

Sparsh 2023

"We serve a King"



"There is no fear in Love, but perfect Love casts out fear....."



**Christian Medical College & Hospital
Ludhiana**

A legacy of Healing, Education & Research since 1894



Volume 1

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*“Christian Medical College
Ludhiana Society, on behalf
of the Church, seeks to
contribute to the health needs
of India by training
primarily Christian
Medical, Dental, Nursing
and other health professional
students and by providing
holistic health services to the
community and the nation,
with people of the Christian
faith serving in Christ’s name
alongside those of other faiths,
who identify with these aims
and goals.....”*

CMC, Ludhiana Mission
Statement

“To provide excellent comprehensive training to graduate and postgraduate students for advancement of medical knowledge and research to make a significant contribution to the health standards of all communities of our nation, urban and rural and to reach primarily the unreached communities of India or elsewhere as needed”

CMC, Ludhiana Vision
Statement



A Word!!!!!!

Purpose & Strength are the two requirements of Care Giving. Meditation provides us with Purpose & Prayer gives us the strength. The sum of Purpose & Strength is Encouragement. “*Sparsh*” is a Hindi Word, meaning “*Touch*” and we need God’s uninterrupted touch on our Institution as well as in our personal lives. The whole aim of SPARSH is to keep Christian Medical College & Hospital Community on the path of Purpose & Strength and provide it with Divine Encouragement.

Sparsh contains one Devotion per week along with Reflection Questions and Prayer Points. Use the particular Devotion, Reflection & Prayer for that particular week. Let it be the source of inspiration & encouragement.

Key Verse: “It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings?” (*Hebrews 2: 10*)

Hebrews 2: 10 gives perfect definition of the word, **Mission**. And to know why it is perfect we have to know the meaning of the word “Pioneer.” Pioneer is a living being which establishes itself in an open, bare & barren area and initiates an ecosystem.

And this is what the whole idea of mission is - To go into an open, bare and barren area and initiate an ecosystem brimming with God’s life and moving forward in the assurance of earthly and heavenly salvation. But this is a very slow and painstaking process and needs a lot of patience and complete dedication. This dedication and patience when combined together is the suffering of a Pioneer. It’s a tough task and that’s why Paul is praying to God to give strength to the Pioneers of Salvation.

Our institution’s history very clearly tells that our founder Dr. Edith Mary Brown chose Ludhiana and started an ecosystem called Christin Medical College, Ludhiana to mentor young hearts and impart healing to sick and weary. For her, and for all those who later served here, it was never easy. Serving in CMC required complete dedication and lot of patience. But they kept on serving. The motto of our institution is “*We serve a King.*” And

serving always demands sacrifice. Today we are torch bearers of the same legacy. Have we been able to carry forward that legacy of service & sacrifice which our pioneers gave us?

A new year is starting and we are living in a world where dedication to a cause is equalized with a “*Like*” hit on Face Book and doing some crazy activities & posting its video on social network and forcing 4 more people to do the same. Is it the right way of being Pioneers of Salvation? Not at all! We need to look on our profession in Christian Medical College, Ludhiana as our vocation.

Reflection:

1. Is your work in CMC, Ludhiana your Life Mission?
2. How can you turn your profession in CMC, Ludhiana into your vocation?

Prayer Points:

1. Director’s Office & Administration of CMC & H, Ludhiana
2. Department of Anaesthesia
3. Sponsoring Body – Synodical Board of Health Services Church of North India

Dynamics of Care

Genesis 6: 13 – 22

Key Verse: “Make yourself an ark of Cypress wood, make rooms in the ark, and cover it inside and with pitch.” (Genesis 6: 14)

In today’s world the word “*CARE*” is a very interesting one. Care which must be the core of Life-Sustaining philosophies is the biggest profit-making means of today’s market society. Any care giving service whether it is Health Care or anything else is highly consumeristic and market oriented. In such a conflicting scenario the right understating of the word *CARE* is most necessary. This passage gives us the real understanding of the Dynamics of Care. There are two things inherent in the word *CARE*:

1. Assurance of Protection: If someone has to be caring to others, he/she must have a strong assurance of self-protection from outside. In v14, God tells Noah to build an Ark in such a way that everyone inside must be assured of their own security. In today’s world if you and me want to be genuine caregivers, we must have that deep trust that we are well protected by our God. And the Faith – “Immanuel - The God with us” must be our motivation for moving forward. Can we start this beautiful day with this assurance that God will keep us safe today?

2. Dependence for Existence: The second biggest realization we must have that, in God’s creation we all are very strongly connected. And my survival

completely depends upon the existence of rest of the creation. This web of interconnections is very intricate and fragile. In v21 God tells very specifically to Noah to make all the arrangements so that this whole web of interconnections be sustained and each & every life inside the ark be preserved. Or in other words God is telling him to create a self-sustaining, interdependent and completely interconnected Ecosystem (*Life system*) inside the ark. In today’s world if you and me want to exist, then we need to ensure survival of the rest of the creation as well, otherwise it will be the total annihilation. Can you start this day with one more decision – I want to live, and today I will be a caregiver in my own capacity?

Reflection:

1. Is God there with you even when you are not able to feel His Presence?
2. How can you turn your profession in CMC, Ludhiana into your vocation?

Prayer Points:

1. Medical Superintendent’s Office
2. Department of Anatomy
3. Sponsoring Body – Church of South India

The Healing Presence of Christ

Mark 5: 21 – 34

Key Verse: “If I but touch His Clothes, I will be made well!” (v28)

After last two years of Lockdown and restrictions a question was asked to so many people - *“What’s the one most important thing which they missed most during that time?”* Surprisingly a big number of people replied with the answer – *“Human Touch.”* Touch is a very interesting phenomenon! It involves two things:

1. Intention behind the Touch: The word “Touch” in itself is neutral. What makes it good or bad is the intention behind the touch. Intention gives the colour to the Touch.

2. Sensitivity: The whole dynamics of the Touch revolves around sensitivity. And sensitivity means – Ability to feel!

When the woman touches Christ, she has only one intention of getting healed. And Christ was so sensitive to that particular touch that he was able to single out that woman from all the people who were falling on him.

Messiah was most sensitive to understand the intention behind the needy touches. But as His disciples, are we also able to understand? To know that we have to ask another question to ourselves. What is the right measuring parameter for Love? The right measuring parameter for Love is Sensitivity. If we say, we Love someone then surely, it’s not possible

without being sensitive towards that person. Christ loved that woman that’s why he was able to feel her touch and sense the intention behind her touch.

We are a self-sensitive generation; that’s why we love ourselves. Or if we love others then also its for ourselves only. If love is for ourselves then it’s not LOVE instead its mere selfishness. Love is always for others. You have to love the most unloving people not because you and me like them or need them, instead you and me are needed too much in their lives. Christ became the healing presence in that woman’s life because he realized that He is needed in her life very badly. Let’s be the Christ’s Healing Touch in someone’s life.

Reflection:

1. Discuss the ways of touching a human life other than physical one
2. What are the things making a caregiver insensitive?

Prayer Points:

1. Nursing Superintendent office & Nursing Dept.
2. Department of Biochemistry
3. Sponsoring Body – Council of Baptist Churches in North East India

Paradigm of Sharing

Philippians 4: 14 – 23

Key Verse: “For even when I was in Thessalonica you sent me help for my needs more than once!” (v16)

There is one question which we all must ask to ourselves, “Is life possible without having relationships?” Life is impossible without relationships. If life is impossible without relationships, then what is the core of any relationship? Core of any relationship is **Love** and that Love is expressed through “*Giving & Receiving*.” But how do we perceive this process of “*Giving & Receiving*.”

Usually the phrase “*Receiving & Giving*” is equated with the word “*Favour*.” And when it is equated with the word favour than it gets connected with our ego. Result is – Our giving & acknowledgment of our giving boosts our ego and receiving hurts it. But this way a genuine relationship cannot be built.

Instead “*Receiving & Giving*” must be equated with word “*Sharing*.” The word “*Sharing*” is used with a strong realization that we all are incomplete, deeply connected and need each other for our survival. Even God shared His Son with us because of the same reason. God is deeply connected with us, knows our incompleteness completely and our life’s continuity is impossible without Him. This realization pushes us to live for someone and to live for someone is called “Love”.

Philippians 4: 14 – 23 clearly tells us that in Love, Giving is Joyful and receiving is experiencing Grace & Compassion. Every department in our institution is a team and the motto of every team must be joyful giving and graceful receiving of love.

In this new day let’s make a solemn vow to ourselves – *I will surely be become God’s angel in someone’s life today and I will also allow someone to be God’s Angel of love in my life.*

Reflection:

1. What are the obstacles we face in manifesting God’s love in the lives of other team members?
2. How can we overcome those obstacles?

Prayer Points:

1. General Superintendent’s Organisation
2. Betty Cowan Research Centre
3. Sponsoring Body – Council of Medical Work, Methodist Church in India

Witnessing requires patience & perseverance

Esther 8: 9 – 17

Key Verse: “For the Jews there was light and gladness, joy & honour.” (v16)

Word witness is the centre of our Faith Life Style. And witness means Proving something True. But in today’s world the word witness is largely associated with show – it means living a kind of masked life. But to have a witnessing life we need to have following things in our life:

1. *Knowing clearly who God is and what are His Plans for our life.*
2. *Trusting strongly God and His Powers & Promises*
3. *Waiting patiently for God*
4. *Living persistently fulfilling God’s plans & desires.*

Mordecai and Esther did the same thing. They were living in a situation where the love and power of God was questioned not only by the foreigners but also by their own people. But with their patience, perseverance and pragmatism they proved that God loves his people and is very much in control of everything to protect His own.

We are living in times where trusting is difficult and patience is a very speedily fading quality. Now a days even it’s difficult to trust our own people and we are an impatient generation. And with these qualities we want to convince the world that our God is a loving God. Can that be possible? It is surely impossible. CMC, Ludhiana has the divine call of going out and

witnessing. And all our previous generations did that. They not only loved and trusted God but also proved the same through their life. Are we, the present torchbearers ready to witness the same as individuals, and as an institution?

Reflection:

1. How are the Alumni of our institution witnessing our motto “We Serve a King”?
2. How can you be a Witness by serving in CMC, Ludhiana

Prayer Points:

1. Personal Office
2. Department of Cardiology
3. Sponsoring Body – Diocese of Amritsar (CNI)

Witnessing requires knowing God
Jeremiah 18: 1 – 4

Key Verse: “So I went down to the Potter’s house, and there he was working at his wheel.” (v2)

Any witnessing requires to know of whom we are going to witness. If we want to be the witness God and serve him then it’s most important that we must know who our God is? But is it possible to understand, define and explain God? It is impossible. But God is so gracious that He reveals Himself to us through His Word, His Son and through our life experiences. Jeremiah 18: 1 – 4 gives an imagery of God as Potter. And in this imagery, Jeremiah tells us about three very prominent qualities of God.

This week onwards we will be reflecting on these three qualities.

Omnipotent God: Omnipotent means one who is most powerful. God is the most powerful one in this universe. And God’s power is revealed in the following 3 areas of our life:

1. *Creation:* Isaiah 64: 1 says, “*Yet, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand.*” Like a potter, God created everything from a scratch. He not only gave us a body, but still keeps on shaping our life. His power lies in His capacity to create. We are under His complete authority and control.

2. *Sustenance:* While making a pot on wheel, potter has to

constantly support the clay with at least one hand. If he removes his hand for a moment the pot will be deformed. Sustenance means constant support, and requires lot of strength. God is constantly holding this whole universe.

3. *Redemption:* During the pot making process if pot gets deformed, instead of discarding the clay, potter redeems it into a different pot. Potter’s power is shown in His strong will of not discarding the clay. He is a strong-willed potter.

