

# ABOVE — ALL — THINGS



**BODY**



**MIND**



**SPIRIT**

*Total Health Is Our Wealth —  
Body, Mind & Spirit*



A MISSION MALL TRINITY CLUB BOOK

# ABOVE ALL THINGS

*Total Health Is Our Wealth*

*Body · Mind · Spirit*

A devotional reader of the  
Mission Mall Trinity Adult Club

Published by Mission Mall · House of Hope Christian Missions  
[missionmall.org](http://missionmall.org) · All Scripture from the King James Version

ISBN 978-1-96000-001-9

First edition · Printed for the Trinity Adult Club

© Mission Mall. Distribution to families, chapters, and small groups encouraged.

*“Beloved, I wish above all things  
that thou mayest prosper and be in health,  
even as thy soul prospereth.”*

— 3 John 1:2 (KJV)

# A Word Before You Begin

This little book exists because of one short verse — and because of a stubborn conviction that God’s wish for His people has always been bigger than we let it be. Read it slowly. Read it with a friend. Read it with your Trinity Adult Club. Then close the book and go live the three strands.

May the apostle’s prayer become true of you — above all things.

— *The Mission Mall Trinity Club team*

## Chapter One

# Above All Things



*“...that thou mayest prosper and be in health, even as thy soul prospereth.”*

Tucked near the end of the New Testament, in a short personal letter from the apostle John to a friend named Gaius, sits one of the most quietly powerful verses in all of Scripture. It is the kind of verse that gets underlined in grandmothers’ Bibles and whispered in hospital rooms. And it carries within it a vision of the human life that we, in modern times, have nearly forgotten.

*“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”*

— 3 John 1:2 (KJV)

Read it again, slowly. *Above all things*. Not as an afterthought. Not as a footnote. *Above all things* — the apostle says — I wish for you to prosper. And not prosper in one slice of life while the rest of you crumbles. John names three things in a single breath: that you would **prosper**, that you would **be in health**, and that this would happen **even as your soul prospers**.

Three threads. One blessing. Body, mind, and spirit — woven together so tightly that the apostle cannot speak of one without naming the other two.

## **A vision we lost**

Somewhere along the way we learned to slice ourselves into pieces. We pour ourselves into the gym and forget to pray. We chase the promotion and lose our peace. We attend every Bible study but quietly suffer in a body we have not loved well. We read every self-help book and still feel spiritually thin. We zero in on one area — and call it growth.

But Scripture refuses to let us live this way. The verse is plural on purpose. God's wish for His beloved is not a single trophy. It is a balanced life — a life where the body is honored, the mind is sharpened, and the soul is deeply rooted in the One who made all three.

***“Total health is our wealth — not three separate riches, but one inheritance with three strands.”***

That is the heart of this little book. In the pages ahead we will walk slowly through each of the three: the body God designed, the mind He gave us to steward, and the spirit He breathed into us. And then we will look at how a small group of believers — the Mission Mall Trinity Adult Club — took this ancient verse seriously enough to build their entire weekly rhythm around it.

Because the apostle's wish is still on offer today. Above all things,  
He still desires that you would prosper. All of you. Every part.

## Chapter Two

# Prosper in Body



*Maria, 58 — three years into a daily sunrise walk with a friend from church.*

We will start where John starts — with the body. It is not an accident that the apostle names physical health right beside soul prosperity. The Hebrew imagination and the early Christian imagination never split the two. The body is not a cage the spirit is trying to escape. It is the dwelling place God Himself chose for His Spirit.

*“Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God...?”*

*— 1 Corinthians 6:19 (KJV)*

## The temple we live in

A temple is built with care. It is cleaned. It is fueled with what honors the One who lives there. And yet many of us — even faithful, praying people — treat our bodies the way we would never treat a sanctuary. We feed them what is cheapest and quickest. We deny them sleep. We deny them movement. We deny them sunlight and water and friendship. Then we wonder why our prayer life feels heavy.

Meet Maria. Three years ago she could not climb the stairs at her own church without stopping halfway. Today, at fifty-eight, she meets a friend at the park gate every morning before sunrise. They walk. They talk. They pray. ‘The walk is the easy part now,’ she says. ‘The hard part was admitting that loving God meant loving the body He gave me to love Him with.’

