

Sparsh 2024

"We serve a King"



"Bear one another's burdens, and in this way, you will fulfil the law of Christ."



**Christian Medical College & Hospital
Ludhiana**

A legacy of Healing, Education & Research since 1894



Volume 2

Published by

**Fellowship Department
Christian Medical College & Hospital
Ludhiana, PB 141008**

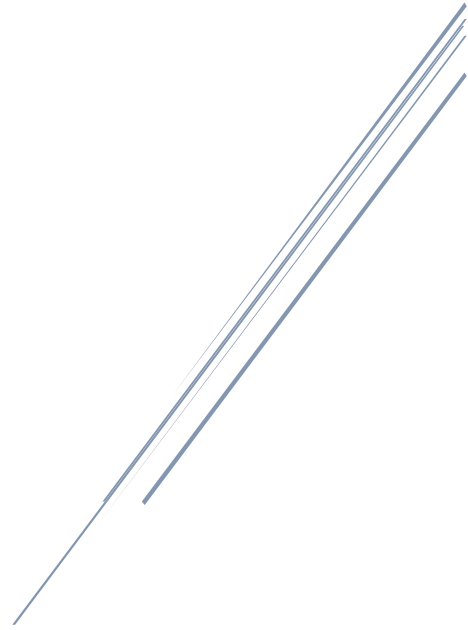
(For Private Circulation Only)

*“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.

New Year – An Opportunity

Jeremiah 6: 9 – 16

Key Verse: “Stand at the crossroads, and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls.” (V. 16)

Every New year is a God given opportunity. And the future of our life depends on the way we are going to use this opportunity. Crossroads mentioned in today’s key verse symbolise all types of opportunities, a traveller has. But the key verse also suggests three truths about the opportunities:

- So many opportunities at a time are confusing.
- Opportunities can be good as well as bad.
- The choice of the right opportunity requires divine wisdom.

In the context of the New Year, it's necessary to understand following two dynamics of opportunity.

1. *Opportunity means giving time some time:* There is a famous quote, “Every New year is a New Notebook. You open a new page and start writing a new life story.” But we all know that it’s not like that. In every new year we are going to carry the wounds, failures and guilts of the previous year. New year can be a fresh start if we are ready to process these three types of previous year baggage. And for that in the beginning of the year itself if we are ready to give our lifetime some time, then God will heal everything.

2. *Opportunity means living God’s dream for the life instead of dreaming the life:* The biggest encouragement to live for a human is, having future dreams. When we are entering this new year, we all have some dreams for 2024. But which is more important – Having own dream for the future or finding God’s dream for us for 2024? the pursuance of our own dreams is always very stressful. But chasing God’s dream for our life is always satisfactory and blessed. In the beginning of this new year itself be sure about God’s dream for your life and get excited to pursue it. And then it will become your life force to be alive in 2024.

Reflection:

1. How does the baggage from the past stop the future growth in personal & professional life?
2. How can your dream for the new year complimentary to God’s Dream for CMC & H, Ludhiana?

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

New Year – Expectations

Luke 13: 1 – 9

Key Verse: “A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none” (v.6)

New Year is always connected with the word, “*Excitement*”. But the question arises – Excited for what? Every new year we are excited for the fulfilment of expectations. Word expectation means, “*A strong belief that something will happen.*” Today’s parable also talks about expectations. A man planted a fig tree in a Vineyard with lot of planning and providing resources to grow. And when time arrived, he went searching for fruit in it, and found none. This parable gives some strong life insights:

1. In every relationship; planning, planting and caring is the investment. And love is the reason of this investment. This Man has invested his planning & resources for the fig tree.
2. In love there will always be some expectations. This man had also some expectations from this plant.
3. Love in a relationship always provides opportunities. This man gave multiple opportunities to the fig tree to be fruitful.
4. The opportunities won’t be there for eternity. At the end caretaker also requested one more opportunity, before cutting the tree.
5. If in place of this fig tree, another fig tree had been planted; that tree might have thrived. This fig tree has not only wasted its own opportunities but also the opportunities of another tree.

Some points for Reflection:

- God has planted us in CMC & H, Ludhiana with a plan & resources. He has invested his love in us through keeping us alive, letting us live, work and thrive.
- As God loves us, He has some expectations from each one of us regarding our life in CMC, Ludhiana. What are those expectations?
- When we miss our opportunities to excel & serve in the institution, we are also wasting someone else’s opportunities.
- Is your life aim complementing our institution’s motto “*We serve a king.*”

Prayer Points:

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

Challenge & Change

John 5: 1 – 14

Key Verse: “Do you want to be made well!” (v6)

It's very important for us to understand the meaning of words, “Challenge” & “Change” Challenge is something which hinders the forward movement of life. And Change is overcoming that challenge. 38 years of paralysis is the challenge of this man. And for him change means overcoming that challenge. But he was not able to face that challenge because of two reasons:

1. *The longer we live with our challenges the more discouraged we become:* After having a paralytic life for 38 years, now this man is completely discouraged and there is no energy left in him to try anything different also. Strong discouragement is very much visible in His words.
2. *the more discouraged we are – more better excuses we will make:* Unresolved challenges not only create a lot of discouragement but also a lot of guilt. And the best way to face the guilt is to have a foolproof and just excuse. This man's excuse is also very just & foolproof – *“There is no one to help me and I cannot help myself; so I am here with my challenge.”*

In background of these two realities Jesus' question, “Do you want to be made well?” must be understood. This question has two implications:

- *For a change, faith must be stronger than the familiarity:* Jesus wants to know

whether the man has the courage to leave the 38 years of comfort and familiarity of Bethesda Poolside and face the unfamiliar outside world.

