gratitude
- Spiritual interventions and practices
- Where to go for spiritual support

# What do we mean by spirituality/wairuatanga?

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- Cannot easily be defined
- Common themes and elements
  - non-physical
  - **connection**/belonging
  - meaning/purpose
  - divine/God/higher power
  - Transcendence
  - beliefs and values
  - Supernatural

**Connecting to something greater than the self**



# Spirituality

Beliefs

Connection

Values

Religion

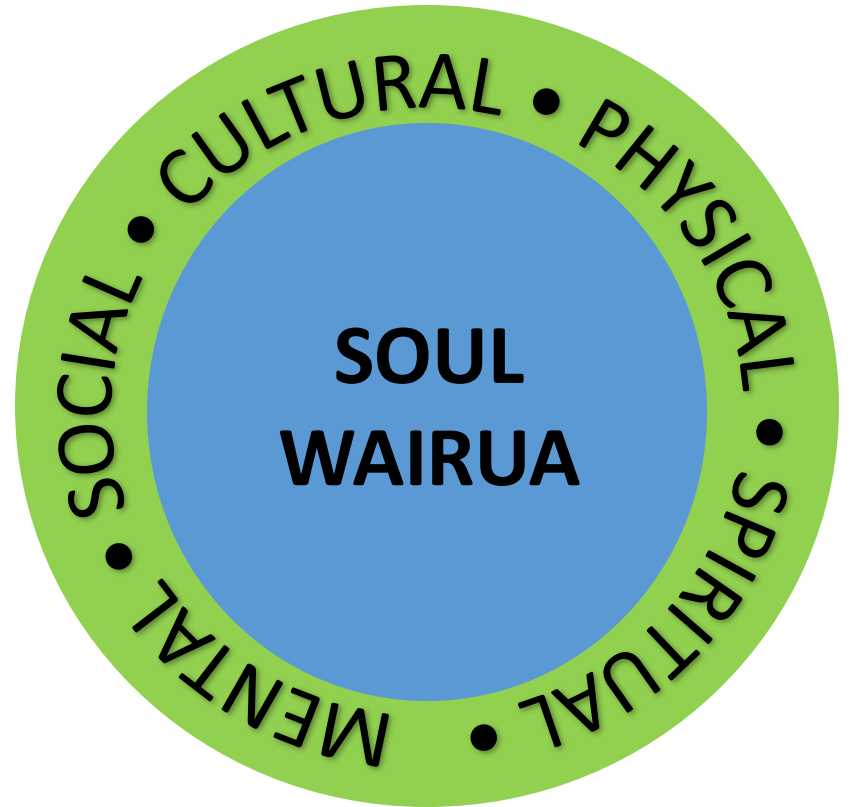
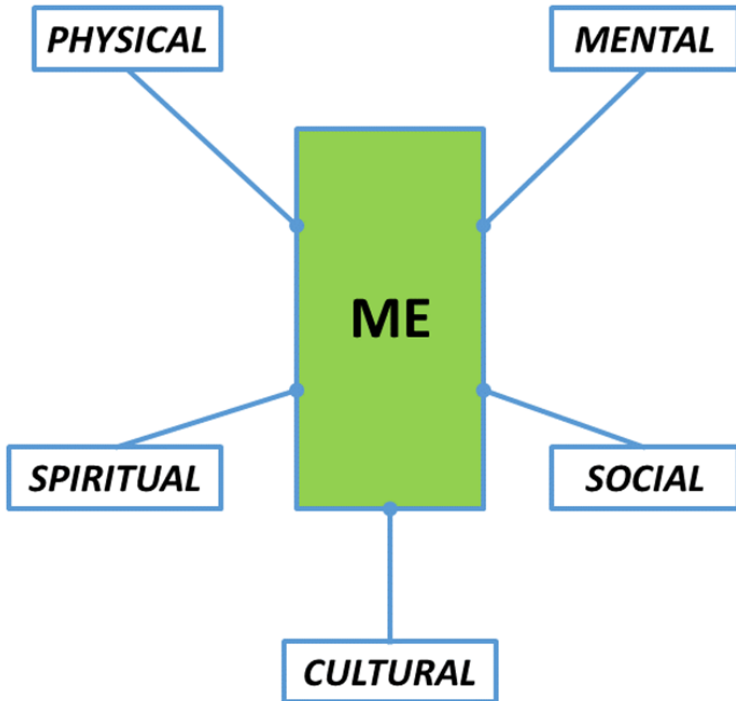
Meaning

