



Total Wellness

God Wants YOU for Company Evangelism

In connection with:



Seventh-day
Adventist[®] Church



STREAMS OF LIGHT
INTERNATIONAL

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What is Team Evangelism?

Many of us have done some form of mission work—canvassing, Bible work, evangelistic seminars, health expos, music tours, teaching, etc. However, these varied methods are usually employed separately in evangelism, and we rarely get to see the blending of different gifts in reaching others for Christ. But is this the way that God intended for us to share the gospel?

According to the book *Evangelism*, “The Lord desires His chosen servants to learn how to unite together in harmonious effort... There are varied minds to be reached... [workers’] talents, however diverse, may all be under the control of the same Spirit” (99.4). “One worker may be a ready speaker; another a ready writer... another the gift of singing... but all are to work under the same Head” (99.3).

In light of these needs, Ellen White called for “companies” to be organized (EV 96.2). “In every large city there should be a corps of organized, well-disciplined workers” (96.3). In the past, integrated evangelism proved successful. John Tindall, who united the medical branch with other gifts for evangelism, first averaged 36 baptisms per evangelistic campaign with only a few workers. When he expanded his team to a “company” of 21 workers, the average rose to 121.

We long to see churches planted and revitalized in the cities today, and we strongly believe that God can repeat and even surpass what He did in Tindall’s time. Jesus promised to “finish the work, and cut it short in righteousness” (Romans 9:28). Therefore, Total Wellness aims to harmoniously unite



diverse talents and to promote the formation of companies that will reach the cities in cohesive evangelistic efforts. As we work unitedly, we pray that people will see Christ's love and be led to choose Him (John 13:34).

By God's grace, we believe God will use all who are willing--nurses, pastors, physicians, business managers, musicians, teachers, and missionaries of varied talents--to ignite movements in every city. After all, we are promised, "when the cities are worked as God would have them, the result will be the setting in operation of a mighty movement such as we have not yet witnessed" (Medical Ministry, 331).

“There should be companies organized, and educated most thoroughly to work as nurses, as evangelists, as ministers, as canvassers, as gospel students, to perfect a character after the divine similitude.”

(Evangelism, 96)



Total Wellness

Experience Wholeness

Read More



Total Wellness is a budding evangelistic movement run by young people in conjunction with local churches. Our primary emphasis is on spreading the three angels' messages through comprehensive team evangelism. In order to most effectively share the gospel of Jesus Christ, we blend the teaching, preaching, and healing elements of His ministry in one cohesive effort.

Through door-to-door visitation, literature distribution, health evangelism, music ministry, personal Bible studies, and Christian help work, Total Wellness seeks to minister to the whole being.

Our Vision

To hasten Christ's return by igniting movements of comprehensive evangelistic teams in every city.

Our Mission

Demonstrating the gospel through the three-fold ministry of Christ.
Empowering lay members to utilize their God-given talents.
Replicating disciple-making teams.

Campaign History



Total Wellness Team
Decatur, Arkansas | Summer, 2024

It all began with three college students studying Christ's commission to His disciples and His plan for reaching the cities of today. As they studied the Bible and Spirit of Prophecy, they began to discover something called comprehensive team evangelism (or "company evangelism"). Essentially, this is where typically independent ministries—canvassing, medical missionary work, Bible working, and music evangelism—are blended together for the salvation of souls. Inspired by the promise of "a mighty movement such as we have not yet witnessed" (Medical Ministry, 304), they felt God's call and decided to take action.

At Weimar College, the three students successfully enlisted six other students to join them in pioneering this movement. The team's first 10-week program kicked off in Decatur, Arkansas, where they quickly set to work knocking doors, distributing literature, cleaning yards, helping people quit tobacco, holding in-home music concerts, and most importantly, sharing eternal truths through personal Bible studies and public evangelism. God blessed, people were healed, set free from addiction, and opened their hearts to Christ. As surrounding churches heard about what God was doing, many came and joined the revival, some missing members returning to church, and others transferring in.



