

# THE RECIPE FOR WELL-BEING AN AFFIRMATION

Deb Potts



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## **Introduction to Well-Being**

The concept of well-being encompasses every aspect of health, including emotional, spiritual, intellectual, physical and relational health. As revealed in Scripture, we humans were created to love through these five pillars of life.

“One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, ‘Of all the commandments, which is the most important?’

“‘The most important one,’ answered Jesus, ‘is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these” (Mark 12:28-31).

These two precepts come from the Old Testament, but Jesus is the first one to connect them. I call them the Jesus Commandments. As we obey these most important commandments, God blesses us with abundance. As we approach balance and commitment in each of these pillars we move toward true well-being.

This Affirmation begins with a bit of explanation meant for enrichment. I’ve been praying this Affirmation each morning for a few months and I honestly feel more settled, more thankful, and less agitated. I don’t know exactly what to make of it, but quite a few people have told me lately that I “glow”. Is my peace physically evident to others? Following the Affirmation, I’ve provided some questions for you to ponder.

The Recipe for Well Being Affirmation is intended to instruct and encourage. I pray it will be instrumental to your journey toward well-being.

## The “Warrior Who Destroys the Authority that Causes Chaos”

Jesus’s role in reconciliation was determined before the foundations of the earth. From everlasting, He stood ready for His time, watching and waiting for His Father’s command. When the time came, Jesus began His ministry by being born as a human baby. He accomplished His job on earth, and returned to Heaven. Today, Jesus waits. When questioned about His return, He replied, “But about that day or hour no one knows, not even the angels in heaven, nor the Son, but only the Father” (Mark 13:32).

Jesus is waiting for the word, but He is not waiting idly. He’s actively doing battle on our behalf, fighting for peace with each prayer offered up to Him. His sacrifice for sin on the cross provided the possibility for peace. The reality of peace is won daily in hand-to-hand combat, one person and one relationship at a time. This reality is revealed in one of the ancient Hebrew names for Jesus; the Prince of Peace.

In Isaiah 9:6, Jesus is identified as the “Prince of Peace.” In Hebrew, this name is *Sar Shalom*. *Sar*, meaning Prince, and *Shalom*, meaning peace.

In the ancient Hebrew language, the title *Sar Shalom* means “the warrior who destroys the authority that causes chaos”.<sup>1</sup>

What a beautiful name for Jesus! He’s our warrior, who bravely stands in the battle for peaceful reconciliation, destroying anything which causes chaos in our lives. In the crucifixion, the battle was with Satan, the author of chaos. Through the crucifixion and resurrection, Satan was defeated once and for all.

The daily battle for peace in our relationships is also against another destroyer causing chaos, our own sin nature. We have to admit we give Satan way too much credit. We want to

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<sup>1</sup> Dr. Frank T. Seekins, *Hebrew Word Pictures: How Does the Hebrew Alphabet Reveal Prophetic Truths?* (Phoenix: Living Word Pictures, Inc., 1994),94.

blame him for the brokenness we experience in our relationships. But when our own character is examined we realize it is our own sinful weaknesses feeding the garbage dump of our broken relationships. Resident in me is both the Old Deb, wanting desperately to have things my way; and the New Deb, wanting desperately to experience the blessings of true reconciliation. *Sar Shalom* comes in full battle gear to stand in the gap for us as we work to overcome our sin nature and heal our shattered relationships.

### **The Meaning of *Shalom***

The word *shalom* has many meanings, besides “peace”. You might have heard it used for hello and goodbye as well. But this word is so much deeper than these trite platitudes.

According to Strong’s concordance, the word *shalom* has many meanings, including close and trusted friend, completeness, wholeness, health, peace, favor, welfare, safety, soundness, tranquility, prosperity, perfectness, fullness, rest, harmony and well-being.

Putting these ideas together we see our trusted friend Jesus fully and completely paid for our harmony, prosperity, health, perfection, rest, safety, and well-being. And what’s more, He continues to battle for these things, as we invite Him to transform us. To call Him *Sar Shalom* is deep and satisfying and life-changing!

To say *shalom* to someone is to powerfully speak all these wonderful things into their lives. Each time someone utters the word *shalom* they are glorifying Jesus and all that He is.

In the New Testament, the Greek word used for peace is most often *eirene*. This word means welfare, or undisturbed peace. The word is derived from the root word *eiro*, meaning to join. We are endowed with undisturbed welfare when we are joined to Christ.