Reflection:

1. What makes you unique as God’s creation?
2. How God has redeemed you?

Prayer Points:

1. Finance Dept.
2. Department of Cardio Thoracic Vascular Surgery
3. Sponsoring Body and Mission Hospitals under it – Diocese of Chandigarh (CNI)

Omnipresent God

Psalms 139: 7 – 12

Key Verse: “Where can I go from your spirit? Or where can I flee from your presence?” (v7)

Omnipresent means someone who is present everywhere every time. Potter has to be present in the whole process of making pot. He has to be present in selection of soil, preparing the soil, making of pot, drying of prepared pots and ultimately in the baking and selling of the pots. During all these processes he has to be vigilant, cautious and all alert. Our God is like that. He is always there and His presence has three implications in human life

1. *Symbol of being a Believer:* Identity symbols are very important in human life. identity Symbols tell to the world, who we are. A stethoscope and a white coat tell to the world that a person is a trained medical professional. In similar way the identity symbol of the believer is the unbroken fellowship with ever present God. Book of Genesis Chapter 5 talks about a man called Enoch. He had such an unbroken fellowship with God that he kept on walking with God and one day reached heaven
2. *Shield against temptation:* Paul’s first letter to Corinthians, chapter 10, verse 13 says, “*No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure*

it.” Temptations are the unavoidable part of human life, but in the face of temptations God’s unbroken presence cautions us against them, and also gives us the strength, resources and wisdom to overcome the temptations.

3. *Motivation to Holiness:* Word Holy has two meanings, Pure & Set Apart. A believer is Holy as he/she is set apart to serve God. God’s constant presence in our lives keep on reminding us that we are set apart to serve God. This constant divine presence in our life is our motivation to keep on moving towards Holiness, by serving God with complete surrender & dedication.

Reflection:

1. How God’s constant presence is helping you out to fight with your temptations?
2. As part of God’s call for Holiness, in what areas of your life are you set apart to serve God?

Prayer Points:

1. Department of Medical Informatics
2. Dept. of Community Medicine
3. Sponsoring Body – Eastern Regional Board of Health Services.

Omniscient God**Psalms 139: 1 – 6**

Key Verse: “O Lord, you have searched me and known me.” (v1)

Omniscient means having infinite understanding, awareness and insight. Our God is an Omniscient God as He knows everything. God’s knowledge about us following 3 qualities:

1. Potter knows everything about the clay. God has created us and he knows everything about our physical body. But as an Omniscient God, his knowledge about us goes beyond our physical anatomy. He knows even our mind and soul as well. We cannot hide anything from Him.
2. Any process of pot making begins with the Potter’s knowledge of type of clay he has and type of pot he can make by that clay. In Book of Revelation chapter 21 verse 6 God is saying, *“I am the Alpha and the Omega, the Beginning and the End.”* As God has created us, He knows very well, who we are. As he knows very well what type of human we are, He also knows very well what type of destiny will be best suited for our lives. Our destiny is God’s vision and will for our lives. And from the very beginning He encourages and leads us towards that destiny. And in between if we get deformed, He starts all over again.
3. The most powerful implication of God’s knowledge about us is found in the Book of Isaiah Chapter 49, verse 16. Here God says, *“See, I have inscribed you on the palms of my hands; your walls are continually before me.”* In ancient times inscribing someone’s name on the palms meant that person was the most loved one. God knows everything about us. He knows our thoughts. He knows our weaknesses. He knows our tears. He knows our anxieties, worries, pain & guilt. But still, He loves us. We are so precious to Him that in order to save us He sacrificed His only Son on the Cross. God’s Love for us is our power & confidence in moving forward with our life.

Reflection:

1. God knows everything! Is this knowledge scary or assuring to you?
2. Why the ignorance about our sinful nature is dangerous?

Prayer Points:

1. Department of Medical Education
2. Dept. of Dermatology
3. Sponsoring Body – Emmanuel Hospital Association

Who we are?

Psalms 23

Key Verse: “The Lord is my shepherd; I shall not want” (v1)

To be the witness of God, its very important to know, who we are. God’s word uses the imagery of sheep to affirm our identity. We are the sheep of The Shepherd. The relationship between the sheep and shepherd is very unique and special. And this relationship highlights four qualities of the sheep.

1. *Sheep is a very fragile, defenceless animal:* Word “Fragile” means delicate and Vulnerable. And defenceless means something which cannot defend itself in the face of danger. Sheep always needs a shepherd to protect & defend it. 2nd Corinthians chapter 4, verse 7 says, “*But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us.*” Our body is like a fragile Clay Jar and need to be protected. We are also very vulnerable to temptations & all the negative emotions. But even though we are fragile and defenceless, God’s presence & power is inside us to protect us and guard us.
2. *Sheep’s Memory is very short:* Memories play a very important role in our lives. Memories are needed to affirm our identity, for course correction and to take forward our relationships. But like sheep our memories are very short and selective. We need shepherd

God to keep our memories sharp and interpret them in the most fruitful manner

3. *Sheep get distracted very fast:* We are living in a world of distractions. Distractions take us away from our life path and we ruin our life journey. Like sheep we are very prone to distractions. We need Shepherd God to keep us focussed in our life Journey.
4. *Sheep is the most useful animal:* Even though sheep has all these shortcomings, but then also sheep is the most useful animal for the shepherd – when it is alive and even if it is dead. And shepherd loves His Sheep. God loves us very passionately and we have centre place in the plans of God. Are we ready to accept our place in God’s plans and ready to commit ourselves to fulfil His Plans for this creation.

Reflection:

1. What are the major distractions you are facing in Life journey?
2. What is the place of memories in your personal & institutional life?

Prayer Points:

1. Friends of Ludhiana USA Chapter
2. Dept. of ENT
3. Sponsoring Body – Evangelical Lutheran Church in MP

Choices – Can't live with & can't live without also

Luke 15: 11 – 24

Key Verse: "But when he came to his senses he said, 'How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger!' (v17)

Our life is the sum of our choices and the experiences we go through because of those choices. Today's Bible Portion talks about a young man. He took his share from his father's property and then made all the different choices. It's our choices which decide what type of life we had in past or having in present or will be having in future. This whole story teaches us 4 life lessons about choices.

1. *Falling in a relationship may not be our choice, but staying in that relationship is surely our choice:* Certain relationships in our life are not our choice, we inherit them. That man as his father was not his choice, instead he was chosen to be his son. In our relationship with God, it's not we who have chosen Him, instead God has chosen us. "You did not choose me, but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name." (John 15: 16). But whether to remain in that relationship is surely our choice.
2. *We are free to choose, but we are not free from the consequences of our choices:* Every choice we make has an end result. It influences our life journey positively or negatively. v13 says after getting his share, for some time this young man remained with

his father and during that time his life was good. But later on, he chose to move away to live a life of fun. That choice ruined his life.

3. *Every wrong choice we make can do 3 things to us – It can define us or it can destroy us or it can renew us:* This young man made some wrong choices, but he did not allow those choices to define him or destroy him. He decided to renew himself by making right choices. He chose to return home.
4. *Whatever choices we make will influence not only us but also people around us:* His wrong choices not only messed up his own life but also made his father's life painful. But when he decided to return home all of a sudden there was happiness and celebration.

Reflection:

1. How can you relate these 4 life lessons about choices with your work environment in your department?

Prayer Points:

1. Friends of Ludhiana, UK Chapter
2. Dept. of Forensic Medicine
3. Sponsoring Body – Gujrat Christian Service Society

Emotions: How to deal with them

Matthew 5: 1 – 11

Key Verse: “Blessed are the pure in heart, for they will see God” (v8)

In faith life Emotions & Logic have a very important place. Heart is considered as the origin of emotions and mind is considered as the origin of Logic. But our heart & mind is deeply connected. If we allow our emotions to influence our logic than we can easily find justification for all our wrong choices, decisions & actions. On the other hand if we allow our logic to unnecessarily control our emotions than we have cold, frozen and insensitive heart. A pure heart has always a right balance of our emotions and logic. And this balance has two implications:

Pure heart is a sensitive heart: our emotions can be categorised into positive and negative ones. Positive emotions are good and necessary for life, but on the face of negative emotions we need to have a sensitive heart. A sensitive heart knows what is going inside it. And when it finds negative emotions, instead of flowing along with those emotions, it takes time and with the help of God processes those negative emotions into positive responses. The Best examples are Judas & Stephen. When Judas faced criticism, he got angry and that anger resulted in revenge. But when Stephen faced with humiliation and torture, he turned all the pain, sadness & emotions of hurt into forgiveness.

Purity of heart is perfected in hardships: God has created us beautifully. And as God’s creation we have a blessed heart also. But the blessedness of heart is perfected by willingly going through the hardships. Christ said, “*If any one wish to come after me, let him deny himself and take up his cross daily and follow me.*” In our personal and professional life perseverance will only make our life blessed.

When you have to face negative emotions always do these four things:

1. *Accept your negative emotions.*
2. *Do a small prayer to get help from God.*
3. *Ask Yourself, “Why have I this negative emotion?”*
4. *Think about the way to turn it into something positive.*
5. *At the end take a blessed positive action.*

Reflection:

1. Is your work in CMC, Ludhiana your Life Mission?
2. How can you turn your profession in CMC, Ludhiana into your vocation?

Prayer Points:

1. Friends Of Ludhiana, Canada Chapter
2. Dept. of Gastroenterology
3. Sponsoring Body – Jeypore Evangelical Lutheran Church

Calling

Exodus 3: 1 – 12

Key Verse: “So come I will send you to Pharaoh to bring my people, the Israelites out of Egypt.” (v10)

We all are Called by God. God’s Calling is the goal of our life. But the way to fulfil the call is very important. There can be two different ways to fulfil a particular call.

1. Our Way
2. God’s Way

But as calling is from God, we cannot fulfil it by following our own way. God’s calling can be fulfilled by following God’s way only. Moses was called to free the Israelites from the slavery of Egyptians. The first way Moses chose was of the way of violence. He killed one of the Egyptians. But the God’s way for same calling was that of dialogue. God wants him to go to Pharaoh and broker a deal.

When Moses decided to follow his own way, he was very excited but that excitement very soon turned into failure, disappointment and bitterness. He followed his heart’s voice and ended up in wilderness, all alone grazing his father – in – Law’s sheep. Heart’s voice may seem very exciting but that won’t take us to the destiny.

But when God revealed His Way, Moses was reluctant to follow that path. For him his way was exciting, but God’s way was tough and full of challenges. Here we have to think

about the word “Courage.” Usually for us courage means having confidence on our abilities to achieve something; but in God’s Word courage means trusting God and allowing God to lead us through the unknown paths. After the Mount Horeb incident we find Moses trusting God and God leading him through unknown paths to fulfil his calling.

Our founder **Dame Edith Mary Brown** had a calling of being Medical Care Giver. And there were two ways Infront of her. But She chose God’s Way and started Christian Medical College, Ludhiana. She followed God’s way that’s why today we have a call to Serve the God by providing Medical Care in love, trust & hope.

Reflection:

1. What makes CMC, Ludhiana different from other Medical Colleges?
2. What are the qualities required to be a medical Care Giver in God founded CMC, Ludhiana

Prayer Points:

1. Alumni Association Office
2. Dept of Medicine
3. Sponsoring Body – Malankara Orthodox Syrian Church

Essentials of Calling

Deuteronomy 34: 1 – 8

Key Verse: “Then the Lord said to him, “This is the land I promised on oath to Abraham, Isaac and Jacob when I said, ‘I will give it to your descendants.’ I have let you see it with your eyes, but you will not cross over into it.” (v4)

Last week we meditated upon the calling. This week we will meditate upon the essential elements of calling. There are three essential elements needed in calling to fulfil it in God's Way:

1. *Experiencing God:* We believe that God is always with us. Even Jesus himself said, “*I am always with you.*” God was present in Moses' life even before burning bush experience but till Burning Bush experience there was no mention of God in his life. He was seeing everything in human perspective. Experiencing God means start seeing life in God's perspective. And to have God's Perspective Moses started having “*Me time with God.*” Me time with God means being alone with God to review his past life and on basis of that receiving instructions for future.
2. *Doing right thing for God:* We are living in a world of majoritarianism. Whatever is approved by majority is right. So, the effort is always to create the majority opinion. But in calling, what must be more important – approval or truth? When God called Moses along with him, He also called Aaron. But both of them were two different

people, having two different leadership styles. Aaron took decision as per majority opinion but Moses stood for the truth, and ultimately truth won.