The Decatur church experienced a doubled Sabbath attendance and renewed zeal for practical outreach

After the summer, one soul who had overcome tobacco committed to baptism, and the team praised God for her, but also for simultaneously increasing the Sabbath attendance by 120% (more than doubling from an average attendance of 25 in May 2024 to an average of 55 when the workers left in January 2025). God worked tremendously to revive a dying church and ignite a desire in church members to be a witness for Christ. They tasted what could be, and thirsted for more.



Total Wellness Team
Warrenton, Virginia | Fall, 2025

After this first program, God ignited a desire in many of these students' lives to go into full-time comprehensive team evangelism after graduation in May of 2025. After much prayer and consideration, God led the team to Virginia.

The team's second program had an exciting start, with Elder Mark Finley and Pastor Christian Martin extending a welcome hand to partner in mission in reaching an unreached city for Christ. The Living Hope church in Haymarket, Virginia, had its eyes set on a rapidly growing population in Warrenton, VA, for a number of years, and this year the Lord was opening the door for the establishment of a church plant there. Seven workers—three religion graduates, 2 music graduates, a nurse, and a natural science graduate—enlisted for six months, their second attempt at comprehensive team evangelism.

For almost four months, the team blanketed the area with books like *The Great Controversy* and *Habits that Heal*, simultaneously finding and connecting seekers with God's word through personal Bible study. Others enlisted in free health coaching, and a handful of these became Bible study interests. By God's grace, the final Sabbath of the evangelistic series had an attendance of 60, and 10 seekers made commitments for baptism. At the time of this writing, three of the team members are planning to stay an extra two months to help bind off the work.

Synopsis of Components

The power of three

Our Example divided evangelism into three seasons: Sowing, cultivating and harvest. In Christ's life, this was 1) mingling with men and showing sympathy, 2) ministering to their needs and winning their confidence, and finally 3) bidding them to follow Him (Ministry of Healing, 143). His disciple, Matthew, divided His ministry into three main aspects: teaching, preaching, and healing (Matthew 9:35). In the book of Acts, we see all three elements and many souls won, but the New Testament church became more than an evangelistic campaign—they became a Spirit-filled movement. In harmony with this Biblical vision, Total Wellness seeks to ignite similar movements in the cities by another three-phase model: First: demonstrating the three-fold ministry of Christ. Second: empowering lay-members to utilize their God given talents. Third: replicating disciple-making teams.

Phase 1 Demonstration

This portion of the ministry is where we spend the majority of our time and effort, and it forms the foundation for a lasting ministry. Jesus spent the majority of His time in demonstration, but He did not neglect the last two phases, and the movement that resulted changed the world.



Prayer & Personal Bible Study

Prayer is a fundamental part of Total Wellness. We are already praying for the churches and communities where we will be working in this upcoming year. United prayer and corporate Bible study form the backbone for all successful church growth and outreach, and private prayer is the breath of the soul and the key in the hand of faith to unlock heaven's storehouse (Steps to Christ, 94).



Literature Evangelism

As a way to get to know the community, spread the present truth, and collect prayer requests, we will distribute The Great Controversy using Streams of Light International (SOLI) materials. This historically includes church training, where members will learn to go out and meet neighbors while sharing the three angels' messages with the Total Wellness team. Distributing SOLI packets forms an excellent entering wedge, with many individuals singing up for studies as a result. Furthermore, when combined with prayer, many more who are not initially interested in Bible studies often share other concerns, which opens doors for spiritual conversation and future follow-up. We are told "there should be workers who make medical evangelistic tours among the towns and villages. Those who do this work will gather a rich harvest of souls from both the higher and lower classes. The way for this work is best prepared by the efforts of the faithful canvasser (9T, 172).



Personal Bible Studies

"Of equal importance with public effort is house-to-house work in the homes of the people" (EV 429.1). "If one half of the sermonizing were done, and double the amount of personal labor given to souls in their homes and in the congregations, a result would be seen that would be surprising" (EV 430.3). This component is the pinnacle of our evangelistic work. As a team, Total Wellness will model a number of entering wedges, including literature evangelism and various health programs, but our main goal is to open God's Word in the homes of the people. Everything we do has the ultimate aim of coming close to hearts. "The Lord's methods are to be followed. By doing house-to-house work, by giving Bible readings in families, the worker may gain access to many who are seeking for truth." (7T, 38).





