

"SPIRITUAL WELLNESS"

A vendor reached out to me by email. I think he was hoping to play off the pandemic and get some business for his company. He asked me the following:

- Is your data being housed off-site in a purpose-built facility?
- Does your data center undergo annual third-party audits for security & compliance
- Does your data center have expert support onsite 24x7x365

Data Vs Spiritual Wellness

- **Data** are facts and statistics collected together for reference or analysis. It is the basis of reasoning or calculation.
- **Spiritual wellness** involves possessing a set of guiding beliefs that help give direction to one's life. It encompasses a high level of faith, hope and commitment which provide a sense of meaning and purpose.

So, I did a self-analysis of my spiritual wellness and asked myself the same 3 questions.

1. Is my spiritual wellness housed off-site in a purpose-built facility?

"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; you were bought at a price. Therefore, honor God with your bodies." 1 Cor. 6:19-20

Your comments:

2. Does my spiritual wellness undergo annual third-party audits for security and compliance?

"These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world." 1 Peter 1:7

Your comments:

3. Does my spiritual wellness have expert support on-site 24x7x365?

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

Your comments:



In Christ,

Perrin Prescott