3. *Walking with God:* To understand Calling it's very important to know the meaning of two words – Accomplishing & Accompanying. Accomplishing means achieving or fulfilling and accompanying means being with someone. Moses' calling was to lead Israelites from slavery to promised land. But for Moses that calling never ever became the matter of personal accomplishment. He just accompanied God and allowed God to lead him on day-to-day basis. At the end without entering in promised land, he died in peace and satisfaction

Reflection:

1. How can you face the majority opinion with truth in graceful way?

Prayer Points:

1. Dept. of Dietetics
2. Department of Endocrinology
3. Sponsoring Body – Mar Thoma Syrian Church of Malabar

Good Friday

1 Thessalonians 4: 13 – 18

Key Verse: “Therefore encourage one another with these words!” (v18)

The title of today’s devotion is a bit confusing – Is it death of hope or hope in midst of death. Surely, it’s not death of hope, instead its hope in death. So, “*How can be someone hopeful in death?*” I have one question, “*What type of emotions you have, when you think about death?*” Our emotions are connected with our life situations and different life situations creates different emotions. This is very much applicable to DEATH also. If you are leading a very successful and enjoying life than the thought of death is very scary, but if you are going through immense struggles which seems to have no end then for some of us death may create a feeling of freedom. When someone very close to us dies then it hurts, but if someone who is not familiar to us dies then death may be just a passive information for us. But as per today’s passage; for a God’s Child, death has only one underlying emotion and that is – HOPE. It’s a passage to eternity – Taking life on earth to different plane and way of living.

If we look upon the whole God’s Story, the culmination is taking life to eternity. And for that destiny God even sent His own son to the earth and allowed Him to die for us. For Him every human being is very important. There are three reasons:

1. *Uniqueness of formation:* God has created each and every one of us uniquely. The DNA studies proves

one thing very clearly – There was none like us in history, there is none like us in present and there will be none like us in the future also.

2. *Uniqueness of Purpose:* God has not only created us uniquely, but has also given us the unique purpose in life. The blessedness of life depends upon the realization of that unique purpose.
3. *Unity of Uniqueness:* We have been not only given the unique purposes, but our unique purposes are connected with each other to fulfill God’s one purpose of Eternity. All the people who got connected with Christ from his birth till ascension they had uniqueness of purposes to be fulfilled. And the unity of all those unique purposes opened Heaven’s Door.

Reflection:

1. “*As a member of a team your purpose of life is connected with the purposes of others to fulfil the real purpose of this institution.*” Evaluate this statement.

Prayer Points:

4. Security personals & Sanitation Dept.
5. Dept. of Chest Medicine
6. Sponsoring Body – Mennonite Medical Board

Easter Hope

John 20: 1 – 10

Key Verse: “Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb” (v1)

None of us like violence, disappointments, failures and hurt in our life. But they are the very part of human life. So on the face of such negative things in life; what gives us strength to keep on moving? The answer is HOPE. Hence, it's very necessary to understand the right meaning of HOPE. Climax of the whole story of this creation, found in God's word is Hope. And as per God's word it will end with renewal, formation of new heaven & earth and establishing eternal life. Hope is our power and strength. And this hope has two aspects:

1. *Hope means love taking an extra step:* We all live a life of routines. But once in a while we take an extra step or do something which is not part of our life. Have you ever thought when do we do that? We take an extra step only if there is a strong reason to motivate us or there are chances of any gains. Mary is taking an extra step to check on the grave of Jesus. So why did Mary do that? In her past life Mary was once condemned to death. But Jesus saved her from the stoning and after that Jesus was her only point of reliance and she loved Him very much. Now this love is pushing her to take the extra step of visiting Jesus' tomb early in the morning all alone. Her life is on risk but she decides to take this extra

step. This extra step made the hope to work and she found Jesus alive.

2. *Hope means love's surprise intervention:* Surprise means something unexpected or never thought of or considered impossible becoming possible. There is a beautiful quote which says, “*Let your Hope be infinite enough to overcome your finite disappointments.*” None of us like failures. Have you ever thought why? Failures remind us very clearly that we are tightly bound in the boundaries of time and space. For Mary and others death of Christ on Cross was the reminder that they all are bound in the boundaries of time and space. When Mary visited Grave her finite disappointment was faced with God's infinite love. God's Infinite love has raised Jesus from the death. And this is the promise for everyone. We are created for God's Infinite Love and when we face finite disappointments, God's infinite Love is our power to overcome them

Reflection:

1. How can you involve Hope in the Medical Care Giving?

Prayer Points:

1. Transport Department
2. Dept. of Clinical Haematology
3. Sponsoring Body – Methodist Church in India

Hope – Love & Relationships

John 21: 1 – 14

Key Verse: “Simon Peter said to them, “I am going fishing.” They said to him, “We will go with you.” They went out and got into the boat, but that night they caught nothing.” (v 3)

We are created in love, by Love and for Love. Love is the very core and foundation of Life. But still we find it difficult to live, share & experience love. Jesus & Peter had a beautiful relationship. But one day a crack happened in that relationship and Peter started avoiding Jesus. He decided to go back to fishing – something from which Jesus pulled him. Issues in their relationship have not only affected Peter but the other disciples also. They also decided to go for fishing with Peter. Issues will surely happen in any relationship. But on the face of issues, instead of allowing them to control the life; it's necessary to resolve the issues. To resolve any issue in any relationship you have to find the answers of three questions:

1. *Why Issues arose:* In Peter's case it was mere selfishness. He was questioned about his allegiance to Jesus and denied any allegiance. He got scared about his own life and for him his own safety and well being become more important. In 99% issues our love for ourselves is the cause of issues. Love means living for someone else. And whenever we live for ourselves that gives us some happiness, but that happiness is momentary. On the other hand, whenever we live for someone else that happiness is long lived

2. *Why do we get scared about our life:* When we love someone and we have to face danger for that person than the question always arises, “Who will stand for me?” If love comes from God and God has told you to love someone; then on the face of dangers because of that relationship, God will surely stand for you.

3. *How can the issues be resolved?* Memories have a very important place in resolving any issues in a relationship. Jesus recreated the whole scene of starting of their relationship. through that recreation Jesus want him to ask three questions to himself:

- A. *What was the reason to start a relationship with that person?*
- B. *How did we grow together?*
- C. *What is the ultimate goal or purpose of this relationship.*

Reflection:

1. How does a bad relationship with a colleague affect your whole team?

Prayer Points:

1. HR Manager's Office
2. Dept. of Medical Oncology
3. Sponsoring Body – Methodist Health Services Agra, Conference

Relationship – Reconciliation

John 21: 15 – 19

Key Verse: “When they had finished breakfast, Jesus said to Simon Peter, “Simon son of John, do you love me more than these?” (v15)

Last week we found that Love is the very core of our being, still it is always difficult for us to love someone. But how much we try to run away from Love, God keeps on bringing us back to love. Love has following 3 elements to keep us alive:

1. *Love feeds us:* When first time Jesus asked Peter, “Do you love me?” Jesus answered yes. Then Jesus told him to go and feed his sheep. Feed means nourish and sustain. And nourish means to promote growth. We stop growing when we are stuck up in a particular life situation and there is no opportunity. And in such situations nourish means, Love helping us to see the opportunity. On the other hand, sustain means to get strength to make use of those opportunities.
2. *Love Tends us:* When Jesus got the second time the answer Yes, he told Peter to go and tend his flock. Tend means to direct someone’s course in a particular direction. Life is a journey and we travelling from one moment to another, one life situation to another and from one experience to another. If it’s a journey then it is very necessary to know the direction of journey. The direction is decided by two factors:
 - A. If the course of life journey is decided by our own self, then surely the life is moving towards selfishness, jealousy, competition,

cruelty, violence and condemnation.

- B. But if the direction of the journey is decided by God’s Love, then it moves towards sacrifice, grace, compassion, hope & trust.

3. *Love makes us brave:* We are living in a world where our inner hearts are guarded very passionately. And when we share our secrets with someone then we are telling to that person – “Your love has made me brave enough to trust you with all the secrets of my heart.” When Jesus asked third time the same question to Peter, he answered, “Lord! You know everything.” In other words, he is saying two things:

A. *Whatever you know about me is right.*

B. As you know everything, I won’t have to tell them again.

Trust God and expose your heart to him.

Reflection:

1. Love is to Sustain & Nourish. How can you implement this in your team?

Prayer Points:

1. Public Relations Office & Publicity Management
2. Dept. of Microbiology
3. Sponsoring Body – Miraj Medical Centre

Reconciliation – Interpretation of memories

Luke 24: 13 – 27

Key Verse: Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. (v13 -14)

Life is the whole sum of all our experiences. And our perception about life is formed by the remembering and interpretation of our past experiences. In today's passage also two man who were coming from Jerusalem, were trying to remember all the experiences they have gone through there. They were also trying to interpret and create a perception out of those experiences. three things we have to always remember:

1. *Every experience is made of so many moments.* Their experience with Jesus had so many moments.
2. *In an experience we remember mostly the concluding moment.* They had so many different moments with Christ. But they are remembering only the final moment of crucifixion & burial of Jesus.
3. *The interpretation of the concluding moment decides whether that experience was good or bad:* They joined Jesus with lot of expectations but the concluding moment of crucifixion and burial has killed all their expectations and now they are sad and disappointed.

With every experience of life, we have some expectations. And if the concluding moment of that experience fulfil our expectations, then that experience is good and if not, then it is bad. If we are going to interpret our experiences through fulfilment of our expectations then we will never

understand life or God's place in our life in right manner. Jesus gave them three new parameters to interpret their experiences:

1. *Trust:* Jesus understood them inside out – their hopes – their sadness – their expectations as well as their disappointments. This understanding of Jesus helped them to trust him.
2. *Love:* Love means someone's unbroken presence in life. Through breaking bread with them Jesus made them to understand that God was not only in their history as people of God, but also in their present sadness and disappointments.
3. *Well Being:* Wellbeing depends upon making right decisions for life as per God's will. By breaking bread with them Jesus helped them to remember their good times with himself and other disciples. And at the end they went back.

Reflection:

1. How do the memories of our institutional experiences make our institution unique in its calling?

Prayer Points:

1. Store & Purchase Dept.
2. Department of Neurology
3. Sponsoring Body – Mizoram Presbyterian Church Synod

Mother's Day

Matthew 15: 21 – 28

Key Verse: “Then Jesus answered her, “Woman, great is your faith! Let it be done for you as you wish.” And her daughter was healed from that moment.” (v28)

On 14th of May we are going to celebrate Mother's Day. There is a beautiful quote about mother, “As we won't feel God everywhere & every time, he created mother so that we can feel him in reality.” Can we have a deeper understanding about God through our mothers? Today we try to understand God through three funny observations of Mothers:

1. *Silence is golden unless you have kids and then silence is just suspicious:* Mothers have this uncanny capability of having intuitions regarding their kids. This capability is the result of mother's bond with child from their very inception in mother's womb. A child and mother are bonded very strongly. We trust on a God who knows us even before we are placed our mother's womb. God told to prophet Jeremiah, “Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.” We are very deeply connected with God and he is always there with us.
2. *My kids call it yelling, I call it encouraging speech for selective listeners:* Mothers are the best means of encouragement. We need encouragement most when we have reached a dead end in our life. and in this scenario Encouragement has two meaning:

- A. *Encouragement means helping you to see beyond the dead end.*
- B. *Encouragement means making you trust on God given capabilities in you to cross over the dead end.*

When Prophet Elijah reached the dead end, these are the things God did to him.