Health Evangelism

Described as a critical component of evangelism and “the work that is to be done today” (17LtMs, Lt110, 1902, par 25), health evangelism and medical missionary work play a vital role in the effectiveness of our work. Health reform is the right arm of the gospel and an entering wedge, allowing other truths a pathway into the heart (6T 327.2 & 8T 77.2). When done with the spirit of Christ, health work is the practical demonstration of the gospel. It reveals a God who cares comprehensively and desires for all to be made whole, physically, mentally, emotionally, and spiritually.

To harness the greatest potential in health work, a major emphasis is on individualized health coaching, working side by side with those in the community who desire to achieve their health goals. This level of personal work and care for the physical, mental, and emotional health has proven to be an excellent avenue to addressing spiritual health. In addition, various health programs serve to further draw in those seeking healing. Cooking schools and the Live Long Live Strong series target nutrition and mainly physical health, while stop smoking programs, depression and anxiety recovery programs, Optimize Your Brain and Diabetes Undone classes, and public health clinics target other felt needs, based on what is needed most in the community. Ultimately, “every member of the church should take hold of medical missionary work” (7T 62.1), as it is the right arm that creates an entering wedge for the advancement of the gospel.

Cooking Schools

As an integral part of demonstrating the practical aspect of healthy nutrition, cooking schools can be held in a variety of settings. Personalized cooking schools in the home with health coaching clients, in a small group setting, or as an event series, the cooking schools will be relevant, plant-based, informational, and practical.



Live Long, Live Strong

As an adaptable six-part seminar event, Live Long Live Strong is a health seminar series that uses the most recent scientific research and Biblically sound principles in leading each attendee to better health. This seminar series gradually introduces the Bible as a trustworthy health manual and guides attendees to make the best health decisions. Possessing a unique blend of science and spirituality, Live Long Live Strong serves as an entering wedge to exploring the Bible more.



Music Evangelism

We are instructed to “let little companies of workers go out as the Lord’s missionaries... into the different parts of our cities, two and two, and give the Lord’s message of warning” (22 Letters and Manuscripts, Letter 108, 1907, par. 4). The previous paragraph highlights one of the ways these workers are to fulfill this mission: “Those who have the gift of song are needed. The melody of praise is the atmosphere of heaven. Often by the words of sacred songs, the springs of penitence and faith have been unsealed. Song is one of the most effective means of impressing spiritual truth upon the heart” (Ibid., par. 5).

In Evangelism we are counseled, “Learn to sing the simplest of songs. These will help you in house-to-house labor, and hearts will be touched by the influence of the Holy Spirit” (Evangelism, p. 502). Music is a powerful tool for sharing the gospel—speaking where words alone may fail.

Depending on local needs, we utilize music through in-home concerts, community ensembles, in-home song services, the incorporation of music into our outreach and inreach events, concerts, and the intentional use of music in worship services. In all these ways, we aim to employ this most effective means to reach souls for the kingdom of God.

2026-2027 Calendar

Phase 2 Empowerment



Incorporating Lay Members

Total Wellness desires to do sustainable work. This means that from the outset, we will be working closely with local church leadership so our efforts integrate seamlessly into existing outreach initiatives. We believe that God desires quality over quantity, and in order for new members to thrive, mature members and church leaders must be well-prepared to receive them. By incorporating members as early as possible in the work of ministry, we begin setting up a few small teams who watch us demonstrate the three-fold ministry of Christ, and empower them to use their God-given talents in a setting where they feel supported and encouraged.

Phase 3 Replication

This phase is crucial for multiplying missionary teams, thus facilitating a work that continues beyond the team's full-time presence. The responsibility for carrying this out is going to fall heavily on the church leaders and lay leaders, but by God's grace, we have seen members catch the vision of Total Member Involvement and begin incorporating weekly ministry in the past. Even new disciples are able to use their God-given talents and work in small lay-led teams after six months of accompanying more experienced workers, so long as prayer, Bible study, and regular, intentional missionary meetings become a part of their lifestyle.



