



Living an Integrated Life Centered on Christ for Wholeness and Wellbeing by Catherine Gates

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” — John 10:10

What is an integrated life?

To integrate means to form, coordinate, or blend into a functioning, unified whole. This is how God designed our bodies. It's also how He designed us to operate in life as we go about our work. We function best both individually and collectively when we and our teams are truly integrated. The power of sin has disrupted that wholeness, but Jesus came to earth, died, and rose again to give us life in abundance. He overcame the power of sin and death and empowers us to do the same when we accept him into our lives and choose to live based on his teaching.

Why we struggle with integration

So why is it that so many Jesus-loving Christians still struggle with stress, worry, relationship issues, and a myriad of other challenges? Is it possible we are blocking the flow of our faith in areas of our lives?

The world we live in is still subject to sin and will be until Jesus comes back to make all things new. While we are no longer slaves to sin, we must still be highly intentional about walking out our salvation, not just in our “church” life, but at work and every area of life. We have to consciously choose to live an integrated life. The challenge is, we don't have many role models to show us what that looks like.

The myth we have to dispel is that integrating faith and work exclusively means sharing the gospel. It may include those opportunities, but that is NOT what it means.

The Impact of Compartmentalization

Compartmentalizing our faith apart from our work robs us of the high-octane fuel we need to work with excellence and bring glory to God. It also weakens our ability to give our very best to anything we do.

God gives us His peace when our actions and decisions align with Jesus's teachings, eliminating any internal conflict we might otherwise experience.



Steps Toward a Fully Integrated Life

We tap into God's very best through our faith. We experience greater emotional health and wellbeing as we allow the power of the Holy Spirit to flow through every facet of our lives, including our work!

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

— Galatians 2:20

- **Find your identity in Christ.** When identity is tied to performance, life remains unstable. On some days we find ourselves in the zone, able to give our best. On other days we experience failure and disappointment—things just don't go as planned. If our identity is rooted in our performance, it will fluctuate, producing highs and lows that bring fear, insecurity, and anxious thoughts. Having our identity rooted in Christ provides stability, resilience, and a solid foundation from which to face the storms of life.

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

— Romans 12:1-2

- **Offer your whole life to the Lord.** Make this your prayer, "Lord, may every appointment and every assignment today be with You, for Your glory, my good, and the good of others." Integrating faith into everything we do requires offering our work to the Lord for His glory. As we co-labor with God, He directs our steps. This brings greater peace and confidence that we can handle the daily challenges.

"Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out."

— Proverbs 10:9

- **Align your work with faith-based values.** Integrity across all areas of our lives requires that we be the same person, living out the same values at church, at home, and at work. Doing so brings peace and freedom from the stress of being different people depending on who we're with. Peace comes from knowing your actions and decisions align with Jesus's teachings, eliminating any internal conflict we might otherwise experience.



“For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.”

— Romans 12:4-5

- **Connect in Christ-centered Community.** We weren’t designed to do any of this alone. We were created for community and to live and work as the Body of Christ. Finding others who hold similar faith-centered values and convictions provides the encouragement, accountability, support, and belonging we all need. Community is a significant influence on our overall wellbeing.

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

— Hebrews 10:24-25

Discussion Questions

1. Where have you compartmentalized your life apart from your faith and how has that impacted your emotional state and wellbeing?
2. What elements of your faith do you need to integrate more fully into your work so you can tap into God’s power at work?
3. Which of the approaches above do you want to be more intentional about? How will doing so impact your outlook and resilience at work?
4. What Scripture verses will you meditate on to experience a positive difference at work?
5. How can you lean into your community for support in living a fully integrated life?



Catherine Gates is 4word Vice President Programs and Partnership. She is a speaker, writer, and leader in the faith and work movement. Catherine is passionate about helping women achieve more of their God-given potential with confidence by integrating faith into every area of life. Her diverse and circuitous career journey ranges from software consulting to project management, from marketing and sales and leadership training, to nonprofit leadership. She has been helping people integrate their faith and work since 2013.

Catherine is the author of *The Confidence Cornerstone: A Woman’s Guide to Fearless Leadership*. She has contributed to several faith-and-work Bible studies, numerous YouVersion reading plans, and books from other authors including the iWork4Him and sheWorks4Him publications. Catherine is on the steering committee for the National Faith & Work Association (NFWA.org) and holds a bachelor’s degree in Christian Leadership.



4word is a global community of Christian women in the workplace. Our mission is to help women in the workplace reach their God-given potential with confidence.

Why 4word?

At 4word, we know you want to reach your God-given potential so you can have a Kingdom impact on your workplace and the world. To do that, you need resources for professional and spiritual growth - and a community of like-minded women to cheer you on!

The problem is your time is limited and meaningful connections are hard to find. This can leave you feeling overwhelmed, frustrated, and isolated on your life's journey.

We believe you shouldn't have to navigate work, life and faith on your own because God designed you for community. You are worthy to be surrounded by loving and supportive women who "get you."

We understand you face unique challenges as a Christian woman in the workplace, which is why we create easy-access opportunities for leadership development, spiritual growth, and connections to influential women around the globe.

Our Simple Empowerment Plan:

- Connect to a community: We offer virtual and in-person Community Groups specifically designed for working women – and we also have special groups for executive women.
- Access relevant content: 4word's podcast, blog, and our Community Group Discussion Guides are specifically geared to women in the workplace to help thrive on your journey.
- Get matched with a mentor: From our pool of over 220 amazing mentors we connect you with the right fit for a transformational mentoring experience through 4word's Mentor Program.
- Join a 4word Collaboratory: Accelerate your leadership growth through a **safe, guided program** where women like you - ambitious, faith-driven, and called - come together to grow as leaders and tackle real-world workplace challenges through the lens of Scripture and collaboration.