3. *My house is not messy. It is custom designed by a 3-year-old:* To do something exciting and new everyday is very easy. But to do same mundane things 24/7 three sixty-five days is most difficult. Mothers do it because of their sense of responsibility. Sense of responsibility means being answerable for someone's life and it involves three things:

- A. *Completely connected with someone.*
- B. *Completely focussed on someone.*
- C. *Keep on pushing someone to live.*

God has deepest sense of responsibility for our life and He even gave His own son for you and me.

Reflection:

1. How can you incorporate Encouragement & sense of responsibility in your work?

Prayer Points:

1. Pharmacy Department
2. Department of Nephrology
3. Sponsoring Body – Northern India Methodist Health Services

Fear of Failure

Isaiah 41: 1 – 10

Key Verse: “Do not fear, for I am with you; do not be afraid, for I am your God; I will strengthen you; I will help you; I will uphold you with my victorious right hand.” (v10)

Failures are very much part of our life. At one point of our life, we all have gone through one or another type of failure. Failures are always scary, not because of the physical aspect of the failure but because of the emotional, psychological and spiritual turmoil we have to go through after the failure. In order to deal with our failures, it is very important to know the “*Dynamics of Fear of Failure*.” Fear of failure is the combination of three fears:

1. *Fear of Rejection:* Love is the most important ingredient to survive. We feel loved when we feel accepted. But failures bring two nasty things in our life
 - a. *We lose our own acceptance by our selves*
 - b. *We start to presume that we will lose our acceptance in other’s life after failure.*

But in any love relationship acceptance or denial of someone is never ever because of that person’s achievements or failures. We love someone because of that person’s place in our life. God loves us not because of our achievements or failures, instead God loves us because we are His Children.
2. *Fear of Loneliness:* Failures creates a big emotional turmoil inside us. And these strong emotions confuse us. It ends up in feeling that no one can understand what we are going through. We feel very alone and

lonely. In the face of loneliness, we need compassion. We need someone to understand us completely. In the face of failures, we must open our heart to God and people close to us.

3. *Fear of Mistrust:* on the face of failures two things happens to us:
 - a. We start mistrusting our capabilities
 - b. We start presuming that after a particular failure people around us won’t trust our capabilities and will not provide us with opportunities.

On the face of failure, we need “Encouragement.” Encouragement means someone trusting our capabilities. Our God is God of opportunities. He trust us and our capabilities and keep on providing us with opportunities. God’s trust on us is our strength to come out of our failures.

Reflection:

1. How can failures influence your life positively?

Prayer Points:

1. Department of Medical Records
2. Dept of Neurosurgery
3. Sponsoring Body – Poona Christian Medical Association

Temptations are Confusing Choices**Genesis 39: 1 – 17**

Key Verse: “One is tempted by one’s own desire, being lured and enticed by it.” James 1: 14

Temptations are very much part of our life. As humans we will be tempted till the end of our life. As we have to face the temptations for whole life, it’s important to know how to deal with them. Temptation is different from sin. Sin is moving away from God and temptation is an opportunity to move away from God. In Genesis Chapter 39, verses 1 – 17 there is classic example of a young man called Joseph facing the temptations victoriously. And this incident tells us 5 things about temptations:

1. *Temptations are always Surprising:* Temptations come at a time when everything is going well and when we least expect them. Everything in Joseph’s life was going well and all of a sudden, he has to face temptations.
2. *Temptations are secretive in nature:* The true test of Man’s Character is, “*What does he do when no one is looking.*” Most probably that’s why temptations have always a very secretive nature. Joseph got tempted when no one was there to watch him.
3. *Temptations are Sustained:* Joseph had to face the same temptation day after day. Certain temptations in our life are sustained. Such temptations have to be faced on day today basis. And whenever we face them and become victorious,

we become more powerful to face next one.

4. *Temptations are insidious:* Temptations develop gradually. The best way to deal with it is saying no in the beginning itself, instead of putting it aside for the decision later.
5. *Temptations are sensible in nature:* Every temptation offers some kind of rationality. We don’t give in to temptations because we think it will hurt us; instead, we give in to it thinking something good for us in them.

It’s very necessary that we must develop some principles to face our temptations.

1. The question, “Who you are?” is most important one.
2. We have to be loyal to God, to our loved ones and to ourselves.
3. When faced with temptation, running away is courage not cowardice.

Reflection:

1. How do the temptations in personal life influence the professional life?

Prayer Points:

1. Friends of Ludhiana, Australia & New Zealand
2. Department of OB & Gynae
3. Sponsoring Body – The Salvation Army

Three strongest temptations**Matthew 4: 1 – 8**

Key Verse: Then Jesus was led up by the Spirit into the wilderness to be tested by the devil. (v1)

In our life temptations will come but important is how we understand our temptations and how we deal with them. Jesus faced three temptations and it's very important for us to know, how He understood those temptations and how He dealt with them.

1. *Using God given talents for personal gains:* Satan told to Jesus, "If you are the Son of God, command these stones to become loaves of bread." (v4) but Jesus answered, "One does not live by bread alone, but by every word that comes from the mouth of God." In other word's Jesus is telling him – Life's worth is not fulfilling my needs, instead life's worth is to live for God's kingdom. Our talents are God's gifts. And they are given to us to glorify God's name and to use them for God's Kingdom. Talents must not be used for personal gains, luxury and fame.
2. *Testing to Trust:* Trust is the foundation of any relationship. But as humans we keep on testing people for their trustworthiness. Satan told to Jesus, "If you are the Son of God, throw yourself down, for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "Again it is written, 'Do not put the Lord your God to the test.'" Satan is asking him, "How

can you trust without testing?" and Jesus is very categorically telling, "Father God is not for testing, but trusting only."

3. *Shortcuts to achievement:* At the end Satan took him to a very high mountain and showed him all the kingdoms of the world and their glory, and he said to him, "All these I will give you, if you will fall down and worship me." Jesus' response was amazing, "Worship the Lord your God, and serve only him." The destiny of Jesus was to be the Lord of whole universe. And the path chosen for that destiny by God was full suffering and pain. But Satan was tempting him to take a easy shortcut for same destiny. In God's plans there are no shortcuts. If you want to serve, you have to sacrifice. If you want to love, you have to get over your ego. List is long.

Reflection:

1. How does the desire for shortcuts, affect care giving in our institution?

Prayer Points:

1. Operation Theatre Staff
2. Dept. of Ophthalmology
3. Sponsoring Body – Seventh Day Adventist Church

Perspectives

Luke 19: 1 – 9

Key Verse: “Then Jesus said to him, “Today salvation has come to this house, because he, too, is a son of Abraham.” (v9)

God has given us the ability to converse. And our conversations reveal the different perspectives. Perspectives are very important. they influence our lives in positive as well as negative ways. Zacchaeus’ conversation with Jesus reveals his own perspectives about life. and perspectives are formed on the basis of three types of thoughts:

1. *What did He think about himself:* For Zacchaeus His short stature. was always a matter of embarrassment. This time also in order to see Jesus instead of facing the crowd he climbed on a tree. We are living in a body conscious world. And today’s world has set the parameters of perfections for human body. And anyone not meeting that parameter is considered flawed. But the truth is, God haven’t given us this body to fulfil worldly parameters; instead, he created us to fulfil His Plans. And for that this body is perfect.
2. *What did others think about him:* Zacchaeus was a tax collector. He was rich and belonged to the creamy layer of the society. But than also people branded him as a sinner. This branding was painful to him. That’s why even before Jesus asking him anything he started justifying and proving that he was not a sinner. We are living in a times, when we all have gone

through one or other kind of negative branding. And Branding is always painful. So the question is, in such Situation what must we do? For that we have to think about God’s thought about us.

3. *What did Jesus think about him:* through three things Jesus revealed to Zacchaeus, “*What did God think about him?*”
 - a. He approached Zacchaeus and went with him to his home and had lunch with him. In other words He was assuring Zacchaeus of God’s love and acceptance.
 - b. He called Him Son of Abraham. In other way He was telling him, “*You are not a sinner, instead like another Jew, you are also God’s Chosen one.*”
 - c. He blessed His house with Salvation. Salvation is always connected with Grace. In other ways He was assuring God’s grace in His home and in life to overcome his flaws.

Reflection:

1. What is the place of physical and psychological flaws in your life and how can you turn them in blessings?

Prayer Points:

1. OPD Staff
2. Dept. of Orthopaedics
3. Sponsoring Body –St. Stephen Hospital

Father's Day**Matthew 7: 1 - 11**

Key Verse: "If you, then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!" (v14)

To have the right understanding of the fatherhood of God its very important to understand following 3 aspects of a Father & Child relationship:

1. *Proving the Fatherhood:* Relationship between a mother & child is very natural, as a child's inception happens in mother's womb. And mother starts understanding child even before the birth. But the absence of any such prior connection makes it difficult for the father. There is quote which says, "*Anyone can be Father, but it takes someone special to be a dad.*" And that special is the one who has taken this challenge of proving their fatherhood by love, care and presence. God proved His Fatherhood by taking this challenge in its fullness. That's why John 3:16 says, "*For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.*"
2. *Capability to fulfil the expectations:* for a child there is only person who is capable to fulfil their expectations. And that person is God. That's why the child trusts his father. This trust of a child is very comforting as well very scary for a father. But a true Father stands up to fulfil the expectations of a child. Jesus said in Matthew 11: 28, "*Come to me, all you who are weary and are carrying heavy*

burdens, and I will give you rest." Father God is capable of carrying all our burdens. Are we ready to entrust Him with our burdens?

3. *Worthiness to be trusted:* The most painful moment for any father is when his kids hide secrets from him. It's not painful because they hid the secrets, instead it's painful to know that he is not worthy enough to be trusted with secrets. If it is painful for a worldly father than how much painful it will be to the Father God who invested everything of himself in us. The most assuring word for us today is, "*See what love the Father has given us, that we should be called children of God, and that is what we are. The reason the world does not know us is that it did not know him.*" (1 John 3: 1)

Reflection:

1. In your professional environment, how can the dynamics of Fatherhood be incorporated in Mentoring?

Prayer Points:

1. CMC, Bilga Centre
2. Dept. of Paediatrics
3. Sponsoring Body – The Leprosy Mission

Key Verse: “You yourselves recently repented and did what was right in my sight by proclaiming liberty to one another, and you made a covenant before me in the house that is called by my name;” (v15)

Today when you are reading this Bible Portion from Jeremiah, one question may come in your mind, “*Why is God so strongly advocating for the freedom of slaves?*” Freedom is very beautiful word. It’s very dear to us in our own context and very scary and difficult to accept in other’s context. But to be true the freedom is very much inherent in God’s creation. And freedom is very much needed to grow in God’s intended way. That’s why God is very strongly advocating for the freedom of slaves. But the word freedom itself is very tricky. And it’s very important to have the right understanding of Freedom.

A girl was asked, “*What does the word freedom mean to you.*” And she answered, “*for me freedom means to have control over my life.*” Very true!!! We all think that freedom means living life in our own terms or in other way having control over our life situations. But our life is the total sum of all the life situations we go through. And every life situation involves other humans, nature, animals and whole lot of other things. And when we say freedom means control over our life situations that means we have to gain control over everything that is included in that particular life situation. Or in other words for our freedom, we have to make everything slave to us. Such freedom is not the freedom. Freedom

is not at all exclusive instead its very much inclusive.

And freedom has three elements:

1. *Acceptance & expression of one’s own identity!*
2. *Respect & encouragement of other’s identity!*
3. *Celebration of the way we are connected with others.*

God has created us uniquely and we need freedom to express and live that uniqueness in its fullness. Like us others are also created in uniqueness and we are called to accept & respect their uniqueness and encourage them to live it out. And above all, we all are connected with each other in different ways and our relationships decide the limits and boundaries of our freedom.