- *Desire for change must be stronger than the need of change:* A need can create a desire to fulfil that need. But only an intense desire can push someone to look for all different options and try best to have change.

Reflection:

1. A challenge can be a habit, a life style, a thought process or a dominance of a particular negative emotion.
2. Old challenges become the comfort zones and create a pseudo notion – *“It's part of my being. I am like this and I won't change.”*
3. On basis of above two statements, what are your challenges in your working style. And how can you change?

Prayer Points:

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

Resistance, Firmness & Harmony

Matthew 7: 15 – 27

Key Verse: “The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock.!” (v25)

The parable of House on the rock & House on the Sand symbolizes life as a house built on rock and life as house built on sand. Today we are going to think about the life as house built on rock. Rock symbolizes 3 things:

- Resistance to movement
- Firmness of constitution
- Strength of togetherness

Now these three symbols are strongly connected with the three things hitting the house in the parable:

- Blow of wind
- Falling of rain
- Coming of flood

1. *Blow of Wind:* Blow of wind symbolizes a destructive force or influence. We are living in a world of influences. And some influences are so strong and powerful that they can move our beliefs, lifestyles & goals. To have a life founded on the rock means; having the power to resist such influences or the movement caused by such influences.

2. *Rain Fell:* Rain symbolises changes happening internally in life. Every season and stage of life cycle brings different changes in the life. and most of the times these changes are overwhelming. But during all these cycles the constitution of us as Child of God never changes.

During all the changes the firmness of the constitution of the rock will keep it intact. Whether small or big, rock will always be rock.

3. *Floods came:* In the way of floods, rocks usually won't move, as they huddle together and become a force to fight with. Floods symbolizes the sudden excessive sufferings. The best example was the pandemic happened recently. But during that time also our togetherness was the strength.

Reflection:

1. What are the strong influences which can distract you from your mission?
2. How is the strength of togetherness helping you in facing your professional obstacles?

Prayer Points:

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

The Sacrament of Present Moment

Psalms 118: 19 - 29

Key Verse: “This is the day that the LORD has made; let us rejoice and be glad in it.” (v23)

If someone asks us, “*What is the most important moment of our life?*” what will be our answer? We all know that there were some extra ordinary moments in our lives in the past; but the greatest moment of our life is the present moment – the one which we are living at present. Why is it so? This present moment is precious not because it is pleasant, magnanimous, easy or happy, but because this moment is the only moment we have got to live. In the background of this truth the verse, “*This is the day that the LORD has made; let us rejoice and be glad in it,*” has two implications:

1. *The Sacrament of present moment:* the word Sacrament means, “*Something which brings Grace in our lives.*” Lamentations 3: 22 – 23 says, “*The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.*” In this present moment only, we can experience God’s grace & mercies. And in this present moment only we can be the means of that divine grace and mercies in someone else’s life. But so many times we failed to do so. What could be the reason of that failure?
2. *Motivated Irrationality:* What is the single most dangerous thing in our life? Single most dangerous thing in our life is Motivated Irrationality –

meaning – Even though we know very well that certain things are not right for our life but still holding on to them for one more day.

The typical example was Pharoah. When God infested Pharoah’s palace and country with frogs, Pharoah called Moses and requested him to pray for deliverance. When Moses asked, when could he pray? Pharoah answered, “*Tomorrow.*” Instead of getting rid of his frogs that very moment, he was ready to live with them for one more day.

When we hold to our wrongs in this present moment, we also block the, mercies of the present moment to be revealed in our life.

Reflection:

1. Think about a wrong which you are holding in your professional life which needs to be given up for your growth.
2. Think about one mercy in your life which can be shared with someone else’s life today and decide to do it.

Prayer Points:

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

Salt of the Earth

Matthew 5: 13 – 26

Key Verse: “You are the salt of the earth, but if salt has lost its taste, how can its saltiness be restored?” (v13)

In Bible the word “*Salt*” is interpreted very widely and intensely. The dictionary meaning of the word salt is, “*Something which adds freshness.*” When Christ says, “*You are the salt of the earth,*” that means we are called to add freshness to the stalled, ageing, decaying and rotting world. And how can that be possible by us? In Aramaic Language (A language believed to be used by Jesus) the phrase, “*Salt of the earth*” is used for the, “*Man of great genuineness & reliability.*” If we want to add freshness to this world, we need to be genuine and reliable.

1. *Genuine*: Simplest meaning of being genuine is being true – Something which is what it ought to be. Salt is salt, till it has saltiness. We humans are God’s creation and our being has only four elements – Love, Faith, Hope & Peace. Usually, we define ourselves by our way of living. But if we allow our way of living to define our being than we are not going to have a genuine human life. Instead, our life founded on Love, Trust, Hope & Peace must define our being. Then only we will have a genuine human life.

2. *Reliability*: Genuineness is necessary not only to have a genuine human life, but also because something genuine can only be reliable.

Reliability is usually connected with someone’s capability to protect or ensure confidentiality. But reliability is more deeply connected with someone’s capability to understand other. The process of achieving understanding is very invisible and subtle, but helps us to bring freshness in others life. Salt is always invisible and needed in right quantity only then it makes the food tasty.

Reflection:

1. As per the qualities imbibed in your being by God, what are the changes you need to bring in your professional life style?
2. How can you imbibe understanding as an essential tool of right care giving in your profession?

Prayer Points:

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

Beginning of Lent

Lamentations 3: 22 – 33

Key Verse: “The Lord is good to those who wait for him, to the soul that seeks Him.” (v25)

A beautiful quote says:

Happy moments, Praise & Thank God,
 Difficult & Painful moments seek and trust
 God,
 Every moment, Thank God.....

