

*James Crawford – Total Health Campaign 2023  
“The Father Heart Total Health Assessment Tool”*

## **“How To Love Yourself More”**

### The Father Heart Total Health Assessment Tool

Do you take great care of yourself? Are you valuable, in your eyes? Do you feel that you deserve to be beautiful, happy and healthy? Many people do not take care of themselves because they do not know how amazing they are! This changes today!

Everyone on the planet is beautiful to our Heavenly Father. God cherishes us and He wants us to look and feel our best. He gets glory for this. This week we will guide you into better health by utilizing our “Father Heart Total Health Assessment Tool.”

Ps 139:13–14

13 For You formed my inward parts; You covered me in my mother’s womb.  
14 I will praise You, for I am fearfully and wonderfully made...

One of the blind spots that naturally occur in all people is the issue of “self-neglect.” If we do not care for ourselves, we will live unhappy, unhealthy and we cannot effectively fulfill our destiny & care for others. Humans tend to go through life on auto-pilot.

We forget that we have issues when we don’t set aside time to examine ourselves. The Bible says...

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### **Lamentations 3:40**

Let us examine and probe our ways

To add to that verse, the wisest man who ever lived said it this way. Well, God said it through Solomon.

### **Proverbs 19:8**

He who gets wisdom loves his own soul...

As the senior leader of Father Heart World Online Church, I am super excited about the fact that I am called by God to help all nations learn to “love their own soul” and become healthier and happier.

It is also worthy to note, most of a human being’s problems can be solved by joining the right church. If you follow a healthy pastor, you will get healthier, God designed it this way. In these last days we cannot afford to put these things off any longer.

As you evaluate your “total health” please bear in mind that you do not have to rush off to share your deepest, darkest secrets with anyone else. At some point this will be helpful, but you need to be free to assess these issues before you and God alone if need be. Take your time beloved.

Your Father in heaven cares deeply for you. Bring your broken areas before the God who is gentle, kind and patient at all times. He wants to help you self-improve. He will never shame or pressure you dear one.

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We encourage you to block out time each week to evaluate your total health.

We love you and we want to help you get better!

Yours, James

### **How to Use This Tool:**

Pick one of the 8 key areas of total health that you see the greatest need to self-improve in. Take as much time that you need to figure out an action plan for yourself. And then DO IT. Just DO IT my friend. The Bible says that “we can do all things through Christ who strengthens us.”

Stand up for yourself and don’t neglect yourself any longer. You deserve this! You are a beloved child of God! Make up your mind today!

1. **Spiritual Health:** Are you aware that you have a unique calling? Do you feel like your relationship with God is strained? Do you feel a lot of shame?

Are you prayerless and lukewarm? Do you feel that you have any deception working in your life? Do you have a hard time forgiving yourself or others? Do you feel like your calling & destiny is stalled out? Do you have pockets of iniquity that you need to repent and

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abstain from? Do you walk in the fruit of the Spirit?

The fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

What action steps can you take to self-improve? Schedule your action plan into your weekly schedule and get it done.

2. **Relational Health:** Do you feel like your relationships with the people closest to you are strained and struggling? Is your marriage constantly tense & struggling? Are your children out of spiritual order? Do you have bitterness and constant tension in your home, workplace or church friendships?

Do you bounce from job to job, house to house, church to church, relationship to relationship? Do you have unhealthy soul ties with anyone? Are you over-sensitive? Do you let people run over you?

What action steps can you take to self-improve? Schedule your action plan into your weekly schedule and get it done.

3. **Physical Health:** Do you feel like your physical health is failing? Do you accept that you will have to be on medication for life? Have you forgotten that God is a dead-raising, miracle-working God? Do

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you exercise at least a few minutes each day? Do you read your food labels? Are you overweight? Do you have regular doctor visits? Do you have regular dental visits?

What action steps can you take to self-improve? Schedule your action plan into your weekly schedule and get it done.

4. **Emotional Health:** Do you feel like your emotional health is failing? Are you carrying a heavy load in your heart? Do you need emotional healing from past wounds and trauma? Do you let people run over you? Do you have a healing friend that you tell your life struggles to?

Is anyone in your life emotionally hurting you? Do you accept that you will have to be on medication for life? Have you forgotten that God is a sick-healing, dead-raising, miracle-working God?

What action steps can you take to self-improve? Schedule your action plan into your weekly schedule and get it done.

5. **Financial Health:** Do you feel like your financial health is failing? Do you struggle to make it by each month? Do you have “0” dollars in your savings? Have you accepted the lie that you must live in poverty?

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Do you have a weekly budget? Do you know what you owe? What you own? What is coming in and what is going out? Do you have at least \$1,000 in the bank? Do you pay your taxes? Do you pay your church tithe?

What action steps can you take to self-improve? Schedule your action plan into your weekly schedule and get it done.

6. **Vocational Health:** Do you feel like your vocational health is struggling? Do you struggle to make it by financially each month? Have you accepted the lie that you must earn a living doing what is boring, unsatisfying and financially unrewarding? Do you dread getting up in the morning? Are you good at what you do for a living? Do you enjoy it?

What action steps can you take to self-improve? Schedule your action plan into your weekly schedule and get it done.

7. **Sexual Health:** Does this topic cause feelings of shame? Do you feel like your sexual health is struggling? Were you sexually abused? Do you need sexual healing & deliverance? Do you struggle with lust, masturbation, porn or other forms of immorality? Are you currently in a fornicating or adulterous relationship?

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8. **Mental Health:** Do you feel like your mental health is struggling? Have you ever been diagnosed with a mental illness? Are you taking psychiatric medication? Does mental illness run in your family? Are you anxious? Depressed? Up and down? Has anyone ever told you that you may be mentally ill?

What action steps can you take to self-improve? Schedule your action plan into your weekly schedule and get it done.

Great job! I will contact you next week my friends! Take care of yourself today! You matter!

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