May 4: Set-up Crew Arrives

- Initiate united prayer
- Study, practical Christianity
- Begin Intense Fundraising
- Prepare Housing
- Scout territory
- Divide the territory into zones
- Begin surveying

May 18: Full Team Arrives

May 19-25: Setup and bonding week

- Move-in
- Orientation
- Bonding Weekend
- Prayer

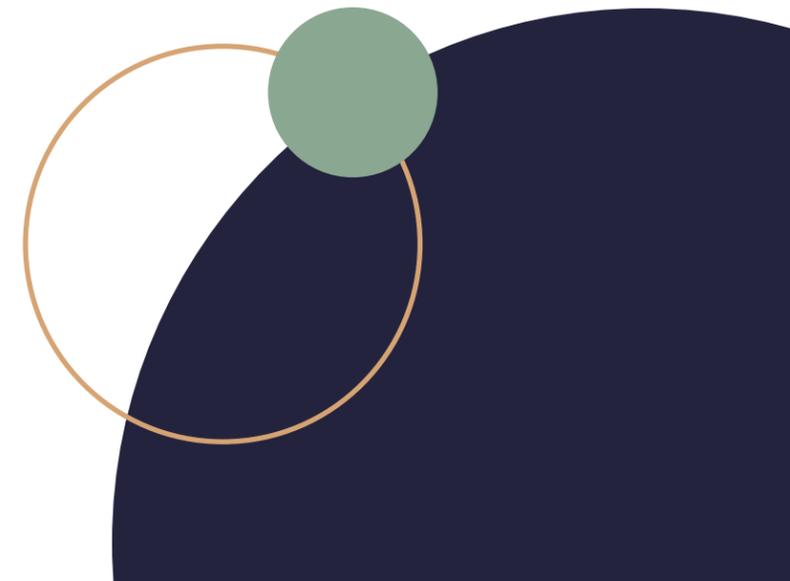
May 26-Aug 4: Demonstration (Phase 1)

- Canvassing Team sells evangelistic and health literature
- TW & Canvassing teams garner Bible study and health coaching interests
- TW facilitates the formation of Christian help bands
- Streams of Light outreach weekends (Great Controversy/health magazine distribution)

August 5-Nov 21: Empowerment (Phase 2)

- October 16: Finalize calendar for the remaining 7 months
- October 18- November 14: Evangelistic Series (tntv. *TW not speaking)

December 1-April 20: Replication (Phase 3)





Worker Rest & Preservation

Daily Schedule (tentative)

Daily Schedule*:	
Lunch	12pm
Team Meeting	1:15pm
Field time	2pm
Supper (30 minutes)	6pm
Return from territory	8:30pm

Field Days

Sunday, Monday, Tuesday, Thursday

Day off

Wednesday

Half Day

Friday (Logistics and Planning)

Sabbath Afternoon

Outreach 2x a month; Off 2x a month

* Subject to change. Adjusted per local needs.

In harmony with God’s counsel, workers will be given regular weekly and monthly unpaid time off in addition to a limited number of paid days off and quarterly retreats. Quarterly retreats include Fall, Thanksgiving, Christmas, and spring breaks (unpaid), and two shorter paid team retreats (five total).