From 14th February onwards lent is starting. And today’s scripture reading is telling us to do two things during lent:

- 1. Praise:** The word Praise means, *“To approve & Admire.”* To approve means *“to accept.”* But how can we do that? Usually, we express our love by saying, *“I love you.”* But can we make someone feel our love by just saying *“I love you?”* Love is not about how much someone says, *“I love you;”* instead love, is how much someone proves that what he is saying is true. Praising God means approving every moment of our life when God has proved his love for us. In every incident of praise in God’s Word, along with praise people also gave the reason of the praise. Praise is always looking back – approving and then admiring.
- 2. Seek & Trust:** Seek and trust are two most connected words. And this connection is very clearly reflected in the statement, *“Seek God in your difficult times, Trust God in your painful moments.”* Difficult moments are the life situations when we face roadblocks in the life

journey. And in such situations, seeking God means, seeking His plans, intentions & will. Painful moments are moments of hurt, humiliation and branding. But in such situations today’s bible portions tells us to trust that, God will heal when we will be hurt, God will magnify when we will be humiliated and God will justify us when we will be branded. We have to always remember one thing, *“If he could part the red Sea for Moses, if God could close the mouths of lions for Daniel, if He could raise Lazarus from the dead and if He could open the prison for Peter;”* then surely, he will take care of us also.

Reflection:

1. Think about one experience of your life where you haven’t yet seen God’s presence and approved His love.
2. Chose a difficult life situation and also a painful life situation of your life or someone’s life and pray for it during the lent season.

Prayer Points:

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

Right living – 1

Luke 3: 1 – 14

Key Verse: “The voice of one crying out, “In the wilderness Prepare the way of the Lord, make his paths straight.” (v4)

In Today’s Bible portion John, the Baptist lays out a very clear blueprint of the right human living. He starts with Prophet Isaiah’s quote – *in the wilderness prepare the way of the Lord.* Wilderness symbolises the confusion, direction-lessness and distress, and the way of the Lord is the right way of living. So, the whole question is, “*What is the right way of living in midst of confusion, direction-lessness and distress?*” In the later part of today’s Bible Portion, there are four answers suggested for this question.

1. *Fill every Valley:* In Bible Valleys symbolize dark places. And for a human being darkest place is his/her fears. If we allow our fears to reign free, they can possess us or they can stall us from moving forward. But at the end fears are not reality; they are just the mind created perceptions. Psalmist says, “*Even though I walk through the darkest valley, I fear no evil, for you are with me; your rod and your staff, they comfort me.*” On the other hand, God’s presence is real and is always with us. In the face of fearful perceptions, we need to trust on God’s real presence and power.
2. *Low the Mountain:* Mountain signifies human “Ego.” Ego means our understanding about ourselves. And to have a meaningful life it’s

most important to have the right understanding of ourselves. Now what is the opposite of ego? Opposite of Ego is Humbleness. Usually humbleness is considered as, “*denying one’s own self.*” But God has given each one of us a unique body, personality and purpose, so can we deny our God given unique self? Hence, the right understanding of ego and humbleness on the basis of our uniqueness is:

Ego means our overconfidence on our understanding of our uniqueness as our own. And Humbleness means being confident in the uniqueness of our being with the thankfulness that it’s God gift.

We cannot deny our God given unique self, that’s why instead of saying flatten the mountain, it’s said lower the mountain. And that means being thankful for who we are.

Reflection:

1. How do the inflated Egos destroy the Work environment?
2. How do the gratitude and humbleness create harmony in work environment?

Prayer Points:

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

Right Living – 2

Isaiah 40: 1 – 11

Key Verse: “Every valley shall be filled, and every mountain and hill shall be made low, and the crooked shall be made straight, and the rough ways made smooth,” (v5)

In last week’s devotions we have meditated on the two ways of having a right living in midst of confusions, direction-lessness and distress. This week we will meditate on the rest of the two ways

1. *Straighten the Crooked:* Valleys are fears, mountains are ego, so what is crooked? Dictionary meaning of crooked is “*Twisted.*” But in Bible crooked means, someone who is dishonest. We can be dishonest in three ways

- Dishonest to ourselves
- Dishonest to others
- And when we are dishonest to ourselves and others, we are ultimately dishonest to God

Today we will meditate on the dishonesty to ourselves. God has created us uniquely to fulfil a unique purpose of life. We are intended to choose the life path which must ultimately lead us to the unique purpose. We are dishonest to ourselves when we intentionally chose a different path and go away from the life purpose. Straighten the crooked means taking the right path to fulfil the unique purpose of life.

2. *Smoothen the rough ways:* Rough ways always symbolizes the tough life situations of life. Tough life situations are the one which push us to the limits. When we have to face the tough situations in our life,

our usual response is, “*God is testing me.*” But to be true God is not testing us instead when we rely on God and decide to dace through the tough life situations, He reveals our strengths and capabilities which He has hidden inside us. And this revelation prepares us for the greater purposes of God’s plan for our life.

Reflection:

1. Evaluate the statement, “*Your life purpose has to align with the life purpose of the Institution you are serving.*”
2. Recall one tough life situation you faced in the past and find out your strengths God revealed to you through that experience.

Prayer Points:

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

We serve a King

Philippians 2: 1 – 11

Key Verse: “Let each of you look not to your own interests but to the interests of others.” (v4)

We say we are different from other Medical Care Giving Institutions. What is the basis of this claim? The basis of this claim is the motto of our Institution. Motto of Christian Medical College & Hospital, Ludhiana, is, “*We serve a King.*” Or in other words we see the providing of medical care as serving God. The inclusion of Divine aspect in medical profession changes the whole dynamics of medical care giving. Now the same professional work is to be approached through a different perspective. And that perspective is called altruism. Altruism means, “*selfless concern for the well being of others.*” In today’s Bible portion we see Paul exhorting the people of Philippi to serve others selflessly. And he affirms this request as a necessity, as Christ served us selflessly to the point of giving His own life for us.