Jesus used the word *eirene* many times in Scripture. In John 14:27 Jesus gives reassurance to His disciples just before He goes to the cross. “Peace I leave with you; my peace I

give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” Many circumstances were about to befall the disciples, and Jesus told them He would provide His peace, safety, welfare, prosperity, soundness, health, etc. He had fought and won the battle for it.

The resurrected Christ appeared to His apostles the evening of His resurrection day. They were locked in the room and were consumed with fear. Jesus came into the room, and the first word He uttered was “peace”, as found in John 20:19. This was the first time His disciples had heard His voice after His death on the cross, and Jesus chose the word *shalom* to encourage them. He still speaks this word to us, and if we are very still we can hear His whisper, “*shalom*”.

### **God’s Beautiful Poiēma**

One of my favorite verses of Scripture is Ephesians 2:10, ” For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” The word *handiwork* in the Greek is *poiēma*, from which our word “poem” comes from. Isn’t that beautiful? We redeemed but sinful human beings are God’s poetry!

The word *poiēma* is only used one other time in the New Testament. “For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from *what has been made*” (Romans 1:20 emphasis mine). The phrase, *what has been made*, is the Greek word *poiēma*. This is referring to the creation of the earth, the stars, and the sun, the balance of nature, the animals, and the vegetation. This is the wonderful, amazing, balanced and beautiful creation, from which God’s eternal power and divine nature are clearly seen. Poetry in motion! And we, each one of us who has been reconciled to God by receiving Jesus Christ, are a stanza in His poetry. We display the glory of His eternal power and divine nature.

As God's poetry, I can take my rightful place as I occupy my reserved spot at the foot of His Throne. He has reserved it for me. I can come freely to Him, day in and day out, lifting my concerns, my confessions, my joys and my praises to Him. I know I will always be heard, and my prayers will always be answered.

Each person of the Trinity plays a special role in my life, and I have a role to play with each of them.

### **A Royal Princess**

I'm a daughter of the King, which makes me a royal Princess. I represent the Father and must remember to honor Him by my words, my actions and my thoughts. I'm always "on", which brings to mind Queen Elizabeth II. She impeccably honors her role, appearing well-groomed and prepared for any eventuality. My King especially wants to see that I am impeccable and prepared emotionally, spiritually, intellectually, physically and relationally as I charge out the door every day. Remembering who I am and Who I represent is my duty as His Princess.

### **Right-Hand Girl of Jesus**

I am a "right-hand girl" of Jesus. The right-hand has always been considered a place of honor and glory. The King would always wear his signet ring on his right hand. His most important advisor was always on the right. When Jesus ascended into Heaven, as found in Mark 16:19b, "he sat at the right hand of God." As Jesus sits at His Father's right hand, the left side of Jesus is occupied. The right hand of Jesus reaches out to us and draws us to His right side. Jesus reserves this place of honor and glory for each of us. So we are "right-hand girls" of Jesus. Our role is to serve others in the place of Jesus. We are His ambassadors, "as though God were making his appeal through us" (2 Corinthians 5:20b). We serve as the hands, feet and mouths of Jesus. We are to be Jesus with skin on, reconciling and bringing peace to an embattled world.

## **Holy Spirit's RV**

I am a Holy Spirit recreational vehicle (R.V.). “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own” (1 Corinthians 6:19). The Holy Spirit resides in me, but I don't think of myself as a temple. A temple is a very large building, planted on a foundation. It doesn't move.

I would rather think of myself as a Holy Spirit R.V. I am a residence of the Holy Spirit but I am free to move around. My role is to keep my R.V. in good running order. I cannot serve Jesus or be a good representative of the King if my house is dilapidated, if my engine needs a tune-up, or if my health is neglected by me; emotionally, spiritually, intellectually, physically or relationally.

## **Divine Nature**

Such glory and harmony awaits us as we come to Jesus. This ordinary-looking and humble man, riding into Jerusalem on a donkey, hid His overpowering glory and magnificence. If men could have seen His true identity, they would have fallen down dead at His feet. We share in this divine nature, amazingly enough. “His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires” (2 Peter 1:3-4).

The divine nature is mine, if I choose to participate in it. It is a daily choice to live with the mindset of a royal Princess, the work ethic of the right-hand girl of Jesus and the discipline of the Holy Spirit RV. But so often, the Old Deb rears her ugly head and I get tired of the demands of royal behavior, I want to leave the right hand of Jesus and go take a nap, and I want to let the



Holy Spirit R.V. run out of gas. Choosing to let the New Deb rule is a series of tough but rewarding decisions, minute by minute, throughout my life. The divine nature, as illustrated by Jesus, encompasses all of our Heart, all of our Soul, all of our Mind and all of our Strength. The divine nature allows us to fully love ourselves as God's poetry. And the love for ourselves splashes over onto other people around us; our neighbors.