Purpose

The Divine

# Feeding our Wairua

<https://www.youtube.com/watch?v=j5TlxdIL0nY>



# What does Spiritual Health look like?

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# What does Spiritual Wellbeing have to do with my health and being with the NZDF?



# **What can affect our Spiritual Wellness?**

## **Healing our Wairua**

# What can affect our Spiritual Wellness?

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Many things can affect our spiritual health and erode and chip-away at our spiritual mortar.

Stress and anxiety

Challenges/failures/setbacks

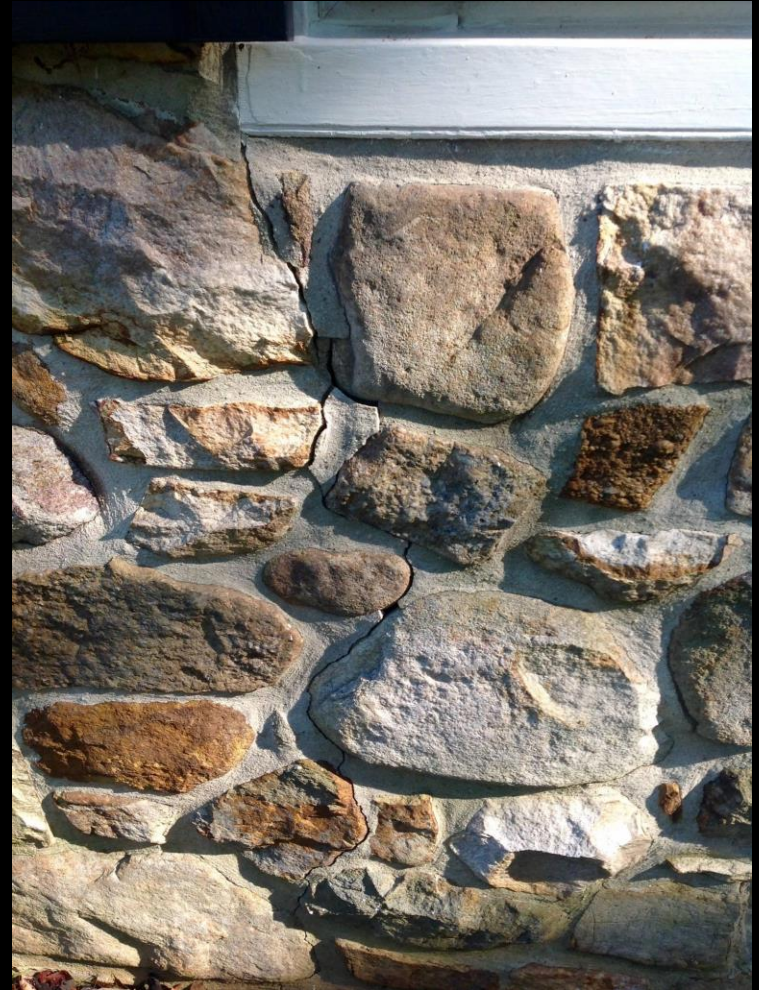
Physical and emotional pain

Loss associated with serious illness or injury

A relational break up

The death of a loved one

A job loss/job uncertainty



jealousy rejection  
isolation helplessness  
addiction grief loss boredom  
fear loneliness guilt anger  
fighting bitterness shame  
hatred illness

# The Problem of...

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## Pain

Pain can pull our eyes into ourselves



*“pain makes you forget about friendship and working together. You want to hit back when you are hurting.”*

# Pain can have Purpose

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- Pain communicates
- Pain can be a good teacher
- Pain can build character
- When Pain isn't helpful, but accepted



The good thing is, if we can be helped to **understand and develop reasons-for-being in relation to our pain** we can develop the capacity to manage what we are going through more effectively.