For us, as an institution, the altruistic medical practice is a calling and this sense of calling is strongly associated with a commitment to direct patient care.

One thing we have to be very clear in the beginning itself that a desire of selfless serving cannot be created by factors like money, profit, fame & position. Instead, we will have a never diminishing desire of selfless caregiving, if we connect it with love, resulting in satisfaction, peace &

happiness. v5 says, “*Let the same mind be in you that was in Christ Jesus.*” Christ’s selfless serving was not for money, fame or position, but because of the love only. Altruism in it’s pure sense does not expect anything in return.

But in today’s world, the medical care giving is compensated. So how can a compensated medical professional, be a selfless care giver? As paid medical care giver we don’t need to give away our earnings to be an altruistic care giver, instead we need to incorporate following three element in our care giving:

- Empathy & Compassion
- Value of Life
- Responsibility towards life

Next two weeks we will meditate on the elements needed for the selfless medical care giving

Reflection:

1. How is the absence of altruism connected with the malpractice in the medical care giving?

Prayer Points:

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

Empathy & Compassion

John 6: 1 – 13

Key Verse: “When he looked up and saw a large crowd coming toward him, Jesus said to Philip, “Where are we to buy bread for these people to eat?” (v5)

The words Empathy & Compassion may seem same but they are different and are two sides of same coin. Empathy is usually defined as, “*getting in someone else’s shoe.*” In simple words it means to have a resonance with the feelings and difficulties experienced by others. It’s an understanding of other’s pain & difficulties based on our own experiences, or by knowledge of such difficulties seen over years in life of others.

When Jesus looked up and saw a large crowd coming toward him, he understood, what they were going through. This is empathy. But this understanding (Empathy) leading to the action is Compassion. He asked to Philip, “*Where are we to buy bread for these people to eat?*” there are three interesting responses to this question

1. *Diplomatic Silence:* As question was asked to Philip, rest of the 10 disciples very diplomatically remained silent.
2. *Logical Inaction:* Philip very logically gave strong reasons to justify the inaction – as too much of money is needed, there is no need to do anything.
3. *Proactive Compassion:* Andrew was not part of the conversation but then also did his homework beforehand and came up with a

small prospect – an information about a boy having five loaves of bread and two fishes.

Love always generates empathy and empathy makes us compassionate. Any compassionate act, evolved because of empathy and founded on love creates a domino effect. Christ understood the need of the people. Andrew decided to take action to fulfil that need and the little boy helped with whatever he has. The result was five loaves of bread and two fishes, turning into the food for five thousand people.

Reflection:

1. What are the tools needed to gain the right understanding of someone?
2. Evaluate the statement, “*Compassion is the balanced mix of logical and emotional responses.*”

Prayer Points:

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

Value & Responsibility towards life

Psalms 139: 7 – 18

Key Verse: “For it was you who formed my inward parts; you knit me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works that I know very well.” (v 13 – 14)

Centre of any Medical Care Giving is Human Body. Hence to form a just, ethical and right medical care strategy, giving it’s very important to know the spirituality of the human body. Usually in the Spirituality, soul is the centre of attention and Body is neglected as perishable. But the Bible very clearly defines the place of Human Body in God’s plans. God’s word tells us very clearly that like soul, human body has also equally important place in God’s plans. Hence as a Medical Care giver, it’s very important to include following three spiritual aspects in our understanding of Medical Care Giving:

1. *Value of Human Body:* In Psalms 139, v14, Psalmist is saying, “Human body is created fearfully and wonderfully.” Here the word “*fearfully*” means something which is created very carefully and intricately. Medical science itself tells us that human anatomy and physiology is very intricate and it’s so intricate that still we are unaware about so many things of human body. And the truth is God loves his intricately created creation and gave His Son for that creation. Every human body is valuable.
2. *Preciousness of Human body:* Word wonderful means – something which is unique and amazing. The DNA studies tell that every human

body is unique in its formation i.e. something which was not there in the past and will not be repeated in the future. Hence every human body is precious because of its uniqueness. As a medical care giver, we are dealing with a human body which is precious and one of a kind of human existence.

3. *Trust:* for every human being his/her body is most important. We only allow the people whom we trust to touch us. But when a patient approaches a medical care giver, he/she is blindly trusting the care giver. This blind trust of the patient is to be protected by the choice of right, just and ethical treatment for the patient. and the sense of the responsibility of the care giver towards patient must be derived from the trust of patient.

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

Crucifixion – Summary of Life

Luke 23: 39 – 49

Key Verse: Then Jesus, crying out with a loud voice, said, “Father, into your hands I commend my spirit.” Having said this, he breathed his last.” (v46)

Usually, death is considered as the end of the earthly life. But to be true death is not the end of life, instead it is the point where dying person's life is summarised in people's memory. Jesus' last words **“Father, into your hands I commend my spirit.”** summarises His whole human existence found in Psalms 31: 3 – 5, where it is written, *“You are indeed my rock and my fortress; for your name's sake lead me and guide me; take me out of the net that is hidden for me, for you are my refuge. Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God.”* All the life experiences of human existence can be divided into 4 categories:

1. *Experiences where God becomes my rock & fortress:* Rock is used to build stable foundation and fortress is used to protect. Father God sent Jesus on this earth and God was the stable rock on which He started his human life journey. Not only that from very infancy He was well protected and guarded by God.
2. *Experiences where God leads & guides me:* In Christ's earthly life we find God's constant guidance and mentoring from very beginning till the crucifixion. Mostly every new stage of life is confusing, overwhelming, worrying and sometimes scary. But if we are ready to trust God and rely on His guidance every new experience can be turned into blessing.