### **Small obedience, large fruit**

Prospering in the body rarely begins with a dramatic overhaul. It begins with one cup of water before the coffee. One walk after dinner. One ‘no, thank you’ to the second helping. One earlier bedtime. One honest doctor’s visit you have been avoiding. These are spiritual acts. Every one of them is an amen to John’s prayer over your life.

***“The body is not in competition with the spirit. It is the spirit’s instrument.”***

Chapter Three

# Prosper in Mind



*James, 47 — fifteen minutes of quiet reading before the day begins.*

The mind is the second strand. John’s blessing is impossible without it. A weary, anxious, scattered mind cannot easily perceive that the soul is prospering — even when it is. And a starved mind cannot lead the body or the spirit well.

*“And be not conformed to this world: but be ye transformed by the renewing of your mind...”*

*— Romans 12:2 (KJV)*

**Renewal, not noise**

We live in the most informed and least wise generation in human history. Our minds are not under-fed; they are over-fed and under-formed. The scrolling never stops. The headlines never rest. By the time we close our eyes at night, our minds have run a marathon without ever leaving the couch.

Renewing the mind is not about consuming more. It is about choosing better. A chapter of Scripture before the news. A worthy book instead of the third hour of television. A real conversation instead of a comment thread. Silence — actual silence — long enough for the still, small voice to be heard again.

James is forty-seven, a foreman, a father of three. For years he prayed for ‘more wisdom’ while filling every empty moment with a screen. One morning he set the phone in the kitchen and opened a worn book by the window with a cup of coffee. Fifteen minutes. Just fifteen. ‘I cannot explain it,’ he says, ‘except to say that God was already there. I had just stopped being quiet long enough to notice.’

***“What you feed your mind, you will eventually feed your family, your work, and your worship.”***

## **Mental health is whole-person health**

Prospering in mind also means being honest about anxiety, grief, and the long shadows we carry. Counseling is not a failure of faith. Medication, when needed, is not a failure of faith. Sleep is not a failure of faith. Receiving help is part of how God answers John’s prayer over your life.

## Chapter Four

# Prosper in Spirit



*A Sunday evening table — three generations praying before a shared meal.*

And then there is the soul. ‘Even as thy soul prospereth,’ John writes — as if the soul is the measure by which everything else is weighed. He is right. A body in peak condition with a withered soul is a tragedy. A brilliant mind with a starved soul is a sorrow. The soul is the keel of the whole ship.

*“As the hart panteth after the water brooks, so panteth my soul after thee, O God.”*

*— Psalm 42:1 (KJV)*

## What feeds a soul

Souls are fed in surprisingly ordinary ways. By Scripture, read slowly. By prayer that is honest, not impressive. By singing — even badly — with other believers. By confession, forgiven and forgiving. By Sabbath. By generosity. By the bread and the cup. By looking at the evening sky and saying, out loud, ‘Thank you.’

And souls are fed at tables. The picture on the previous page is not staged. It is what happens every Sunday evening in a small home on the edge of town: three generations holding hands, eyes closed, before a simple meal. ‘That five seconds,’ the grandfather says, ‘is the most important thing we do all week. Everything else flows out of it.’

***“A prospering soul is not a louder soul. It is a deeper one.”***

### **The strand that holds the others**

John names the soul last for a reason. The body and the mind are extraordinary gifts — but they are gifts. The soul is what God breathed into the dust. When the soul prospers, the body has a reason to be cared for and the mind has a true north. Lose the soul and the other two — no matter how polished — quietly lose their meaning.

## Chapter Five

# The Trinity Adult Club



*A Trinity Adult Club gathering — Body, Mind, and Spirit, on the same porch, in the same hour.*

A vision in Scripture is one thing. A vision lived out in a community is another. When the team behind the Mission Mall sat down to design the rhythm of the Trinity Adult Club, this verse — 3 John 1:2 — sat open on the table. The question was simple and serious: *What would a club look like if it took the apostle's wish at his word?*

### **Three strands, one weekly mission**

What emerged was a deceptively simple pattern. Every Trinity Adult Club mission, every week, deliberately touches all three: a step for the **body**, a stretch for the **mind**, and a practice for the **spirit**. Not three

separate clubs meeting in three separate rooms. One club, one mission, three strands — braided together the way John braided them in his blessing.