As people of the divine nature, our aim in loving others is not for our own emotional needs to be met. That is already taken care of in Jesus. There is no person who can supply our every need as completely and as well as Jesus.

As people of the divine nature, our aim in loving others is not for that love to be returned to *us*. The love must be returned to its source, God. There is a flow of love among people of the divine nature; from God to me to others and back to God again. Each ripple gets larger and larger, encompassing more and more redeemed people as His plan is accomplished in these times.

For people of the divine nature, this love process is as essential as breathing. If I stop breathing, I stop living physically. If I stop loving, I stop living abundantly. I'm as good as dead.

I think through this process each morning as I start my devotional time. I know I'm far from perfect in loving God and loving others, but I prefer to pray as one who has no doubts, as we read in James 1. Another word for doubt-less prayer is affirmation. Each day I repeat the affirmation below to focus my Heart, Soul, Mind and Strength to the tasks ahead of me.

As we work together to love God, love self and love others, picture ripples of water, spreading out and out. Let this affirmation be the focus of your day. Chose to live this affirmation moment by moment, dear friend.

...because U count, deb

## **The Recipe for Well-Being: An Affirmation**

*Good morning Father.*

*Good morning Jesus.*

*Good morning Holy Spirit.*

*I am a daughter of the King, a royal princess of Heaven.*

*I am a right-hand girl of Jesus.*

*I am a Holy Spirit R.V.*

*You love me with an indescribable love.*

*I'm only capable of loving because You first loved me.*

*My openness to Your love changes everything.*

*It changes my eyes, my ears, and my heart. It changes my past, my future and my present.*

*I truly love You with all of my Heart, all of my Soul, all of my Mind, and all of my Strength.*

*Each of these four pillars are supported by the others in a perfect image of commitment, balance,  
and shalom well-being.*

*Because I love You, I love everything You've created, even me.*

*I'm compelled to love myself because I am Your created poiēma.*

*My love splashes over those around me and finds it's expression in love for my neighbor.*

*This love represents the fifth pillar; relationships.*

*After my love splashes over my neighbor, then the most amazing thing happens.*

*The cycle is completed and the love is returned back to You.*

*The goal, after all, is not for my love to be returned to me.*

*The goal is for my love to be returned to You.*

*So I have to give Your love away with no strings attached, so it can be returned to You.*

*As I participate in this cycle of love, it reminds me of breathing.*

*All day long I inhale...and exhale...*

*I do it over and over again, it's automatic and natural.*

*But if I stop breathing, my physical life will end.*

*In the same way, I participate in the love cycle.*

*All day long I inhale God-love...and exhale neighbor-love...*

*My goal is to do this over and over again until it becomes automatic and natural.*

*Because if I stop loving, my abundant life will end.*

*This love flow is the symphony of the universe.*

*It is Your story.*

*And I've been invited to participate in Your story.*

*And for that I'm eternally grateful.*

*Amen.*

### Questions to Ponder

1. What is causing chaos in your life? Write out a prayer to the “warrior that destroys the authority that causes chaos”. Picture Him doing battle for you.
2. As a daughter of the King, you are a royal Princess. What area of your life needs polishing up? In what ways are you going to commit to becoming more impeccable?
3. As a right-hand girl of Jesus, He has work lined up for you to do. Picture reporting to Jesus for instructions. What would your To-Do list look like?
4. As a Holy Spirit RV, you are responsible for keeping your vehicle in good running condition. Where do you need a tune-up? What resources are available to you to help you evaluate your “engine”?
5. There is a flow of love among people of the divine nature; from God to me to others and back to God again. Where is that love flow getting slowed or stopped in your life? What steps are you going to take to get the flow moving again?

### **Connect with the Author**

My greatest joy is sharing the wisdom God has given me about forgiveness, healing, destiny and maturity. I do that in coffee shops and in auditoriums; in speaking and in writing; with humor and with candor.

I'm a Certified Personality Trainer and love to weave something about our unique personalities into all of my work.

At the age of 40, God called me to Himself just at the brink of a family tragedy. I love to share my amazing journey of healing with anyone who will listen.

You can connect with me at <http://www.debpotts.com>. Subscribe to my blog; join me on Facebook, twitter and Pinterest. Let me know how I can serve your Women's Ministry group. I would love to hear from you!

...because U count, deb