3. *Experiences where God becomes my refuge:* As a human Jesus two times faced temptations. But both the times he found refuge in God's wisdom and made the right choices. The most difficult choices of human existence are the ones which we have to be made in the face of temptations. But taking refuge on God's wisdom helps us to come out of our temptations.

4. *Experiences of returning spirit in God's hand:* When Christ is commending His spirit in God's hands it has two implications:

1. *God has given Him the spirit to use and He used it for its maximum capacity and now He is returning it.*
2. *His spirit needed a place of rest till the time of resurrection.*

God gave us the spirit to use it to its maximum capacity and then surrender it in his hands to be secured for eternity.

Reflection:

1. How can you use the spirit given to you to its maximum capacity?

Prayer Points:

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

Divine promise, desire & proclamation

John 20: 11 – 18

Key Verse: “Jesus said to her, *“Mary!”* She turned and said to him in Hebrew, *“Rabbouni!”* (which means Teacher).” (v16)

Today’s Bible portion speaks about Mary Magdalen’s visit to Jesus’ tomb. And surprisingly she meets risen Jesus there. This whole incident speaks about two things:

1. *A Divine Promise:* Mary’s visit to Jesus’ tomb is because of love. But she is not visiting the tomb in expectation of receiving the love instead she is visiting the tomb because of the fear of losing the love. When we have a feeling that something which is most precious in our life is going to be lost or it is going to be scarce, we become anxious, scared and want to hold on to that more strongly. For Mary, Christ’s love was her lifeline. But after the crucifixion and burial, she is now experiencing its scarcity or absence from her life. And she wants to be with at least the dead body of Jesus for some more moments. But instead of the dead body of Jesus she meets Risen Christ. Messiah has once again proved the Divine promise true that God’s Love can never be scarce. It’s always abundant and overflowing.

2. *A Divine Desire:* What is the opposite of Courage? Opposite of the courage is fear. Fear means a belief that a life situation can be harmful. But to be true we are not scared of the harming life

situations; instead, we are scared, because the harmful life situations tell us very clearly that we are weak and prone to fall. In such a scenario courage means to face the fears with the power of love. Mary’s love for Jesus made her courageous to visit the graveyard in early hours even after all the violence happened in Golgotha and now when the tomb is guarded so heavily by the Roman Soldiers.

As God loves us and we love God, this is God’s desire for us – *“Be courageous – fight your fears and love and live for God.”*

Reflection:

1. How can we combine & imbibe love & courage in our work in Christian Medical College & Hospital, Ludhiana.

Prayer Points:

1. Security personals & Sanitation Dept.
2. Dept. of Chest Medicine
3. Sponsoring Body – Mennonite Medical Board

Dynamics of Memories

Luke 24: 28 – 35

Key Verse: “Were not our hearts burning within us, while He was talking to us on the road, while He was opening the scripture to us.” (v34)

Memories have most important place in our life and it's necessary to learn to handle our memories. In today's Bible passage we find two people returning from Jerusalem with all the memories of the things happened with Christ & with them in Jerusalem. They were not only carrying those memories but also trying to make some sense out of them. This whole incident tells two truths about memories:

1. *Memories are neutral in colour:* They are just the reminder of the incidents happened in the past. But the way we interpret and understand our memories make them *good and bad*. The two people who were returning from Jerusalem were going through their memories of everything happened in Jerusalem. And they found those memories disappointing, saddening and hurting. But when Christ interpreted same experiences through God's word, all of a sudden, they found new meaning in those memories and those memories are turned from bad to good. At the end they themselves said endorsed it in today's key verse. God always wants us to find purpose and meaning in all our memories to find opportunity, maturity and power to grow.

2. *Memories are deeply connected with the dreams:* Dreams are the seed of the

future. But the dreams are planted in the soil of memories. And the quality of the memories will decide whether those dreams will grow or not. The careful reading of the passage tells that they both were part of the close group of Jesus Christ. And they had the dream of establishing God's Kingdom. But they abandoned that dream as the memories of the recent past created disappointment, sadness and hopelessness. But later when Christ interpreted same memories positively, all of a sudden, they were excited for their abandoned dream. The way we interpret our memories will decide how we approach our present and the way we approach our present life will decide whether we be able to pursue our future dreams.

Reflection:

1. In which way are the memories of our Institution's past, influencing our dream for its future?

Prayer Points:

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

From Jealousy to Love

John 21: 15 – 23

Key Verse: “Peter turned and saw the disciple whom Jesus loved following them; he was the one who had reclined next to Jesus at the supper and had said, “Lord, who is it that is going to betray you?” (v 20)

Is 180° change possible in the Human Life? The disciples’ lives after resurrection of Christ shows that the 180° change is possible in our lives. In today’s devotion we will meditate upon one such change happened in the Life of Apostle John. John is known as the Apostle of Love. But prior to change, he had nothing to do with love. Some of his prominent characteristics prior to change are following:

1. *He was a closed personality:* He was always with James – behind him – not revealing much about himself and most of the time silent.
2. *He was a power seeker:* The incident in Mark, chapter 10 where John approaches Jesus with his brother James, seeking left and right position in kingdom; very clearly tells that he was a power-seeking man.
3. *He was a jealous person:* in Mark 9: 38 – 40, we found him complaining to Jesus about a man who was healing in Jesus’ name. Jealousy starts with competition and in order to compete we need to be selfish. And selfish people cannot bear other’s growth as other’s growth seems a threat to them. And this sense of threat creates jealousy.

4. *He was a cruel Person:* Jealousy always leads to cruelty. Ultimately in Luke’s Gospel we find John demanding fire from heaven to consume Samaritans, who denied welcome to Jesus and disciples.