# Spiritual Interventions and Practices

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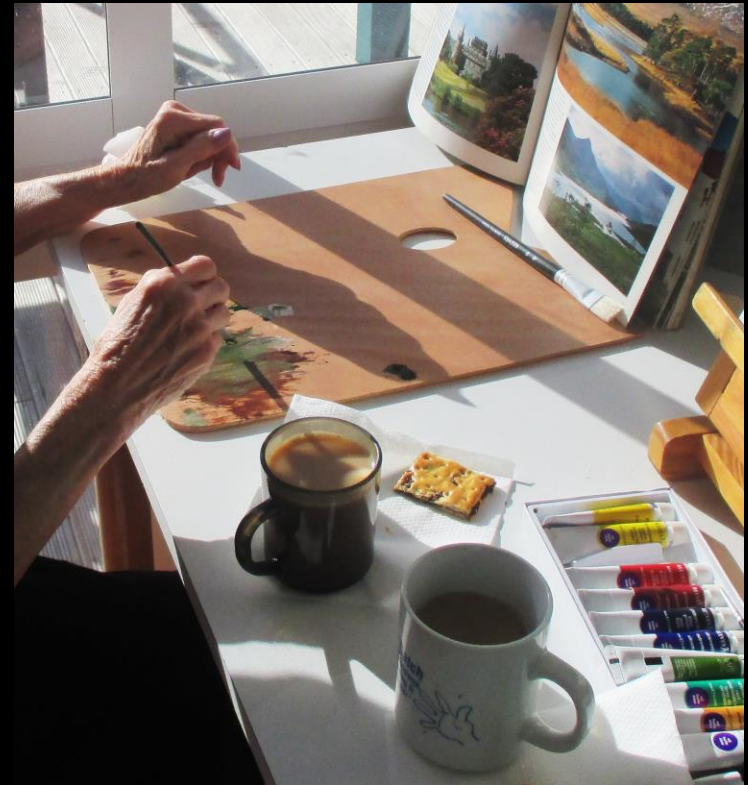
## The Gift of Gratitude

Practicing 'gratitude' can begin this process of **pulling your eyes further away from our pain** and bring warmth, a sense of wellbeing, and thankfulness back in.



# Other interventions and practices :

- A gratitude journal (for those who like to write)
- Gratitude visit: write a person who was very influential in your life and call and read it to them
- Counting our blessings: recall an event from our past in which we experienced positive emotions
- Recount a moment when you laughed so hard your stomach hurt
- Meditation
- Mindfulness (focus on the present moment)
- Prayer (use to seek guidance, ask for forgiveness or help to forgive, express gratitude)
- Volunteer (other-focused)



# Spiritual Letter

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A SHORT message to yourself that is motivating and encouraging.

It is a message that you can carry with yourself and read every morning.

Its purpose is to:

- Remind you of what the day was given to you for
- Includes tasks that you wish to accomplish that are not routine for you yet
- Includes thing that you want to stop
- Reminds you of figures that you wish to emulate
- Helps to begin the day with a goal and set purpose.

## My Spiritual Letter

A reminder of what the day was given to you for

Today was gifted to you by God for your continual repentance (turning from) towards God that you might become more like Christ Jesus.