Weekly Day Off

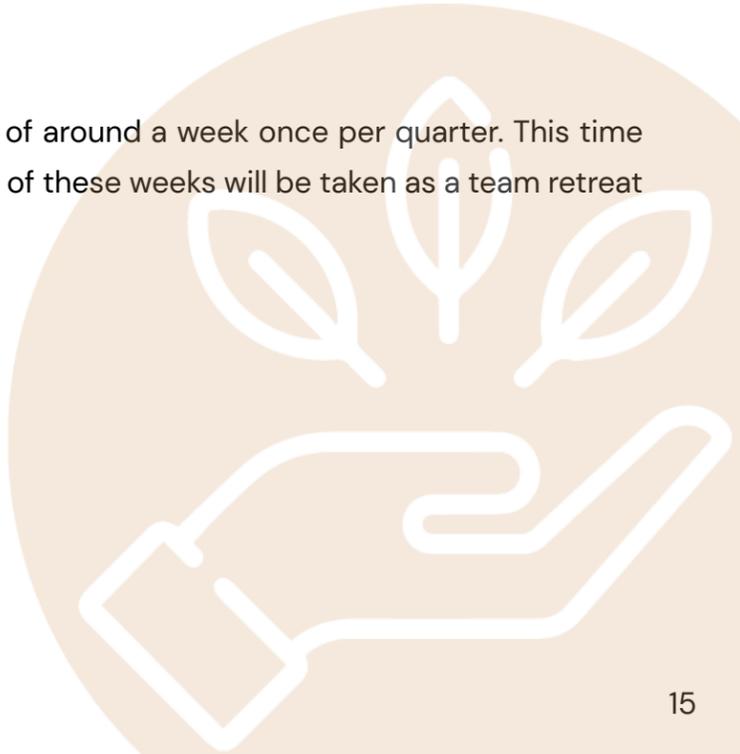
Wednesdays are completely blocked off for the health of the workers. No meetings of any sort will be attended during this time, including church events scheduled on that day. This is to safeguard the health and longevity of the workers and to ensure the highest quality of work during the rest of the week.

Monthly Renewal

Workers will be given an extended weekend once a month, not exceeding 3 days off. Workers are encouraged to take this time away from the city for rest and retreat in nature, following the Biblical and Spirit of Prophecy counsel (details stipulated in the worker’s handbook).

Quarterly Retreat

Workers will be given an extended break of around a week once per quarter. This time will allow them to attend to family duties. Two of these weeks will be taken as a team retreat time to rest, recover, and train.



“I must urge that our workers shall have their work so planned that they will not become wearied by overwork.”

(Ev 95.4)

Leadership



Nathan Jensen
Director, Bible worker

Nathan got his spark for missions in high school, reading the story of Jim Elliot, who paid the ultimate price as a part of an evangelistic team in Ecuador. Since then, he has been integrally involved in five church plants, two in South Asia, and three in the USA. He loves literature evangelism, has canvassed for four summers, and is passionate about medical missionary work. He also served as the president of Prisoners of Hope, a monthly magazine on revival and true education. He holds a Bachelor of Arts in Religious Studies.



Sarah McRoberts
Secretary, Musician, Bible Worker

Sarah blends music and mission, compassion and commitment, in her work for souls. An accomplished violinist, she has a mission to demonstrate the power of music to reach the heart with the three angels' messages. Since playing an active part in her local church in Orange City, FL, and seeing God fan the flame of revival, bringing over 40 souls to Christ, she has dedicated her life to evangelism. As a literature evangelist and Bible worker, she seeks to demonstrate the love of Christ and point others to Him. She holds a Bachelor of Arts in music with a religion minor.



Dailyn Patiño
Treasurer, Bible worker, Musician

Dailyn brings a vibrant background of foreign missions, church planting, education, and personal evangelism to our team. In addition to her treasurer abilities, she adds a passion for soul-winning and equipping disciples to make more disciples. This passion is fueled largely by living as the daughter of missionary parents in Colombia, her personal study of the New Testament church, and witnessing church planting movements first-hand while in Cambodia as a student missionary with Adventist Frontier Missions. She holds a Bachelor of Arts in music with a religion minor.



Matthew Kuninobu
RN, BSN, Health Evangelism Coordinator

Matthew is a most passionate missionary. He wholeheartedly believes in a generation of youth who will reach all nations in this generation. He went on his first mission trip at age 12. While in high school, he served as class president and initiated small group Bible studies and prayer. While in college, he pioneered the career missions club, and took nursing to better equip him as a medical missionary, wherever God would send him. Upon graduation, he served two years as a missionary in Vietnam with Adventist Volunteer Services. He holds a bachelors of science in Nursing.

Worker Compensations

Bible Worker Compensation – \$15,400/yr. | \$1,400/mo.

For 11 months (paid at \$70/day)

Housing – \$8,068/yr. | \$733.50/mo.