Usually in order to bring change in ourselves we focus on the removal of negative qualities from our lives. But that is never going to happen instead it will drain away all our energy. Instead of focusing on the negative qualities; we need to keep on imbibing positive qualities in our lives. And miraculously the negative qualities will go away. In John’s life also same thing happened; from a *Selfish Disciple* he was transformed into *Apostle of Love*.

Reflection:

1. Think about one negative quality in you and decide a positive quality which can replace that negative quality and decide to live it.

Prayer Points:

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

Guilt, Shame & Depression**John 21: 1 – 14**

Key Verse: “I’m going out to fish,” Simon Peter told them, and they said, “We’ll go with you.” So they went out and got into the boat, but that night they caught nothing. (v3)

So many times, what we intend may not be what others understand; and what we never thought of doing may be end up doing it. Peter also ended up in similar situation. He never thought of denying Jesus, but ended up doing the same. And at the end he needed restoration. This whole incident gives a clear understanding of Sin. Anything which moves us away from God is Sin. Peter denied Jesus and thus moved away from God. Moving away from God, generates three things in us:

- *Guilt*: Guilt means falling in our own eyes. When Peter realized about his sin, He cried. He has defeated himself and lost his confidence of standing strong for God.
- *Shame*: Shame is difficulty in facing the people against whom the wrong is committed. After denial Peter found it difficult to face Risen Christ, hence decided to chose a path where chances of meeting Christ were very rare.
- *Depression*: Depression means having a feeling of meaninglessness and emptiness. Once Peter had a strong meaning & purpose of following Christ. But now that meaning and purpose is lost and he decided to go back to fishing.

God’s Love – that’s why Christ asks him, “*Simon! Son of John! Do you love me?*” God’s love always brings in our lives Grace & Mercy. Grace is getting something we don’t deserve and Mercy is not getting, what we really deserve. After betraying Jesus Peter never deserved to be approached by Christ. But than also Jesus approached him by his own – this is grace. After betraying Jesus, Peter deserved revenge, enmity & bitterness from Christ; but Christ is putting His love and trust back on him – this is Mercy.

Reflection:

1. How can the Grace and Mercy be incorporated in your profession?

Prayer Points:

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

The way out from the guilt, shame and depression caused by sin is to return to

Life Aim & Desires

Mark 10: 35 – 44

Key Verse: “And he said to them, “What is it you want me to do for you?” (v36)

What is the definition of life? Life is the sum of all our experiences. Beginning and end of our life journey on this planet is decided by God. But the space between birth and death which we call “*Life*” is filled by us by our experiences. Almost 99% of our experiences are our choices. And type of experiences we chose will decide the type of life are going to have. So, what are the criteria of choosing a life experience? There are two criteria:

- Life Aim
- Life Desires

Life aim is different from life desire. Life aim is our destiny. And life desires are our encouragement. There are two types of connections between life aim & life desires:

1. When life desires won't complement our life aim, then the experiences we choose turns our life in a disappointment.
2. But when life desires complement the life aim, then the experiences we choose turns our life in a blessing.

In Mark chapter 10 we find two types of people approaching Jesus – the Brother James & John and the Blind Beggar Bartimaeus. Jesus asks same question to both of them, “*What do you want me to do for you?*” James & John want to have the best position when

Jesus will be king. But their life aim is to be disciple. So as their desire to have power and position is not complementing their life aim of being disciple; the result was disappointment. But the Bartimaeus's life aim was to follow Jesus and his blindness was the biggest hinderance to achieve that aim. Hence, he desired eyesight. Bartimaeus aligned his life desires with his life aim and his life became a blessing.

Christ aligned his desires to His life aim of giving his life for us and He became the source of life to whole universe.

Reflection:

1. Find the desires of your life which are becoming a hurdle to achieve your life aim. And decide to replace them with the desires which complement your life aim.

Prayer Points:

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

Back to Basics

Nehemiah 8: 1 – 8

Key Verse: “He read it aloud from daybreak till noon as he faced the square before the Water Gate in the presence of the men, women and others who could understand.” (v3)

Renewal is most important part of life. Word renew means to “Start something again after it was stopped or interrupted or give fresh life or strength to something.” To start anything, we need the theoretical foundation in form of some principals. Isarel as a community started with God’s instructions and later slowly God gave complete set of principals on basis of which Israel’s unique identity was formed and Israeli people’s unique individual life style was formed. The God’s Word was their means of life & strength and tool to get direction. But as time went by slowly, they started getting deflected from God’s Word and imbibed their own life principals. The result was a lifeless, stalled and a weak community & individuals. Nehemiah saw their depleted state and wanted to bring renewal. And the first and foremost thing he did was going back to basics. As an individual and as a community their identity was defined by God’s Word. And now to restore and renew their identity Nehemiah decided to let them evaluate themselves on the basis of God’s Word. People were gathered together and God’s Word was read in following manner:

1. *Ezra read the Word from the pulpit symbolizing the central place of God’s word in People’s Life (v4)*
2. *Ezra stood in such a way that everyone can see the reading of God’s Word and also hear the God’s Word Clearly (v3, 5)*

3. *They not only read the word but also interpreted it for people (v8).*

This type of reading led the people to worship, repentance and joy of togetherness. And this ultimately ended up in the restoration of fresh life and strength in people & community.

As a community we are now 129 years old. Our unique identity as Christian Medical College & Hospital, Ludhiana, was formed on the basis of God’s Word and our Vision & Mission Statement. But after all these years of existence; lifelessness and feebleness has seeped in our community. This lifelessness and feebleness are affecting the whole institution and we need renewal. That can be possible only through going back to God’s Word and Mission & Vision Statement of our Institution.

Reflection:

1. How can you define your identity as the medical Care Giver on the basis of God’s Word and Vision & Mission Statement of our Institution?

