WEDNESDAY WELLNESS | APRIL 20, 2022 The Man who was always singing...

Presented by: Dr. George J. Ceremuga



TEAM LOVE GOD



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HOLISTIC HEALTH & HEALING

DRGEORGEJ HOLISTIC HEALTH & HEALING

Lead with love as the power of Love is God

Vision Build a healthy,

Mission

Empower ourselves to the Optimal Health of Our Mind, Body and Spirit through the Creator Model of Healthcare 5 Pillars of Wellness.

Values Humility, love, and forgiveness.

Build a healthy, vibrant, and resilient nation.

GOD Dr George S

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EMPLOYEES STAY WHEN THEY ARE





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Involved



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WEDNESDAY WELLNESS | APRIL 20, 2022 The Man who was always singing

- Prayer
- Icebreaker
- The Man who was always singing...









Every step you take should be a prayer. And if every step you take is a prayer, then you will always be walking in a sacred manner.

OGLALA LAKOTA HOLY MAN





Dr. George J. Ceremuga, I, DO

Osteopathic Family Physician Ambassador for Christ Active Veteran







THE SACRED PATH

DRGEORGEJ.COM







Come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation.

PSALM 95:1







Icebreaker

What song can you sing today to God?

We'd love to hear from you!





GRATITUDE AFFIRMATIONS

I am so happy and grateful for the life I have.

I am so grateful for this loving, beautiful, healthy body I have; that continues to get stronger everyday.

I am beyond blessed that I woke up today, many did not have this privilege.

I am so grateful for the work I do now, for many are jobless.

Thank You for giving me another chance to make my life better today.

I am so thankful that God is working for my greater good.





I am so grateful for all the people that I have in my life.

Veteran Salute

"Veterans are the light at the tip of the candle illuminating the way for the whole nation. If Veterans can achieve awareness, transformation, understanding and peace... they can teach us how to make peace with ourselves and each other, so we never have to use violence to resolve conflicts again."

-Thich Nhat Hanh







Objectives



Lead with Love: Create a culture of kindness

Find pure peace in the presence of Jesus

To be empowered to live fully

alive in mind body and spirit

through the Creator Model of

Healthcare 5 Pillars of Wellness

Give God the Glory

Put God First, Jesus did!

God is the greatest physician.

God created man in his image; in the divine image he created him; male and female he created them.



Genesis 1:27

Prayer is the best medicine.

Truly I tell you, the one who believes in me will also do the works that I do. And he will do even greater works than these, because I am going to the Father. And whatever you ask in my name I will do, to glorify the Father in the Son.



John 14: 12-13

We are all responsible for our health and choices.

You must know that your body is a temple of the Holy Spirit, the Spirit you have received from God. You are not your own. You have been purchased at a price. So glorify God in your body.



1 Corinthians 6:19-20

All life and healing come from God.





For I am the Lord who heals you. Exodus 15:26







5 PILLARS OF WELLNESS

- Mini Wiconi, Agua is Vida, **Water is Life**
- (physical and spiritual)
- 2 Food is Medicine: Eat plant-based diet.
- 3 Motion is a lotion: Exercise 30 minutes on most days.
- 4 Sleep: 7 to 9 hours nightly.
- 5 Loving and Forgiveness.



This is the voice that God gave me...

Music is a powerful art form.

- When you sing, you pray twice! -St. Augustine
- If you don't sing to the Lord, your prayer life is deficient. Singing in the shower counts!
- Singing praises to God is a vital part of prayer.

Become a person of praise!

The chief end of a man is to glorify God and enjoy Him forever!

David, was a man of praise... a man after God's own heart.

We might as well start now as the major part of eternity will be praising God!

For in all things, give thanks to God... -1 Thessalonians 5:18



David, the man after God's heart

Sang many of his prayers to the Lord, composing at least half of the psalms, which, we need to remember, were to be sung, not just read.

PSALM: SACRED HYMN OR SONG

He was always singing, even when he was in a cave, hiding to save his life (Psalm 57).

He has much to teach us about prayer and, especially, about the aspect of praise in prayer.

To be people of praise, we must trust God

The fact is, if God didn't bring us to the end of ourselves, we would trust in ourselves, not in God. So He brings us into impossible situations where there is no human way out. The more impossible the situation, the greater will be our praise after He has delivered us. David wrote Psalm 18 and sang it to the Lord "in the day that the Lord delivered him from the hand of all his enemies and from the hand of Saul." To be people of praise, we must flee to **God as our** refuge

But if we think that, we don't understand God's loving ways. "Whom the Lord loves, He disciplines, and He scourges every son whom he receives.... He disciplines us for our good, that we may share His holiness" (Heb. 12:6, 10)

"My rock and my fortress and my deliverer, my God, my rock, in whom I take refuge; my shield and the horn of my salvation, my stronghold" (Psalm 18:2)

David didn't just know about God; he knew God as his own God.