Two houses for core team (guys/ladies) \$2,200/mo x11

Food Cost – \$5,500/yr. | \$500/mo.

Estimated at \$3,000/mo for 6 workers for 11 months.

Vehicle Reimbursements* – \$6,050/yr. | \$550/mo.

Aprox. \$213.50 monthly on gas + \$150 monthly insurance premium + \$87 car maintenance & repair

*Depending on if personal vehicle is used for Bible work & team training



Total

\$35,018.50/11 mo.

\$3,183.50/mo.

Testimony

By Pastor Raymond Torres

In Luke 10:2, Jesus said, "The harvest truly is great, but the laborers are few; therefore, pray the Lord of the harvest to send out laborers into His harvest." The first part of this verse has proven true through our evangelistic efforts in Warrenton, Virginia. The response to our outreach endeavors has been truly inspirational. Through the Mind Fit mental health program, Live Long, Live Strong health seminars, or our Keys to Revelation prophecy seminar, community members have been encouraged, uplifted, and most importantly, pointed to Christ. We had 52 people on the opening night of the prophecy seminar, and we averaged 22 guests each evening for the entire month, with 8 kids present at our final meeting.

We have had so many positive interactions with individuals from the community; it is truly exhilarating! There is Tesfaye and his four teenage/young adult children, three of whom have made the decision to be baptized. Gwen, Ella, and Tina are three women who have been deeply interested in the Bible marking session every Sabbath morning. And we have helped Laura, a former member, reconnect with the church and decide to get re-baptized. They didn't miss a single night and eagerly listened to every session. If time would allow, I could tell of Armando, Isabel, Mari, Cami, and many others who faithfully came and are making decisions for Christ. In all, we have had nine people who have made a decision for baptism/re-baptism, and another is scheduled in the near future. As Jesus said, "the harvest truly is great," and God has used the Total Wellness team to answer the prayer for more laborers. They have been an integral part of our evangelistic endeavors and have been key to our success here in Warrenton through their pre-work, visitations, and follow-up. We have been stirred by their passion, energy, and missionary spirit. Any church that has the opportunity to work with Total Wellness should not hesitate, for they will be greatly blessed.

Pastor Raymond Torres is the associate pastor of the Living Hope SDA Church in Haymarket, VA, and our lead pastor for the Blessed Hope church plant. Pictured on the right is the Torres family.



PARTNERSHIPS

Churches, Outpost Centers, & Conferences



"I planted, Apollos watered, but God gave the increase." In the New Testament, God places a special emphasis on collaboration. All twenty-seven books highlight the importance of oneness between Christ and His church in His mission. Following the apostolic example, Total Wellness desires to forge synergistic partnerships, especially with local churches seeking to work the cities. Churches, conferences, and outpost centers are invited to fill out an application to partner with Total Wellness using the link below. Specialized ministries that share our mission, such as literature evangelism, medical missions, or media ministries, may use the same link or send an email to us directly (see last page).

Donors



In response to the Macedonian call (Acts 16:9-10), Paul obeyed, not knowing from where means would come. Later, he would write in gratitude to the saints in Philippi, "no church shared with me concerning giving and receiving but you only... you sent aid once and again for my necessities" (Philippians 4:16-17). Then he gives a promise. "My God shall supply all your need, according to His riches in glory by Christ Jesus" (v 19). We have seen time and again that God has blessed our supporters abundantly as we have advanced in faith to share the three angels' messages in our cities. We have never lacked, as we have advanced in faith, and by God's grace, we will continue to advance. **Will you be a part of what He is doing to reach the hurting of the cities in this generation?**

"Shall we not advance in faith, just as if we had thousands of *dollars*? We do not have half faith enough. Let us act our part in warning these cities... As we advance, the means will come. But we must *advance by faith*, trusting in the Lord God of Israel."

(Evangelism, pg. 62)

When the *cities* are worked as God would have them,
the result will be the setting in operation of a

Mighty Movement

such as we have not yet witnessed.

Medical Ministry, pg. 331



Total Wellness

Experience Wholeness

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