Prayer Points:

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

Obedience**Nehemiah 8: 13 – 18**

Key Verse: “So the people went out and brought them, and made booths for themselves, each on the roofs of their houses, and in their courts and in the courts of the house of God,” (v13)

The word obedience always feels burdensome. Usually, we obey because of the two reasons:

- To please someone
- To avoid the consequences of disobeying.

But the word obey is formed from the Latin word, “*Ob audire*” meaning “*moving in the direction of what we hear.*” There is an old saying, “*Hear the voice of your heart.*” And God’s word speaks to our heart only. Obeying God’s word is neither to please someone nor to avoid the consequences but because that can only make our life blessed.

People of Israel heard God’s word and decided to follow. There are three points to remember about obeying:

1. There was a kind of desperation in the people’s heart to know God’s thoughts for them. God’s word reveals God’s thoughts for our lives also. And as we are children of God; he thinks only good for us.
2. When the people heard about the negligence of thousand years in celebration of festival of Booth; they immediately decided to correct that mistake and immediately made arrangements for celebration. They were transparent and honest in following God’s Word.
3. When Israelites obeyed God’s word there was a great rejoicing among them. Obedience may seem

burdensome, but ultimately it leads to happiness. We always have the truest feeling of happiness; when we realize that we are on the right path and we did something good for ourselves and for others.

Today it’s necessary that we must know, “*What are God’s thoughts for us?*” We must be honest & transparent in understanding and following God’s plans for our lives and we must have strong faith that this obedience will ultimately result in the happiness & rejoicing.

Reflection:

1. Obedience leads to satisfaction and satisfaction creates happiness & peace.” How can this statement be evaluated on the basis of your professional life?

Prayer Points:

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

Course Correction

Nehemiah 9: 26 – 31

Key Verse: “Nevertheless, in your great mercies you did not make an end of them or forsake them, for you are a gracious and merciful God.” (v31)

When the journey is long and paths are many then there are all chances of taking wrong path and losing direction. But repentance is the realization that we are on the wrong course and then decide to correct the course. Renewal & Restoration is possible only through proper repentance. The best example of this is the people of Israel. In chapter 9, they repent for their and their ancestor's sins. This whole incident tells 2 things about the repentance:

1. *Repentance starts with the acceptance of the brokenness & helplessness:* We are living in a time when usually people are sorry for their wrongs, only if it is exposed. But the people of Israel first accepted their and their ancestors' wrongs without having such threat. They haven't sugar coated their sins with words like, mistakes, errors, tendencies or foolishness; instead, they were honest & transparent in their acceptance of wrongs. They decided to view their words and actions from God's perspective. And at the end they also accepted their helplessness. Any repentance starts with genuine acceptance of brokenness.
2. *Assurance of hope in the repentance is God's faithfulness:* In this whole prayer of repentance, we also found the places where they recounted all

the blessings of God throughout their existence as people of God. They experienced God's blessings in form of rescue, forgiveness and reestablishment. And this faithfulness became their hope. Even though we all are sinners, but every one of us can recollect God's faithfulness in form of rescue, forgiveness and reestablishment and that's our hope. But can God's faithfulness be taken for granted; and we can keep on repeating the same sin again & again?

Reflection:

1. How do your individual professional wrongs influence your team or department?

Prayer Points:

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

Accountability

Nehemiah 10: 28 - 37

Key Verse: We also lay on ourselves the obligation to charge ourselves yearly one-third of a shekel for the service of the house of our God. (v32)

The one most important characteristic of God's Creation is uniqueness. Every human being is unique and every community formed by unique human beings is also unique. Jewish community had its own uniqueness. They were distinct in character & conduct from the communities living around them. And from the very beginning God wanted them to safeguard that uniqueness. But when they settled in the promised land they tried to become like their neighbours and allowed dilution in their uniqueness. Whenever they tried to become like their neighbours, they lost their blessings. In the end part of chapter 9 and beginning chapter 10, Nehemiah made them to enter into a covenant with God. And the whole purpose of the covenant was to create an accountability in them towards preserving their uniqueness. In order to be accountable towards their uniqueness they took three vows through the covenant:

1. *They vowed to set apart themselves from the communities around them:* In Bible separation never meant alienation, instead set apart means live the life in a unique way – the way God wants us to live.
2. *They vowed to follow God's Word:* Word following has two parts
 - *First observing and understanding*
 - *Living as per understanding*

They decided not only to listen, study & understand the word but they decided to live as per the word also.

3. *Vowed to make Sabbath the centre of Spiritual Life:* Sabbath was the day of rest and worship and by focusing on Sabbath, they brought God in the centre of their lifestyle.

Christian Medical College and Hospital, Ludhiana is very unique in its character & makeup. And our existence & survival solely depends upon preserving this uniqueness. This uniqueness can be preserved only if each and every member of our community start taking the individual uniqueness of their personality & work seriously and start to align with institution's uniqueness.

