Developing a Practical Theology of Health and Wellness:  
Jewish Texts as a Guide to Community and Personal Health Audits

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In a “theology of relationships”, the fundamental relationship is the one we have with God. Jewish tradition guides us that one of the key ways in which are mandated to honor that sacred relationship is to take care of our bodies and health. Thus, health and wellness are a traditional “mitzvah”.

The stresses and demands of contemporary life have created the necessity of highlighting the theological foundations of taking care of one’s health. Prayers and rituals have been authored which underscore this powerful ideal. Now, there is a growing spiritual thrust to create practical programmatic opportunities for communities and individuals to be part of this health awareness movement. Classic texts are used to form a pathway to mental, physical and spiritual health.

This session will explore the “theology of relationships” and how it creates the possibilities for the discussions of health and wellness for people of all ages. We will review a recently developed “Congregation and Personal Health Audit” that attempts to translate the values of health and wellness into a “hands on” document.