Reflection:

1. How do your choices in your work affect the atmosphere of your workplace?

Prayer Points:

1. CMC, Hambran Centre
2. Department of Paediatric Surgery
3. Sponsoring Body – United Evangelical Lutheran Churches in India

Challenge & Change

John 5: 1 – 9

Key Verse: “At once the man was made well, and he took up his mat and began to walk.” (v9)

The two words are very important in our life – Challenge & Change. Challenge is anything which hinders our forward move in life. And anything done to remove that hindrance is change. In today’s bible passage we find a man undergoing 38 years of paralysis. And paralysis was his challenge. He wanted to change his life situations but that it was not possible because of two reasons:

1. *The longer we live with our challenges, more discouraged we become:* This man was living for last 38 years with paralysis and his discouragement is very visible in his words. When Jesus asked him, “Do you want to be made well?” His answer was, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am making my way someone else steps down ahead of me.”
2. *The more discouraged we are, more better excuses we make:* Unresolved challenge not only creates a lot of discouragement but also lot of guilt. And best way to face guilt is to make a fool proof and just excuse. This man’s excuse is also just & fool proof – “There is no one to help me and I cannot help myself.”

In the background of these two phenomena Jesus was asking, “Do you want to be made well?” Jesus wanted to know two things:

- a. *Whether his Faith was Stronger than Familiarity:* The biggest obstacle in the process of change is Familiarity. Jesus wanted to know, whether he had enough courage to leave the 38 years of familiarity of Bethesda pool and face the outside world. Abraham was called Father of Faith not because he never got worried or got scared or doubted; instead, because in faith he decided to leave all the familiarity of his home town and face the life long unfamiliarity.
- b. *Whether his desire for change is stronger than his need for change.* Need create a desire to fulfil that need in us. But an intense desire can only push us to look for all the different options to fulfil that particular need. This man was in need of change, but his desire was not so intense, as he was relying only on one option for all these years.

Reflection:

1. “An intense desire for change emerges out of a strong sense of ownership to own life, person or place.” How you connect this statement with your work in CMC, Ludhiana

Prayer Points:

1. Emergency Trauma Care
2. Department of Pathology
3. Sponsoring Body – UP Regional Board of Health Sciences (CNI)

Dynamics of Encouragement

Acts of Apostles 9: 26 – 30

Key Verse: But Barnabas took him, brought him to the apostles, and described for them how on the road he had seen the Lord, who had spoken to him, and how in Damascus he had spoken boldly in the name of Jesus.” (v27)

Encouragement is the biggest needed element for human existence. Encouragement is not giving someone the so-called positive stroke instead; it has following three deeper meanings:

1. *When someone reaches the dead end in life journey, encouragement means making them strongly believe that across the dead end God has still kept life for him/ her.*
2. *Encouragement means making someone believe that in midst of all the freaking things happening in life, he/she is still needed for God’s plans*
3. *Encouragement means making someone trust their inherent God given capabilities to fulfil God’s plans.*

As a Medical Care Giver, God has called us to engage in the ministry of Encouragement. And to know how to do that ministry we have to go through the life of Barnabas (meaning Son of Encouragement). Life of Barnabas gives us two lessons regarding ministry of Encouragement:

1. *Encouragement is exploration of positivity:* We are living in the world of branding. Branding means enhancing a particular quality of a product. Branding happens with humans also. We are created by God and we all have some inherent positive qualities and some acquired negative qualities. But when in a group of people or in community when the positives of a person is only projected then that

person is branded as good. But in place of positives if negatives are only projected then that person is branded as bad or evil. In such a scenario Encouragement means creating a space for the positives of that person in a community. Paul was branded as evil in the community of Disciples. Barnabas created a space for the positives of Paul in the Disciple Community.

2. *Encouragement means being strengthening companion:* A strengthening companion is like salt – someone who is invisible yet enhance the qualities of another person. Paul & Barnabas travelled together to so many different places. But everywhere Barnabas gave chance to a novice like Paul and intervened only when it was extremely necessary. Encouragement means being with someone and strengthening them to enhance their positives.

Reflection:

1. How can you infuse correction with encouragement in your department?

Prayer Points:

1. ICUs & ICCU
2. Blood Bank
3. Sponsoring Body – Western Regional Board of Health Services (CNI)

Dynamics of Sharing

Acts 4: 32 – 37

Key Verse: “No one claimed private ownership of anything but everything they owned was held in common. (v32)”

Sharing is the very underlying theme of the God’s Word. God even decided to share His Son with this world. The first disciple community also shared everything with each other. To know the dynamics of sharing we have to know following three things:

1. *Reason for Sharing:* Real reason for sharing is Love. There are two propositions:

To love means to have someone!

Or

To Love means giving yourself for someone’s life?

“To have” means possessing and possessing is not love. It is just controlling other person’s life. Ultimate aim of the love is to have peace, satisfaction and blessedness. And this goal can be achieved by living for someone only. Before getting crucified Christ said to his disciples, “This is my commandment that you love one another as I have loved you.

2. *Strength for Sharing:* Usually we say that people won’t share because of selfishness. But there is one more reason of not sharing. As humans We all are concerned about our future need and we think about saving for future. More than the selfishness and desire of hoarding this one fear of future need is the biggest reason of not sharing. Christ said, “Therefore do not worry,

saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ For it is the gentiles who seek all these things, and indeed your heavenly Father knows that you need all these things.” The disciple’s community decided to trust God for their future needs and that trust became their strength in present sharing.

3. *Aim of the Sharing:* Dream and Hope are two very important words in our lives. Dream is an idea or a a thought which we want to be seen fulfilled in future. But when that idea is accepted as the life aim and we start living for that aim then that dream becomes our hope. Disciples took God’s Dream for creation found in Isaiah 11: 6 – 9 and made it their life aim. And the first and foremost thing needed to achieve that aim is be a sharing community. They became the *Hope Planters of Divine Dream.*

Reflection:

1. What are the things in your life stopping you from being a Hope Planter of Divine Dream?

Prayer Points:

1. PICU & NICU
2. Dept. of Pharmacology
3. Governing Board of CMC & H, Ludhiana

Dynamics of Grace

1 Peter 4: 1 – 11

Key Verse: “Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received.” (v10)

Today’s key verse exhorts us to be the stewards of Grace. A steward is a planter, keeper and harvester. Grace completely originates from God and can be fully comprehended by God only. And God wants humans to be the planter, keeper & harvester of Grace. For that it is necessary to know the Dynamics of Grace. Dynamics of Grace comprises following three elements:

1. *Passion:* Word Passion is usually considered as a romantic word. But in God’s Word Passion denotes Christ’s Suffering before and during crucifixion. And because of this Passion only we got grace in our lives. And that Grace is our strength, power and encouragement. To be the “Stewards of Grace” the first and foremost thing needed is same passion for God and God’s creation in our lives.
2. *Possibility:* Possibility means giving one more chance or one more opportunity or showing one more possibility. God’s possibility has no place in humanly planned life, instead God’s possibility has place only in the divinely planned life. In disciples life before becoming disciples their life was planned by themselves and there was no place for God’s possibilities. But once they became disciples, they became the *Stewards of Grace* by having

Divinely planned uncertain life – A life which may seem planned uncertain but very much planned by God. And a box of possibilities was opened for them.

3. *Presence:* Grace has one more meaning called “Presence.” The Grace of Presence is most needed in our fight with our fears. We all have different kinds of Fears and they are hinderances in our forward journey. But fears are mere thoughts and on the face of such thoughts God’s Grace makes us to ask two questions:
 - a. *In this particular fear what am I scared of?*
 - b. *Why am I scared of that particular thing?*

As soon as we find the answers to these questions, we realize that God has already prepared the way to defeat our fears.

Reflection:

1. How can you be God’s messengers of Love in your personal & professional life?

Prayer Points:

1. CMC, Lalton Kalan, Centre
2. Compliance with regulatory authorities for all Colleges & Hospital
3. Christian Medical College, Ludhiana Society

Dynamics of Meekness

Matthew 15: 22 – 28

Key Verse: “Blessed are the meek, for they will inherit the earth.” (Matthew 5:5)

In today’s egoistic and arrogant world Jesus is telling to be Meek. In order to know the Meekness, we must first know what is not meekness:

1. *To be prideful of one’s own power, strength and qualities and then also acting out humility is not meekness.*
2. *To be meek also does not mean to be weak.*

Meekness means being sure about one’s power and strength but using it as per God’s will. As humans we consider Money, knowledge, skill, achievements and fame as power. But as God’s creation our power lies in Love, Faith & Hope. When we use these three as per God’s will we become meek and life turns into a blessing. The best example of meekness in Bible is the Canaanite woman who approached Jesus for the healing of her daughter. She had to go through three typical conditions:

- A. *Silence:* When she first met Jesus, Jesus was silent. God’s silence always seems God’s absence from life. But even when Jesus became silent she was sure about His place and His Love for her and that’s why she became courageous to approach Him second time. In the face of Silence meekness means being sure of God’s presence and love in life.
- B. *Denial:* When she approached second time Jesus very specifically

told her no. It is very painful and embarrassing to face denial from someone who loves us and is capable of fulfilling our need. But then also she was quiet and approached him third time. On the face of denial meekness means trusting someone’s love and being sure that ultimately love will win.

- C. *Humiliation & Condemnation:* When she approached Jesus third time, she was very badly humiliated. Humiliation questions worth of our own being and condemnation very clearly tell us that we won’t have any worth exist. In such scenario meekness means to have Hope. When your worth is questioned and you are denied the space to exist, then hope means being sure about your worth in God’s creation and finding a space even in the very humiliation and condemnation.

Reflection:

1. How can you turn taxing life situations in life giving opportunities?

Prayer Points:

1. CMC, Field Ganj Centre
2. Dept. of Physiology
3. Missions Office

Burden in Love**Matthew 9: 35 - 38**

Key Verse: “When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without shepherd.” (v36)

One question is always good to ask, “*What is the meaning of Worship?*” Worship means giving worth to the Worthy One and finding our worth in Him. And we find our worth in Him by getting renewed by His Word. Today Word is challenging us to get renewed by feeling burden of love in our lives. There are two things in our lives which decide what is our worth in the Worthiest One.

1. *Love to generate Trust:* The question is very important, “*What is the place of Love & trust in a relationship?*” But answer is very simple, “*When we love someone, the person whom we love, trusts us completely and then we decide to stand for that person.*” Christ loved us and felt compassion & burdened when he saw helpless & harassed ones trusting him. That burden of love even pushed him to give His Life for us. But this whole dynamics has to be vice versa also. When we say we love God, then God trusts us and that burden of trust must force us to stand for His divine calling of being laborers of His Field.
2. *Trust to persevere in Hope:* Hope is the most important element in our life. It’s only because of hope we are still alive. But what type of hope? We hope for the things which might not be there in our lives, but

we might have seen in others’ lives. But Word exhorts us to hope for things which nobody has even thought of – something unimagined & unseen (Hebrews 11:1). Christ sees potential of life source (Harvest) in helpless and harassed masses; something nobody has even thought of up to that point. And he persevered in that hope to the point of His own death. Do we trust our Father God enough to persevere in this unimagined and unseen hope of God’s kingdom?

Reflection:

1. How can you translate your Love for God in serving the God

Prayer Points:

1. CMC, Jamalpur Centre
2. Dept. of Plastic Surgery
3. Christian Medical College, Ludhiana

Commitment

Acts 7: 54 - 60

Key Verse: “Glory to God in the highest heaven, and on earth peace among those whom he favours!” (v14)

Stephen is known as the first martyr of the Church. In today’s world when the suicide attacks are on its peak, the right understanding of word martyr is biggest necessity. There are two phrases which are very important in today’s world

“Dying for an Ultimate Cause”
or
“Dying as the Ultimate Cause.”