Health Benefits of Music

It's heart healthy. Blood flows more easily when music is played. It can also reduce heart rate, lower blood pressure, decrease cortisol levels and increase serotonin and endorphin levels in the blood.

It elevates mood. Music can boost the brain's production of the hormone dopamine. This helps relieve feelings of anxiety and depression. Music is processed directly by the amygdala, which is the part of the brain involved in mood and emotions.

It reduces stress. Research has found that listening to music can relieve stress by triggering biochemical stress reducers.



Health Benefits of Music

It relieves symptoms of depression. When you're feeling down in the dumps, music can help pick you up - much like exercise.

It stimulates memories. Music therapy has been shown to improve memory and relax an agitated patient, improve the mood and open communication in patients.

It manages pain. By reducing stress levels and providing a strong competing stimulus to the pain signals that enter the brain. Useful in physical, emotional and spiritual pain.



Health Benefits of Music

It helps people eat less. Playing soft music in the background (and dimming the lights) during a meal can help people slow down while eating and ultimately consume less food in one sitting.

It helps us fall asleep. While it may get more credit for inspiring people to dance, it also offers a simple way to improve your ability to fall asleep quickly and feel more rested.

It helps with happiness:

and depression



Music listeners increased mental well-being and less anxiety

Songs to Jesus: Holy Son of the Living God "Where Charity and Love Prevail"







Please enjoy these 10 hymns of praise and worship

Songs of Worship

- <u>Jesus Sana</u>
- Talk to Jesus my Guiding Light
- Bless the Lord Oh my soul (10,000 Reasons)
- The Four Direction Prayer Song
- The Chaplet of Divine Mercy
- **Rise Up Mighty Warrior**
- **Amazing Grace**
- Love is the Answer
- There was Jesus
- Mary, Did You Know?
- Little Drummer Boy



Jesus Sana: Jesus Heals

Alleluia, Alleluia! Alleluia, Alleluia!

Alleluia Jesus Sana Alleluia cada dia Alleluia para todos Alleluia el mundo, Amen

Alleluia, I need my Jesus! Alleluia, I trust my Jesus! Alleluia, I love my Jesus!

Alleluia, Jesus Sana (Jesus Heals) Alleluia, cada dia (each day) Alleluia, para todos (for all) Alleluia, el mundo (the world), Amen

Alleluia, Alleluia! Alleluia, Alleluia! Alleluia, Alleluia!

Alleluia, Jesus Sana Alleluia, cada dia Alleluia, para todos Alleluia, el mundo, Amen Alleluia, I need my Jesus! Alleluia, I trust my Jesus! Alleluia, I love my Jesus!

Alleluia, Jesus Sana Alleluia, cada dia Alleluia, para todos Alleluia, el mundo, Amen

Jesus heals each day, for all, and for the world!





Talk to Jesus **My Guiding Light**

Refrain:

Talk to Jesus in the morning. Talk to Jesus in the night. Talk to Jesus my mindful moments. Talk to Jesus my guiding light.

Jesus is the Lord of Lords. Jesus is the King of Kings. Jesus is our salvation. Jesus lives in you and me. (Refrain)

Jesus forgives all our sins. Jesus loves unconditionally. Jesus is totally amazing. Jesus is for you and me. (Refrain)

Jesus walks with dignity. Jesus talks humbly. Jesus died courageously. Jesus gave his life for you and me. (Refrain)

Jesus is the Lamb of God. Jesus is the light of light. Jesus calls us to forgiving. Jesus gives his mercy to you and me. (Refrain)

Jesus calls us his children. Jesus encourages me to smile. Jesus love me abundantly. Jesus presence is peace for me. (Refrain)

Talk to Jesus My Guiding Light

#14DayMindfulnessMomen

Dr. George J. Ceremuga DrGeorgeJ Holistic Health and Healing









The Four Direction Prayer Song



The Chaplet of Divine Mercy



Rise Up Mighty Warrior



Amazing Grace



Love is the Answer



There was Jesus

There Was Jesus Zach Williams and Dolly Parton





Mary, Did You Know?



Little Drummer Boy

LITTLE DRUMMER BOY

S for KING & COUNTR A DRUMMER BOY CHRISTMAS

THE OFFICIAL MUSIC VIDEO



Image Resources



2 Samuel: Dance Lessons from David, https://www.immanuelpc.org/sermon/2-samueldance-lessons-from-david-2/ David's Dance (2 Samuel 6:12-23), https://growingupgodandbeingbusy.wordpress.c om/2014/02/06/davids-dance-2-samuel-612-23/



David danced before the Lord with all his might, http://weidb.co/p124459&g=999&tag=latest&pa ge=1

GOT QUESTIONS?

CONTACT US

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"God Loves the Children": Lead with Love &

Presented by: DR. GEORGE J. CEREMUGA

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Daily inspirations, devotions, and **FREE handouts**







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May God bless you abundantly as we lead with Love!

THANK YOU AND MAY GOD BLESS YOU!