***“We refused to build another fitness group, another book club, or another prayer circle. The Bible already knit those three together. We were just trying to listen.”***

### **Why balance matters in community**

Most of us know how to over-invest in one strand. We have all met the runner with no inner life, the scholar with no friends, the saint who is unkind to her own body. The Club exists because balance is hard alone and far easier together. When the woman across the circle has already walked her mile this morning, you find yourself lacing your shoes. When the man at the end of the table has just finished a hard book, you reach for one too. When the whole room prays before parting, your own soul remembers it is not an orphan.

### **An invitation**

If this little book has done its job, the next step is not to read another page. It is to find a porch, a kitchen, a fellowship hall, or a Trinity Adult Club near you — and begin walking the three strands with people who will keep walking them with you. Above all things, the apostle wished it for you. Above all things, we wish it for you too.

*“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”*

— 3 John 1:2

## **A Benediction**

*May the Lord bless your body with strength,  
your mind with peace,  
and your soul with the nearness of His presence.*

*May He grant you, above all things,  
to prosper and to be in health,  
even as your soul prospers.*

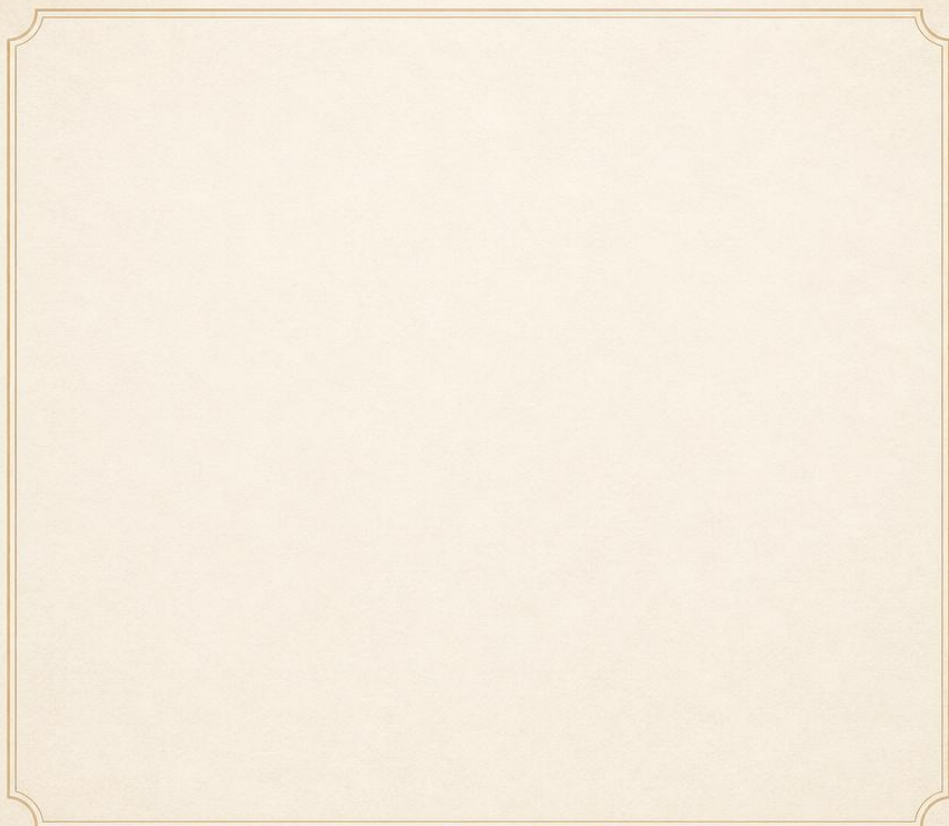
*Amen.*

# About the Trinity Adult Club

The Trinity Adult Club is the grown-up companion to the Trinity Rich Kids Club inside the Mission Mall. Every weekly mission is built on three strands — a step for the body, a stretch for the mind, a practice for the spirit — so that the apostle’s wish over us in 3 John 1:2 becomes a way of life and not just a verse on a wall.

Learn more, find a Club, or start one at [missionmall.org](https://missionmall.org).





MISSION MALL  
CHRISTIAN BOOKS & GIFTS



ISBN 978-1-234567-89-0



9 781234 567890 >