You want to accomplish the following tasks:

Include tasks that you wish to accomplish that are not routine for you yet – motivational and drive spiritual life

1. Read this spiritual letter to yourself
2. Have at least one act of devotion – including reading Scripture and prayer
3. Be a priest for people and for yourself
4. Persevere with things that you struggle with

What to stop doing:

1. Giving up (prioritize exercise)
2. Eating junk (drink water instead)

Include things you want to stop doing (pitfalls) and a plan to help achieve this

My heroes:

**Jesus**

Everything about who He is

**Dad**

Enduring through hard times, practicing gratitude, and caring for himself and the family

Remind yourself of figures that you wish to emulate

# Where to go for NZDF Spiritual Support

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## NZDF Chaplains

### DEFENCE HEALTH HUB

<https://health.nzdf.mil.nz/support-providers/nzdf-community-wellbeing-support/chaplain>

If you need support, or just want to have a friendly catch up - come and find us about your local base/camp or give us a call.





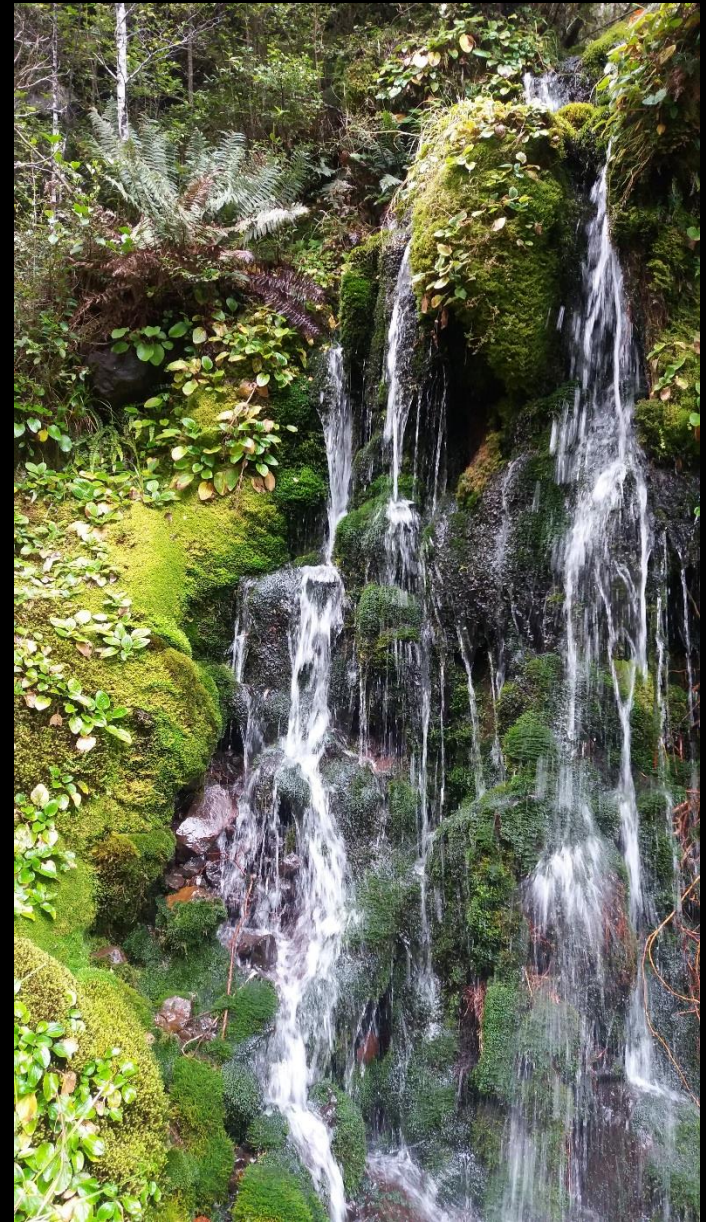
Questions?

# Next Session!

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Next week there is a session on  
Whanau Wellbeing & Support  
so please join us next Wednesday at 1100.

A calendar invite will be sent to you with  
the details and an MS Teams link.



## **Karakia Whakamutunga**

Kia whakairia te tapu  
Kia wātea ai te ara  
Kia turuki whakataha ai  
Kia turuki whakataha ai  
Haumi e, Hui e, Tāiki e!



**HEI MANA MŌ AOTEAROA  
A FORCE FOR NEW ZEALAND**