The second phrase rightly represents the “*Suicide Attackers*”. So, what does it mean by Word Martyr? To know that, we have to know the meaning of word Commitment. Commitment means “*Living for a cause up to the last moment of one’s earthly life*”. Here death is not the destiny but living for the cause is life’s destiny. In the book of Acts of Apostles if we read the life story of St. Stephen, we can find that he hasn’t decided to die for Christ, instead he decided to live in Christ up to the last moment of his earthly life. And that is very much proved by his plea for the forgiveness for his murders (v60).

In today’s world word commitment is slowly getting replaced by words like, promise, pledge, online challenges etc. But in our faith the Commitment has only one meaning – Someone becoming reason for your living to achieve your life purpose. For us the reason for our living must be “*To glorify*

our God through every second of our life.” And the purpose of living must be “To achieve the Christ like life on this earth.”

But is it possible through our weak & sinful human life? If it’s possible through the life of a human like Stephen, then surely it is possible through our lives also. We need three things to reach that destiny:

1. *Completely humble ourselves by putting aside pride*
2. *Fully rely on God’s strengthening trust.*
3. *Let God take control of our lives.*

Reflection:

1. In today’s world what are the obstacles in the path of genuine commitment?

Prayer Points:

1. NABH Implementation Program
2. Dept. of Physical Medicine & Rehabilitation
3. Christian Dental College, Ludhiana

God's Plan**Genesis 41: 1 - 56**

Key Verse: “God has revealed to Pharaoh, what he is about to do!” (v25b)

We say God has plan for us! And then we think, as in a factory everything will happen in auto mode and we will reach the destiny. All this sounds amazing to hear. But in reality, does it happen like that? We all know that it never happens like that. God's plans are not self-automated life systems, instead God's plans are God given opportunity. Whether those plans will be fulfilled in your life will depend upon how you are going to comprehend it, and how you are going to face it.

Pharaoh's dream was not a self-automated God's plan for the future. Instead, it was the indication from the God of forthcoming dangers, if the things keep on moving the way they were moving in the present. Now it was necessary that someone must interpret the dream and warn Pharaoh. Joseph took that responsibility.

When we have to take the responsibility of accomplishing God given opportunity, it's always scary. We are not sure about whether we will be able to harness that completely. But there we have to be sure about one thing – *“if God gives an opportunity, he also provides us with means to harness that opportunity.”* Accepting Joseph's interpretation, Pharaoh acted wisely and responsibly and this harnessing of

the opportunity became a blessing to whole nation.

Always remember one thing a God's child is one who understands God's opportunities well and will be pushed to limits to use them most wisely and be victorious. You will be pushed but never be left alone.

Reflection:

1. How is your work in CMC fulfilling God's plans for your life and God's plans for CMC?

Prayer Points:

1. Hospitality & House Keeping Staff
2. Dept. Radio – Diagnosis
3. College of Physiotherapy

Relationships - Disposable vs Dearie**Genesis 27: 1 - 46**

Key Verse: “Now Esau hated Jacob because of the blessings with which his father had blessed him.” (v41)

Have you ever gone through an experience, when someone is in a dire need and used you for that need and then threw you out like a disposable cup? We all might have gone through one or two such experiences in our lives. So, question is, *“How did you feel after going through such an experience?”* We all know that it’s intensely bitter and you might be full of anger and even sometimes cried. Not only that, so many of you might be still carrying that bitterness. Jacob used his father Isaac as well as his elder brother Esau to get blessed and now Esau is angry and full of bitterness. So, the question is *“How to find positivity in midst of the negativity of the disposability in relationships?”*

To know that we have to know the types of relationships in our live. One such set has three types in it:

1. *Giver*
2. *Receiver*
3. *Giver as well as Receiver*

Today we will think about *GIVER* only. When a person is in dire need of something God sends someone as a Giver. Giver is like an Angel of God entering into someone’s particular life situation doing and providing whatever is necessary, and once the need is met, exiting without even an expectation of acknowledgement and appreciation. Esau might have found

the whole experience a blessed one if he has seen himself as Angel of God’s Blessing in Jacob’s life.

Today if you are going through anything like this than always remember one thing – *“If someone is receiving blessing through you even by denying or bypassing you, then also you are surely sent as an Angel of Blessing in that person’s life.”* Be satisfied that you have allowed yourself to be God’s channel of grace in someone’s life.

Reflection:

1. *“Give with grace as well as receive with grace”* How do you implement this statement in your day-to-day work?

Prayer Points:

1. Department of Communications
2. Dept. of Radiotherapy
3. College of Nursing

Almighty Creator!**Psalm 8**

Key Verse: When I look at your heavens, the work of your fingers, the moon and the stars that you have established; what are humans that you are mindful of them, mortals that you care for them? (v3-4)

How do you define Life? *Life is the mingling of two stories – A Massive story of God and a teeny – tiny story of we humans.* God's story is massive and big, something beyond our imagination, but then also we are inflated with our own story and want to make it as big as possible. The outcome is; our own story makes us completely blind to the massive story of God.

But Our God is beyond our wildest imagination, creator of millions and billions of galaxies and still keep on creating new ones. And, where are we in that creation? If we look on the size of our planet earth and compare it with the other stars of our galaxy Milky way, our earth is just like a golf ball in comparison to the biggest star of our galaxy. And you and me are just one among more than 6.5 billion people living on this golf ball size earth. So, what is your space in this place? If someone try to locate us on the earth with the finest tip of a pen, then also that space will be too much for us. You and me are nothing. In Psalm 8, Psalmist realized that truth centuries before.

But God's Story is not only massive, His love is also massive. Even though you and me are nothing but then also he loves us, He is focused on us and He sent His Son in search of us. Only

thing needed is to surrender our nothingness in His Massive Presence. Complete Humbleness & Total Surrender is the only way to be a blessing!

Reflection:

1. How does God's love connect humans with God and rest of creation?

Prayer Points:

1. Thank God for CMC & H, Ludhiana's Heritage & Legacy
2. Dept. of RHOP
3. Students of Christian Medical College

Holy Creation!**Numbers 35: 33 - 34**

Key Verse: “You shall not defile the land in which you live, in which I also dwell!” (v34a)

There is a beautiful a quote, “*Life is a treasure, always surprises us with the different things.*” But to experience those surprises we have to live this life with other Human Beings on this earth. But can we have the relationship with humans and this earth on our own terms? If we want to have the relationship on our own terms then it will surely end in abuse, exploitation and oppression of other human beings as well as the land where we are living.

Here we must have a right understanding of the Creation. God created human beings by his hands and rest of the creation through His Words. His whole creation is Holy. And when we say Holy, it doesn't mean the complete purity, instead it means “*Set Apart*”. We humans including the land in which we live is created and set apart by God to fulfil His Divine Purposes. Like us, the land in which we live is also having its unique characteristics and God has already created a precious life system on this land to grow and get sustained.

When we pollute and defile the land, we are also disrupting the life system already sustained on the land by God. To be true by doing this we are trying to disrupt God's work. Ultimately it affects our own life and our own survival & existence.

If you want to fulfil God's plans through your life, take a decision that you will protect the land and life system of that land. But usually, we believers think that this is not our responsibility. But the word says we have that responsibility only(*Gen 2: 15*).

Reflection:

1. How can we preserve the sanctity of life in this planet through our day today living?

Prayer Points:

1. Fellowship Department
2. Dept. of Surgery
3. Institute of Allied Health Sciences

Punishment for those who destroy the Earth

Revelation 11: 15 – 19

Key Verse: “The kingdom of the world has become the Kingdom of our Lord and of His Messiah!” (v15)

There is always this intriguing talk of two worlds– “*Kingdom of God*” & “*Kingdom of World.*” Are there two worlds – “*God’s World*” & “*World’s World?*” To be true there is only one world – A world which is created by God and we all are living in this world. But the other side of this whole perception is the question – In which direction it’s moving? And that is decided by the life choices of its inhabitants. When our choices are influenced by the values of Self, the world moves towards destruction, decay & hopelessness. The destruction, decay & Hopelessness is not the punishment for our choices instead it’s the natural consequences of our choices. Just think – along with natural consequences if God has decided to punish us also then what might have happened to us? It is damn scary.

On the other hand, when our choices are controlled by Love, then the world move towards Acceptance, Harmony, Sustenance and ultimately Peace & Hope. Our God is not a God of punishment instead He is the God of Grace. And Grace is one more opportunity to correct our choices. The natural consequences of our choices must not define us as condemned and annihilated instead it must shape us to move towards God’s Restoration by seeing one more

opportunity to correct our choices. And how amazing is this “*Vision of End Times*” where God is giving this Ultimate Opportunity of Restoration – Kingdom of World becoming the Kingdom of God!

Now a days there is one word which is very fancy – *Influencer!* And the call for you and me is very clear – Be the Choice Influencers of God’s Kingdom. And we have to be the Choice Influencers not only in our personal decisions but also in the communities where we live.

Reflection:

1. How can you be the Choice influencers for Kingdom of God?

Prayer Points:

1. Registrar’s Office
2. Dept. of Urology
3. Students of Christian Dental College

Christ who controls nature!**Mark 4: 35 – 41****Key Verse: And said to the sea, “Peace be still!” (v39)**

Two words are always confusing – Control & Mentor. Control means steering someone’s life or an event as per your own will. And we are a control craving generation. The best sign of this is – our seeking finest details before committing to even the simplest things. We want to know whether it will be in our control or not. In Control the object of control won’t have any choice or say. They are just like puppets.

On the other hand, mentoring means encouraging someone to see the right & chose the right. Here The final decision has to be made by the one who is getting mentored. Usually, we say about the God that He is God of control. And everything happening in this world is His Supreme Will. But if we believe like that, then cause of all the evil in this world is also God. And that’s not right.

There is not a single iota of doubt in our faith that Everything in this Creation is in God’s Control. But then also He is not God of Control, instead He is God of Freedom. God gives us the freedom, wisdom and logic to make our own choices. And every now and then he keeps on talking with us to make the right choices by opening new opportunities and revealing the dangers of wrong choices. This freedom is given not only to the

humans but also to everything that’s there in His Creation.

Here in this incident also when nature chose to become violent and dangerous for the life, Christ is giving it the option of becoming Peaceful & Still and nature accepts. Wow! This is the paradox of human existence. Everything in this creation is ready to be get mentored by God to blessedness, except we humans. Today! A New Day! A New Opportunity to be mentored by Christ.

Reflection:

1. How can you use your freedom to follow God’s plans in your life?

Prayer Points:

1. Library Staff of all Colleges
2. Dept. of Biomedical Sciences
3. Central Sterile Supply Department

Divine Intervention to prevent Evil**Revelation 12: 1 – 6****Key Verse: “Her Child was snatched away and taken to God and His Throne!” (5b v)**

Is it not difficult to know a God who is invisible and beyond our wildest imagination? Yes! It is! But you know what is the best thing about God is that, even we can't understand Him, He keeps on revealing Himself to us all the times. Even through the last book Holy Scriptures also, He is revealing Himself.

Usually when you read this whole vision, it may seem like a clip from futuristic Sc – Fi Movie. But through this vision also God is revealing two of His very prominent characteristics:

1. *Jehovah Shammah (The Lord is There):*
Have you ever thought what is one thing which you detest most in your life? The answer is simple – The Loneliness. But the truth is we are never ever alone. God is always there with us. But is God there at the face of evil also? At the face of evil, we won't feel presence of God, but God is there. And the best example of this assertion is this vision. Here we see a God anxiously waiting to frisk away the new-born from the mouth of Dragon and take the mother to a safer place. God is never going to leave us, not even in today's present situation when so many times we fail to feel His Presence.
2. *Jehovah Jireh (The Lord will provide):*
On the face of evil God is not only

going to be with us but he will also provide us with the means to fight the evil and be victorious. Mother & Child are God's means to fight with Evil.

