

CICERO SEVENTH-DAY ADVENTIST CHURCH

MMT Job Descriptions 2015

Health Ministries Leader and Assistants

Health ministries are an integral part of the mission of the Adventist Church. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God” (I Cor. 10:31). Health ministry is the gospel of Christ illustrated, the message of God practiced. Without it, the gospel witness is muted; it is merely a theory, an idea.

The most important objective of health ministry is to help men and women reach their full potential, mentally, spiritually and physically. To reach full potential, health principles must be practiced.

The more closely these principles are followed, the better health the person enjoys. The more active a church is in public health education, the more effective will be its public evangelism, for health is the most universal entering wedge.

Duties of the Health Ministries Leader & Assistants:

The ministry to which a person is called when he or she becomes the Health Ministries Leader & Assistants can be described in the following ways:

1. **Health promotion.** Keeping church members aware of the importance of health and educating new members on the significance of health and temperance is one of the major responsibilities of the Health Ministries Leader and Assistants. One way to promote good health is by submitting articles for the church website as well as sharing health nuggets during announcement time at least once per quarter.
2. **Plan & lead out Health & Temperance Sabbath during the next year.** This will be coordinated and scheduled with the pastor. They will prepare and speak on the subject on healthy living (or invite guest speakers) and challenge the church to improve their lifestyle.
3. **Plan and lead out annual Health Promotion events such as CHIP, Creation Health, Depression Recovery, Health Fair, etc. for community.** Services may include nutrition, heart disease, stress management, cancer prevention, physical fitness, weight control and the Bible basis for healthful living, as well as screening projects for high blood pressure, coronary heart disease and other health problems.

Time Commitment:

Health Ministries Leader and Assistants will spend 1-3 hours per month depending on the amount of programming and promotion.