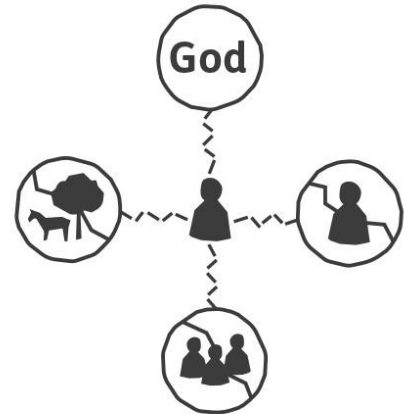




## 3.1.8 The nine aspects of wellbeing and the four broken relationships

Tearfund believes that poverty is the result of four broken relationships: the broken bond with God, our distorted understanding of self, the unjust ways we connect with others, and our exploitative ties to the environment.

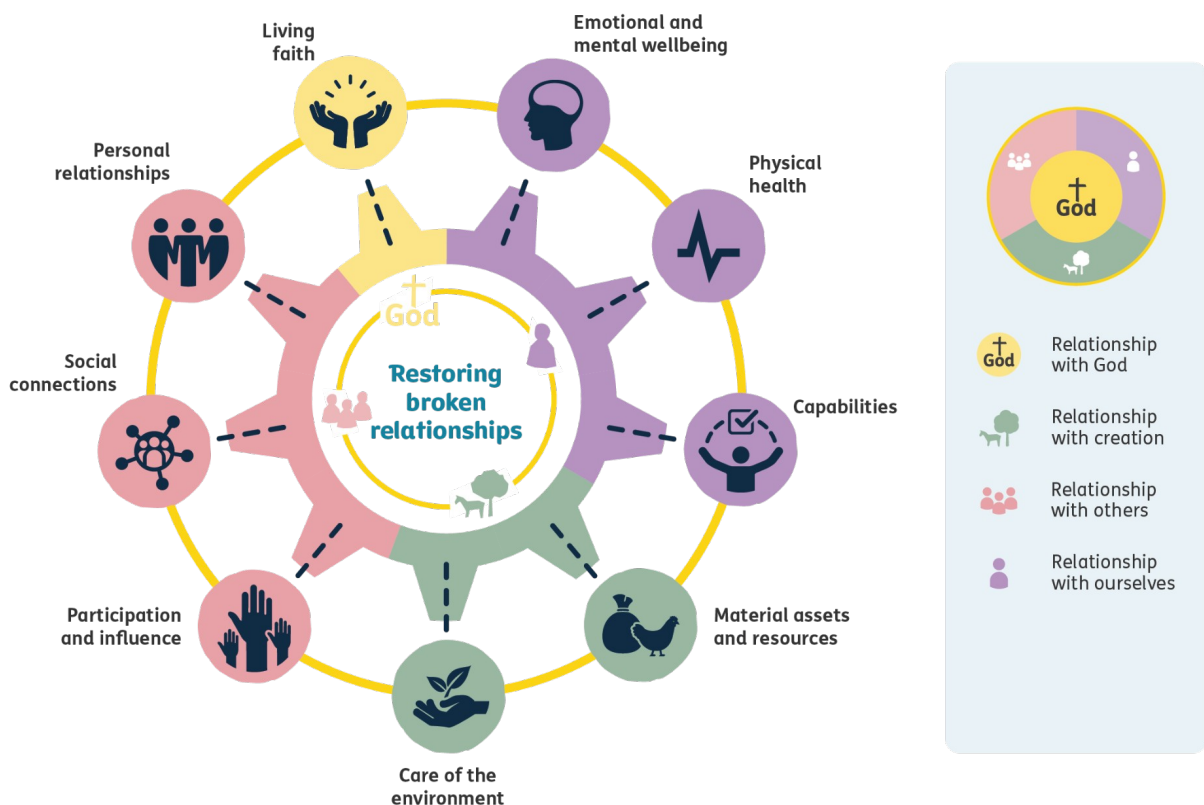
The diagram below shows how the Light Wheel's nine aspects of wellbeing could be seen to overlap with the four broken relationships. The Light Wheel gives tangible examples of the areas of life we must consider if we want to see relationships restored and lives fully transformed.



Think about the following questions, taking each spoke in turn:

- Which broken relationship does this aspect of wellbeing relate to most closely?
- If we bring about positive change in this aspect of wellbeing, how will that contribute to restoration in one or more of the broken relationships?
- What are your thoughts about the way the nine aspects of wellbeing have been matched with the four broken relationships in the diagram below?

### The Light Wheel – Restoring broken relationships adaption





Below are some suggestions of how the nine spokes of the Light Wheel relate to the four broken relationships. See if you agree with the descriptions and if you can make any more connections yourselves.



The **Living faith** spoke is very closely linked to restoring our broken relationship with God. As we honour and follow God in all areas of our lives (all the spokes of the Light Wheel) we can come to understand more about who God is and learn more about God's calling on our lives as Christians. For Tearfund, we believe that restored relationship with God, through Jesus, has a transformative impact on every other aspect of our wellbeing as individuals, churches and communities, and is at the very centre of understanding and achieving holistic transformation and fullness of life.



The **Emotional and mental wellbeing** spoke relates most closely to relationship with self, because it affects a person's sense of hope, purpose, self-worth and confidence for the future. However, when an individual has strong emotional and mental wellbeing, it can also improve the way they relate with others; they are able to forgive those who have wronged them and support others during difficult times in the future.



The **Physical health** spoke relates to restoring the broken relationship with self, because when people have access to safe water, healthcare, a good diet and other such factors, they can flourish and reach their God-given potential. This aspect of wellbeing also relates to our broken relationship with the natural world because there are many environmental factors such as environmental degradation, changing climate or environment-related disasters that cause people to have poor physical health.



The **Capabilities** spoke is primarily related to a person's relationship with themselves, because it focuses on the skills and knowledge that individuals possess to make a living and keep healthy. Capabilities can also be developed when individuals have good relationships with one another and come together to work on joint initiatives and share knowledge.



The **Material assets and resources** spoke relates to multiple broken relationships. People and communities often misuse natural resources and this damages their relationship with the environment. However, if we are willing to take action to protect and share our resources then we can restore our relationship with the environment, and with the people we share it with. At the same time, when people have enough resources to meet the needs of their family, this can improve their sense of security and confidence in themselves.



The **Care of the environment** spoke focuses most explicitly on the broken relationship with the environment, seeking to protect and restore natural resources, as well as to adapt to environmental degradation and climate change. However, it also contributes to our relationships with others as we work together to prepare for environment-related disasters, to protect community resources and to think about how we can care for the environment for future generations. When people have a strong relationship with God, they can appreciate and honour their role to care for God's creation.



The **Participation and influence** spoke shows us that our relationships with others become broken when some people hold more influence and power than others and abuse their power for personal gain. Making sure that everyone has the chance to be heard and to influence decisions that affect them plays a part in restoring broken relationships with others and building confidence in oneself.



The **Social connections** spoke seeks restoration of broken relationships with others. Restoring relationships with others contributes to feeling supported, safe and protected. When this relationship is broken, we experience isolation, distrust and conflict. We can build strong relationships with others when we overcome differences, such as age, ethnicity and religion, to work together for the common good. We must ensure that the most vulnerable people are welcomed and included.



The **Personal relationships** spoke relates closely to restoring broken relationships with others. Building strong personal relationships, built on trust, loyalty and respect, can repair damaged relationships and create a society where people feel valued and where relationships have deep meaning. When people feel valued, it can also restore their sense of self-worth and their relationship with self.