Reflection:

1. “*The Lord is there*” & “*The Lord will provide*” What is the implication of these two statements in your life?

Prayer Points:

1. Students of College of Nursing
2. Dept. of Oral Surgery
3. Maintenance Dept.

Tricky Brain**1 King 4: 9 – 18****Key Verse: “What are you doing here Elijah?” (v13)**

Human mind is the most important and most beautiful thing in our body, as it controls our rest of human body. A strong mind can force the weakest body to do unimaginable things and a weak mind can bring the strongest bodies to the point of brokenness. Strongest mind is the one which is constantly connected with the world's strongest mind of God. Prophet Elijah was like that. Because of his connection with the strongest mind of God, he not only defeated the Priests of Baal but also killed them singlehandedly. But our mind is not always strong. Every once in a while, our mind goes weak. One day Elijah was strong and next day he was full of Depression & Anxiety.

Depression & Anxiety: Depression is something connected with past and anxiety is something connected with future. Elijah was depressed because of the killings of all the Israelite Prophets and was anxious about his own life. A Depressed heart with an Anxious mind is most dangerous concoction. It leads you to the hopelessness, meaninglessness & numbness. And ultimately there is no motivation to live. In life of Elijah this numbness reached to a point where he just wanted to die. There are certain things we must always remember:

1. If you are a living human being then its natural to have depression and anxiety. It can happen to

anyone at any time even to the strongest people.

2. When you are going through depression and anxiety God never wants you to remain in that state forever. He wants you to come out of it. God very intentionally asked Elijah, “What are you doing here?”
3. When you are anxious and depressed your mind get stuck into one or two thoughts and you keep on moving around them. During such a time you need someone's help to get a new perspective.

At the end always remember 4 things:

- a. Your life is precious.
- b. God loves you to the life of His own Son
- c. There are people for whom you are everything
- d. There is nothing in this world which cannot be overcome with the love and help of God and your loved ones.

Reflection:

1. Is depression and Anxiety on increase in our community? If so, then how you can help the people undergoing D & A?

Prayer Points:

1. Postgraduate Residents of CMC, CDC & CON
2. Dept. of Psychiatry
3. Assessment Office

Loneliness

2nd Timothy 4: 9 – 18

Key Verse: “At my first defence no one came to my support, but all deserted me.” (v16)

One of the lives greatest pains is pain of loneliness. Time of loneliness seems time of groaning. but this time of groaning can be transformed into time of growing, if we know the dynamics of Loneliness.

Dynamics of Loneliness: Dynamics of loneliness can be understood by knowing issues Paul was facing. He was in jail and was waiting for his death. Now he is alone & Lonely. Being alone is a physical State but loneliness is a mental state, where you are not able to feel anyone’s presence in your life. Loneliness can be caused by following reasons:

1. **Transition:** Paul was waiting in prison and getting ready for death. He was going through a transition period. Certain Transition periods of life we have to face alone. And that prospect is always scary.
2. **Separation:** Here Paul is mentioning number of people he is missing. As humans we are wired in such a way that we cannot live without people. Because of this only the most prominent sign of the loneliness is boredom.
3. **Opposition & Rejection:** Paul was opposed by Alexander rejected by Demas. The apt opposite word to Opposition & Rejection is acceptance. Acceptance means people are there with you and Rejection and Opposition means you are left alone.

The way Out: It’s true that negative feelings influence our actions

negatively. But it’s also true that positive actions create positive feelings. On the face of loneliness Paul took 3 positive actions:

- a. *Utilize Time:* On the face of loneliness more than 90% people just sit idle and brood over their state of loneliness or scroll through the social media apps aimlessly. On the face of loneliness Paul asked for his Cloak, books and Holy Scripture. He wanted to keep himself warm & healthy physically and mentally & spiritually active.
- b. *Focus on what you have, instead of what you haven’t:* Loneliness makes us angry, bitter and resentful towards people who are the reason of our loneliness. Paul instead of being resentful, bitter & angry is cherishing God’s strength & presence in his life.
- c. *Receive & Release love of God:* Loneliness is caused by the absence of loved ones in life. But if this hurting love be re-channelised into someone else life, the hurting love got transformed into peaceful & energizing love.

Reflection:

1. How can you help a person going through loneliness?

Prayer Points:

1. Student Support Centres of Colleges
2. Dept. of Oral Diagnosis
3. All the Research Projects

Growing Through Bitterness

Hebrews 12: 14 – 17

Key Verse: “See to it that no one fails to obtain the grace of God; that no root of bitterness springs up and causes trouble....!” (v14)

God’s Word is cautioning us about bitterness. But bitterness is the very part & parcel of Human Existence. Hence, it’s very necessary to learn to grow through bitterness. The process of having bitterness starts with a wound in our heart. Any hurting and painful life situation like injustice, abandonment, cheating, abuse, loss, mockery or even someone’s jealousy causes a wound. Mental wounds create all type of negative emotions. And when someone don’t allow that wound to heal and keep on living with all those negative emotions then that person becomes bitter. Bitterness causes two things in a person’s life

A. Bitterness stalls life: Any wound whether it is physical, emotional or spiritual, will keep on reminding about its presence in your life. and then till the point it won’t get healed your focus will be on it. Your life will be stalled and it won’t move forward.

B. Bitterness will eat you inside out: Bitterness starts in your heart. It takes away your physical & emotional well-being and then it will spread out of you to your other relationships. It will ruin even the life of the people who have nothing to do with your personal wound. Best example of this is Esau.

In order to deal with bitterness, you have to do following things:

- a. *Forgive:* Cause of the bitterness is the wound in the heart and it won’t go away unless and until the wound is not healed. Emotional wounds can be healed by only forgiving the person who have wounded you. God grace is in our lives as God has forgiven us. This divine grace is our power & strength to forgive those who have wounded us. We are called to be Grace Givers not the Revenge Takers.
- b. *Allow bitterness to go away from your life:* Bitterness always defines you as wounded, hurting & dysfunctional. But letting it go away from your life will allow you to grow as called out, chosen and dearly loved God’s child
- c. *Never ever hurt yourself & remain bitter because of a misunderstanding:* The moment you feel wounded, instead of getting into cycle of hurt, pain & bitterness; pull yourself away from that situation and try to find out the truth. A small misunderstanding can cause bitterness and ruin beautiful life and relationships.

Reflection:

1. How does the bitterness in your relationships affect your professional life?

Prayer Points:

1. Faculty of all colleges
2. Dept. of Prosthodontics
3. Law office

Painfilled peaceful living**Job 42: 1 – 6****Key Verse: “Hear and I will speak; I will question you and you make it known to me” (v4)**

As a Medical care giver, we all have to deal with physical pain & suffering; But today we are going to meditate upon the mental or emotional or psychological pain we all have to go through at least once in our lives. Emotional pain is very integral part of our life and we can't separate pain from our lives. As we can't have a painless life, hence its necessary to understand our pain, reconcile with it and have a Painfilled Peaceful Life. To have a painfilled peaceful life we need to know the types of pain:

1. *Pain leading to joy:* A pain caused because of the efforts taken to accomplish something comes under this category. We are a generation which seeks fast achievements with very minimal painless effort. But any genuine accomplishment always requires painful effort. and without going through that suffering achievement is impossible. Joy of Easter became possible because of the pain of crucifixion.
2. *Pain requiring change:* Human life is sum of our choices. Some choices can fill your life with pain and other choices can make it peaceful. Best example of this is Prodigal Son of Luke chapter 15. If any life choices are making your life painful than it's a warning sign to change those choices to make your life peaceful.
3. *Pain caused by Loss:* Three things are most important in life – Certain people, certain moments and certain opportunities. Loss of them is really painful. When Jesus was crucified Mary & John both were undergoing such pain. Jesus told Mary to find peace in John and told John to accept Mary as his mother. Pain caused by loss declares the end of that chapter of life. You must find peace in someone else, some other moment or some other opportunity.
4. *Unexplainable Pain:* Ultimately there are certain pain creating life situations which have no explanation. Job went through such pain. In such situations without any bitterness and craving keep on searching for the answers. If you find answers well & Good – if not – then also God will surely provide with some different answers for different questions.

Reflection:

1. How does the emotional & mental pain influence the physical pain of a patient?
2. How can you be the comforter for someone going through pain

Prayer Points:

1. Dept. of Public Health
2. Hospital Support Centre
3. Warden & Staff all Hostels

Resistance leading to Acceptance**Colossians 2: 16 – 23**

Key Verse: These have indeed an appearance of wisdom in promoting self-imposed piety, humility, and severe treatment of the body, but they are of no value in checking self-indulgence. (v23)

There are three words very important in Medical Field – Intervention, Prevention and Resistance. Today let us think about Resistance, but not in connection to Medicine but in connection to our own spirituality.

Resistance means to stop. And for your inner world, it is stopping something from influencing your life negatively. There are so many things if we are not vigilant, influence our life very negatively. It can be an attitude, a perception, an emotion, an addiction or a life situation. When we are repetitively getting influenced by such a thing, very soon it becomes the unavoidable part of our life. Then we get caught in the cage of that attitude, perception, emotion, addiction or the Life Situation. Even though so many times we feel guilty about that and try to come out of it, but very soon we give up for the tempting cosiness of that cage.

In such a situation the Resistance means *“to realize that the cage is built by us only and the door of that cage is never locked”*. Only thing needed is one step out of that cage and you will be free. Today after reading this devotion so far; I want you to think at least one thing which has caged you very badly. God loves us and has filled us with enough wisdom to acknowledge the goodness for our lives. He has given us enough

strength to resist the things not acceptable for our lives. So, will you decide to come out of that cage today?

If you want to be get accepted by God and yourself, stand up and resist the thing which has trapped you and you will be free to live the life of God’s Child.

Reflection:

1. List the things which have trapped your life and chalk out a plan to come out of them?

Prayer Points:

1. Dept. of Oral Pathology
2. Everyone providing scholarships to students
3. Students of College of Physiotherapy

Obedience as Loyalty

Esther 4: 4 – 8

Key Verse: “When Esther’s maids and her Eunuchs came and told her, the queen was deeply distressed.” (v4)

Obedience & Loyalty are two entirely twined words. It’s almost impossible to have one without other. But as Humans, do we really enjoy the Loyalty & Obedience? We crave others to be loyal & Obedient to us, but for us to be loyal and obedient to someone is always very burdensome. Have you ever thought why it is so?

Usually we derive the Obedience & Loyalty from the Authority or from the Need of Survival. But when it is derived from authority and need of survival we obey and be loyal out of compulsion and then it becomes a burden or a forced chore. But the loyalty and obedience will be enjoying, if it is derived from the relationships. How can that be possible? Relationship is possible only because of love and love has two dimensions

1. *Love always desires best for you. And fulfilling that desire is obedience.*
2. *Love means standing for someone till the last breath of our life. And that means loyalty.*

Obedience and Loyalty has to be derived from someone’s love for us and our love for someone. Mordecai without being scared of action against him protested for the safety of God’s people and Esther with courage implemented God’s plans for His people. Esther’s obedience and

Mordecai’s loyalty were derived out of their love for God & God’s People. And at the end because of their loyalty & obedience God’s people had a blessed life

Today we are living in a world where obedience and loyalty is not a constant instead it is relative. As per the need of hour it keeps on changing. In midst of all these let us be sure about one thing God loves us and desires best for us. Are we ready to obey him? As we love God and his children, are we ready to stand for Him to the last breath of our life?

