



Dear Friends,

Greetings in the name of our Lord and Saviour, Jesus Christ.

Speak Lord, in the stillness, While I wait on Thee;
Hushed my heart to listen, In expectancy.

For the words Thou speakest, "They are Life" indeed;
Living Bread from heaven, Now my spirit feed!

REFLECTION

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God, And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" Philippians 4:6-7

-Spend some time reflecting on this familiar verse.

-What does this mean to you?

-How does it relate to the birth, death and resurrection of Our Lord?

-Quiet your mind and let God speak to you – let Him reveal what this truly means.

-How can we be anxious for nothing in our daily practice of nursing with the shortage of staffing, increased client loads and the care needs of our clients, dealing with managers and management, with the political atmosphere in our workplaces, working with multiple disciplines such as doctors, RPN's, lab techs, physician assistants, respiratory technologists, social workers, chaplains?

-What difference would there be in our life, if our hearts and minds were truly filled with this peace?

-How can that happen?

Share God's revelation with someone precious to you. This is the greatest gift that you can give.

Two of the great responses from spending time in preparation for the death and resurrection of Jesus

PEACE

Consider these questions, and the verses that follow.

What is God saying to you in each of these verses?

What is Peace? Gal.5:22 – "the fruit of the Spirit isPeace..." How do we demonstrate peace in the workplace as a nurse?

At the birth of Jesus the angel sang – Luke 2:14 "Glory to God in the highest, and on earth, peace to those with whom God is pleased." Why did Jesus come?

– Luke 1: 79, "to give light to them that sit in darkness and in the shadow of death, to guide our feet into the way of peace."

Just before His arrest and crucifixion Jesus said – John 14: 27 – "Peace I leave with you; My peace I give to you, not as the world gives, do I give to you."

Now spend some time reading Mark 4: 35 to 41 – the passage where Jesus calms the storm.



Consider – Describe the setting in vs. 35-36, What is the situation, who is there, and where are they headed? What did the disciples do? What did Jesus do? What was the disciple’s attitude toward Jesus in vs. 38 and why? Is there anything amiss in their thinking? If so what? What do you think of the two questions Jesus asked the disciples? What do the questions reveal and why is the timing important? How would faith have looked in this situation? In vs. 41 what realization did the disciples come to and how did it affect them? What can we learn from this incident that can help us when we are afraid? What does the revelation of Jesus’ power over nature suggest about His power over your life’s circumstances? How can that impact your perspective when trials come? What are the storms in our lives? Do we call on Jesus? Or try to deal with the storms ourselves? What can Jesus do for our storms? Will we let Him? What was the basis for the disciple’s fear after Jesus calmed the physical storm? Can you think of a situation where Jesus has calmed a storm in your life? Give thanks to Him.

Hymn –

Like a river glorious, is God’s perfect peace, Over all victorious, in its bright increase;
Perfect, yet it floweth fuller every day, Perfect yet it groweth deeper all the way.
Stayed upon Jehovah, hearts are fully blest; Finding as He promised, perfect peace and rest.

JOY

Consider the following verses and what God is saying to you in each of the verses.

The experience of Joy even before birth – Luke 1: 44, “...the babe leaped in my womb for joy.” At the birth of Jesus – Luke 2:10, “ and the angel said unto them, fear not for behold, I bring you good tidings of great joy, which shall be to all people”

In the Old Testament – Nehemiah 8: 10 , “....the joy of the Lord is your strength.”

And Job: 41: 22 “...sorrow is turned into joy before him.”

Isaiah 29: 19, - “the meek shall increase their joy in the Lord, and the poor among them shall rejoice in the Holy one of Israel.”

And in the new testament – Acts 8:8 , “and there was great joy in that city.” Why?

1Peter 1:8, “... Ye rejoice with joy unspeakable” what does that mean?

1Peter 4:13, “Rejoice in as much as ye are partakers of Christ’s sufferings, that when His glory shall be revealed, you may be glad also with exceeding joy.”

Hebrews 12:2, “Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before him endured the cross, despising the shame and is set down at the right hand of the throne of God.” What was the joy that Jesus experienced in the crucifixion?

And Paul’s hope – Acts 20: 24, “.....so that I might finish my course with joy.”

Joy in heaven – Luke 15:3, “I say unto you that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine righteous persons, who need no repentance.

James 1:2, “Count it all joy....” When? Do we?

2 John:12, “.....that our joy might be full” What is it here that is causing John’s joy to be full?

Spend some time reading Philippians chapter 4. Think about Paul’s joy in the Lord [while in prison]

What causes Paul’s joy? What is the relationship with others? What causes our what inhibits our joy? How can we experience fullness of joy?



Hymn

I am the Lord's! O joy beyond expression, O sweet response to voice of love Divine;
Faith's joyous "Yes" the assuring whisper, I have redeemed thee, Thou art mine.

Betty Hitchcock was the former provincial Chair of the Atlantic Provinces. She was the author and editor of Atlantic Link-a newsletter about God working among nurses in Nova Scotia and New Brunswick. It also included a Bible study and prayer guide for NCFC.