Reflection:

1. How can you practice Obedience & Loyalty in your work?

Prayer Points:

1. Dept. of Conservative Medicine
2. Donors of our Institution
3. All the Research Projects

Failure is not the end

Joshua 8: 1 – 7

Key Verse: Then the Lord said to Joshua, “Do not fear or be dismayed.” (v1)

You know we all have gone through something called – “Done”, “No More” at least once in our life. It happened when an opportunity came to you and you were unsure and didn’t want to get into it. But after too much of thinking back and forth, at the end tried and then ended in falling flat on the face. How was it? It hurt damn bad and you just wanted to run away and hide yourself from everyone and everything. But what if you get the same opportunity again and then what will be your response? We all will surely say “Done” “No More”.

Joshua was also going through something like this. He led the army to fight with people of Ai and they got defeated and now God wanted him to fight back again with the people of Ai and he is reluctant. Have you ever thought why? Answer is very simple – We all are scared of Failure. But are we really scared of failure or is it something else? To be true we are not scared of failure, instead we are scared to trust. If we go through the whole conversation of Joshua, we can find out that he is also finding it difficult to trust.

When Joshua faced failure, God provided Joshua three things through the promise in Ch 8, 1st verse:

1. **Acceptance:** Acceptance means someone telling you – “*Your failure has nothing to do with my love for you.*”
2. **Understanding:** Understanding means someone assuring – “*I can fully feel in my heart what you are going through.*”
3. **Encouragement:** Encouragement means someone saying – “*You are still trustable to keep on trying.*”

Reflection:

1. How can you accept failures and turn them in strength to move forward?

Prayer Points:

1. Dept. of Periodontics
2. NGOs working with CMC, Ludhiana
3. Students of Institute of Allied Health Sciences.

Form Fear to Hope

Psalms 34

Key Verse: “I sought the Lord, and He answered me, and delivered me from all my fears.” (v4)

Now a days the word “*Warrior*” is very much in use. Then how to understand it? The word “*Warrior*” means “*Someone who is engaged in a struggle or a conflict.*” And it is derived from the understanding of another two words – “Fear” & “Courage”! Fear means a strong emotion caused by the anticipation of danger. And courage means having emotional strength to venture out, persevere and withstand danger. But is it possible in human capabilities? It’s not possible. As if it’s possible in human capabilities we might never be scared. So, what is the way out? Only way out is relying completely on someone more powerful than you and that person is God. On the face of danger when you rely completely on God, he open ways for you. Sometimes his ways may seem entirely weird but if you rely on His ways, you will be courageous and be able to face the dangers of your life.

Psalm 34 is sung in the backdrop of certain things happened in life of David. When his life was on the verge of annihilation God wanted him to act as a madman. He trusted God and followed and was able to come out of danger **(1 Samuel 21: 10ff)**. And he sang - “*I sought the Lord, and He answered me, and delivered me from all my fears.*” **(v4)**

Like David You and me are Grace Warriors – Proving God’s uninterrupted, strengthening presence

in our lives by facing our fears courageously and inspiring others to do so and be the warriors. Today before closing your devotion and starting a new day, just think of one of your fears and pray to God to give you strength to rely on Him completely on the face of that fear.

Reflection:

1. Today Pray, “*Father God! Let me be your Grace Warrior, and be able to fight my fears!*”

Prayer Points:

1. Dept. of Pedodontics
2. All the labs of CMC & H,
Ludhiana

God's Voice

Luke 1: 5 – 20

Key Verse: “When Zechariah saw him, he was terrified, and fear overwhelmed him.” (v.12)

God's angel talks to Zachariah during a normal routine of worship. God does not need or want magnanimous events to talk to us. He talks with us on daily basis through all the mundane things and happening in our life. God keeps on conversing with us. The most important thing is to recognise his voice and listen to him. God's talk with Zachariah reveals two truths about God's Voice.

1. *God's Voice pushes us out of our comfort zones:* We usually say that our God is God of mystery. But too be true God has revealed himself completely to us through His Son Jesus Christ. And after that also if God seems mysterious it is because of our perspectives. We have limited our understanding of God within the limits of our perspectives. Our perspectives are our comfort zones. When Angel revealed God's plans for Zachariah, his response was, “*I am too old and my wife is getting on in years.*” He is not suspecting God's powers instead he is expressing the limitations of his perspectives. But God pushed him out of the comfort zone of his perspectives and showed him his place in God's plans for creation. God wants to push us out of the comfort zones of our perspectives to make us part of His immense possibilities.

2. *God's voice turns our dreams into blessings:* Dreams means the things we desire to have in our lives. Dreams are the fuel to our desire to live. Blessing means achievement of satisfaction & peace in our lives. But a dream turns into a blessing when we incorporate God's desire for our life into those particular legitimate dreams of ours. It was dream of Zachariah to have a child. It was turned into a blessing when God's desire for that child was incorporated into it.

Reflection:

1. What are the perspectives we need to change to come out of our comfort zones to serve God?
2. Think about at least one dream of your life which you can turn into blessing by incorporating God's desire for your life.

Prayer Points:

1. Ancillary Staff of CMC
2. Medical Care givers working in rural Hospitals

Key Verse: “And he came to her and said, “Greetings, favoured one! The Lord is with you.” (v28)

God’s word talks about 4 basic truths about “Love” which we all must engrave in our heart.

1. *God is Love*
2. *God has created us in love, by love, and for love*
3. *There are emotions involved in Love but Love is not a feeling it’s an intentional decision. God made this intentional decision to love us by sending his Son to die for us.*
4. *Our life will be blessed only by loving others.*

Love cannot be for ourselves, instead love is only for others. And this God given love has two elements:

1. *Commitment:* It’s very important to know the difference between the words – “Promise” & “Commitment.” Promise means a verbal assurance. But commitment means sacrificing everything and going any extent to fulfil the verbal assurance. Commitment always originates from the strong conviction that you are needed in someone’s life. Mary Loved God and realized that she is needed for God’s plans for this world. And that’s why she hasn’t made any promises instead she just committed herself to what God wanted. In v38 she says, *“Here am I, the servant of the Lord; let it be with me according to your word.”* In other words, she is saying – God as I love you, I am committing to be a virgin

mother. I am ready to bear all the insults. I am ready to raise that child and I am ready to give him on the cross for this child.

2. *Strength:* God has created us as free human beings and He never controls us. He just spreads choices before us and when we make a choice, he strengthens us to fulfil our commitment. In love there is no place for dependency. But there is a central place for strengthening. Mary was a young, timid girl. And God never imposed His desire on her, instead He gave her the choice and gave her the freedom to make decision. But when she committed herself for God’s plans then God’s Love transformed, her into a strong woman. In course of time, she became so strong that she was ready to bear anything – even the crucifixion and death of her own son.

Reflection:

1. Find the implications of the following statement for your life and for your profession – *“In today’s world everything is short term, but Love is your only strength to endure for long term.”*

Prayer Points:

1. Patients getting admitted in hospital
2. Pensioners of our Institution

Love is Crazy

Matthew 1: 17 – 25

Key Verse: “But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, “Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit.” (v 20)

Our generation is a generation of planning. We want to plan everything of our life in its finest details. But there is a God who has created us and He also has plans for our lives. Here also we find a young man Joseph having so many plans about his life, but all of a sudden, he is faced with God’s plans for his life. now he is in dilemma. God’s plans always create dilemma because of two reasons:

1. *God’s Plans are Crazy:* Word “Crazy” means “to go mad.” And God’s plans seem very crazy. In Joseph’s life everything was going normal and perfect. He was dreaming of getting married and having a blessed family life. All of a sudden God’s angel approaches and tells him to get married to Mary and take care of her and the child going to be born. God’s plans seem crazy because His love is Crazy. It’s God’s crazy love that he created us and it’s His craziness that He sent His son and allowed Him to die for us. Our plans may seem very simple and convincing to us but they will not lead us to blessedness. God’s plans may seem very crazy in the beginning but those plans can only lead us to blessedness.
2. *God’s plans are unconvincing to world:* Angel revealed God’s plans for

Joseph. And Joseph accepted that plan. But will that plan be acceptable to world. It’s very much sure that nobody was going to trust what he is saying, but then also he decided to follow God’s Plan. Have you ever thought why? Joseph accepted God’s Plans because He found himself a place in God’s plans for the whole creation. Our lives are very small and very insignificant but we are very much part of God’s plans for this whole creation. Are we ready to accept our place in God’s Plans and accept His plans for our lives?

Reflection:

1. What are the obstacles you have in perceiving and following God’s Plan in your life?
2. How your work in CMC can be connected with the God’s plans for your life?

Prayer Points:

1. Doctors and Nurses of our Institution
2. Our students serving in mission hospitals

Divine Plan

Luke 1: 26 – 38

Key Verse: “Greetings favoured one, the Lord is with you!” (v28b)

For all of us, the word “*God’s Favour*” is very important. But in today’s world it’s very highly misunderstood, misused and commercialized word. People are becoming rich by selling “*Divine Favours*” and means of getting “*Divine Favour*”. Now a day it’s connected with self-achievements, luxuries, physical health and Social Recognitions. But if we look upon the meaning of word Divine Favour, even the most secular dictionaries give an entirely opposite meaning. Divine Favour means “Approval and help from God to do something.” It has nothing to do with what we think as a Favour.

By calling Mary “*Favored One*” Angel of God is telling her that she is called to carry out God’s specific plans for Human Life. God calls specific people for specific plans. There are 3 specific reasons for that:

1. He has created us for Himself and His Plans for our lives. So many times, we think that we are created for ourselves or for our loved ones or for this world. But it’s just opposite.
2. For His Plans for our lives, He has stuffed us with everything that is needed to fulfill those plans.
3. Above all, for Him, our life and His Plans for our lives are more

important than His Own Child’s Life. That’s why he chose Mary to send His Child to this world through her.

Today when you are starting a new week ask yourself, “*Am I aware about God’s Plans for my life*” God trusts you that’s why you are entrusted with specific plans. Let He be proud of you, when He will find you fulfilling one.

Reflection:

1. How can you align your plans for your personal life with God’s plans for CMC, Ludhiana?

Prayer Points:

1. Technicians of our Institution
2. Thank God for one of the Pioneers of our Institution

Happy Christmas

Luke 2: 8 – 20

Key Verse: “Glory to God in the highest heaven, and on earth peace among those whom he favours!” (v14)

We feel differently during Christmas every year. During one year we may be excited, on another we may be sad or in another year we just take as a passing thing. Have you thought why you feel differently every year about Christmas. Too be true we have connected Christmas with our emotions. And as our emotions are different every year, we feel differently about Christmas every year. But every Christmas must create only one feeling, that of being deeply Loved by God. It’s really amazing to know that God Loves us and we experience that Love in three ways:

1. *Connecting without Conditions:* Relationships are most important in our life. but we usually connect with people on the basis of certain conditions. Christmas proclaims one truth very clearly – “*God sent His son to this world for everyone; so that each human being be connected with God unconditionally.*”
2. *Invest without expectations:* There is an old Saying that every relationship is an investment. In every relationship so many things are invested, time, energy, resources..... The list is long. But when an investment is done than sure there is an expectation of return also. in every relationship there are some expectations. But

God’s Love means investing without expectation. God haven’t invested His Son’s life for any return for himself instead He invested His Son’s for giving us the eternal life. Christmas clearly call us to be humble and accept that God’s Love in our life.

3. *Talking the Love:* We cannot hide our emotions for a long time. They come out in one way or another. Each person involved in Christmas saga found to be proclaiming advent of Jesus Christ to the world – Joseph & Mary to innkeeper – Angels to shepherd – Shepherd to others – Star to Wisemen and Wisemen to the rest of the world. They were not just passing an information; instead, they experienced God’s love in their heart and now they want to become Messengers of God’s Unconditional Love which won’t have any expectations.

Reflection:

1. How you can be God’s Messengers of Love in your personal & professional life?

Prayer Points:

1. Staff engaged in vaccination and community work.
2. Thank God for the Achievements of our Institution in 2023.



“This is the Thing I care for most
The prayer I always Pray
Let my life help some other life
it touches on the way.....”

Dame Edith Mary Brown