Reflection:

1. How can we align our uniqueness with our institution's uniqueness?

Prayer Points:

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

Life of Freedom

Nehemiah 1: 1 – 11

Key Verse: “When I heard these words, I sat down and wept and mourned for days, fasting and praying before the God of heaven.” (v9)

The question is very important, “*When we live our life on our own terms – is it a life of freedom or the life of slavery?*” Usually, we think that living life on our own terms is real freedom. But that is a misconception. When we say we are living on our own terms, in reality we are living on the terms influenced or set by world around us. The result is – we are our own slaves or the slaves of the world. But this life is created by God and he knows everything about this life and the real freedom lies in living as per the terms set by God. As a cup bearer of a Persian King, Nehemiah had a comfortable & luxurious life. But still he was living his life as per the terms & conditions set by someone else; so, he decided to break free from the chains. And for that first thing he did was to pray. This prayer is not only a prayer but also tells us about the 4 needs of free life:

1. *Praise (v.5)*: Praise is not to please but to accept God’s real character. God is almighty and powerful and beyond all our human logic and imagination. But still he loves us and gave us this life. and we think that we know better than him about life.
2. *Repent (v.6)*: Repentance is not just accepting our sin, instead it’s a genuine understanding and assessment of present life situation and implementing course correction.
3. *Hope (v.8-10)*: When we face struggles, we think God has given us this life to torture us. Our struggles are because of the world in which we live or because of the choices we make. But in midst of all these, our Hope is God’s promise for life.
4. *Resources (v.11)*: At the closing of prayer, he is asking God to be attentive to him. Be attentive means being present in body, mind & spirit. Our biggest resource to live is God’s attentive presence in our lives.

Reflection:

1. How can you incorporate praise, repentance, hope & resource in your professional life?

Prayer Points:

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

Relationships & Attitude

Matthew 5: 1 – 12

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

Pure means being the way someone or something is intended to be. What type of life we live is decided by our heart. And our heart has right as well as wrong thoughts for our life. Having a pure heart does not mean having only right thoughts; instead having pure heart means on the face of right and wrong thoughts – choosing the right thoughts and living life as per those. Today we are going to think about having pure heart in two situations of life:

1. *Relationships:* Our relationships sustain us. But there are always certain people in our life, who are very difficult to live with; especially the one who are jealous or mock or embarrass or abuse or discourage us. Such people always create bitterness and bitterness enslaves. Holding bitterness means accepting the jealous, mocking, abusing & discouraging people’s perspective about us. And that acceptance is painful. But on the face of bitterness, to have pure heart means accepting the truth that mockery, jealousy, abuse and discouragement cannot change your worth and you have to just forgive them and move forward.
2. *Attitude:* Word attitude means, “What we think about a person or thing or a life situation.” But our attitude becomes very important when we

think about our future. We usually have two types of thoughts when we think about our future – worrisome or hopeful. But both types of thoughts influence us in two very different ways. Worry always depresses us and hope encourages us. We need to understand the fundamental difference between both of them. Worry is our own creation and hope is God’s realistic blessing. Hope is realistic because it is founded on the two truths about God:

- God has hidden opportunities in the worrisome life.
- God has given us wisdom, strength & talents to find those hidden opportunities

Reflection:

1. How does jealousy affect the work environment?
2. What are the ways of dealing with jealousy in the work?

Prayer Points:

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

Best & Surrender

John 15: 1 – 10

Key Verse: “I am the true vine, and my father is the vine grower.” (v1)

The imagery of vine grower, vine and branches talks very clearly about the talent of living this life. Father God is the Vine Grower, Jesus Christ is Vine, branches are human beings and the ways we live are the grapes we produce. This imagery tells that to have the best fruit, we need following two things in the life:

1. *Best*: Any Vine Grower has only one intention – “to grow best vines.” Best vines can only have best branches and best branches will only produce best grapes. The word best means, “Greatest degree of good or excellence.” We are created by the Vine Grower – the Father God and as the branches we are strongly connected with the vine – Jesus Christ. We can have an excellent life only by living as per the parameters set by God; and not by the world. The parameters revealed through the Christ life are – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, gentleness & Self Control. Living a life based on these parameters will be surely excellent and will be uncomplicated, satisfactory, peaceful and blessed one.
2. *Surrender*: Who we will be, is decided by our desires. Our desires control our choices and our choices decide who we will be. There are two words very important – Intention & Reality. What we

intend may not need to turn out in reality and what we do not intend may also turn out in reality. 😊
Vine Grower wants the vines to be best and for that he prunes, bends, supports and strengthens the branches as per the need. All these he does because he intends best for the vine. But this intention can be reality only if the branches are ready to go through the things vine grower is intending for them. Going through the intentions of the Vine Grower is called Surrender. Jesus the Vine completely surrendered to the intentions of the Father God the Vine Grower.

Reflection:

1. Do an assessment of “what is intended” vs “what’s the reality?” in your life in Christian Medical College & Hospital, Ludhiana.

Prayer Points:

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

Physicality vs Spirituality**Matthew 4: 1 – 11****Key Verse: “Then the devil left him and suddenly angels came and waited on him.” (v11)**

Three temptations of the Christ tell us the way the way we need to live our life:

1. *Way of living:* The First temptation of Jesus tells us about the two connections between our physicality and Spirituality.
 - Our physicality controlling our spirituality and then we using our spirituality as the means and justification of fulfilling our physical needs and desires. Jesus was feeling hungry and Satan want him to turn stones into bread and then use his spirituality to justify this act.
 - But Jesus turned down this proposal. As God has given us the body, He will take care of the needs of our body also. Let our physical needs not be the guiding force of our life; instead spirituality be the guiding force in our life.
2. *Controlling force in Spirituality:* Satan tried to raise Jesus’ emotions by demanding to test God’s Love for Him. But instead of getting trapped in human emotions or being controlled by human logic, Jesus let himself to be guided by Divine Logic. We are living in a world where the satisfaction of individual human emotions has become prominent. Knowingly or unknowingly our relationship with God is also getting limited into the management of our emotions. The

result is the rise of Feel Good Spirituality. This is a trap and our spirituality must not be slave to our emotions instead it must be guided by the Divine Logic.

3. *Strength in living:* Jesus is sent to be the Lord of universe by the way of Suffering. But in third temptation Satan is offering Jesus, an easy way. But Jesus replied, “*Worship the Lord Your God only.*” Worship means giving worth. In other words Jesus was trusting God’s worthiness; which would be revealed as God’s strengthening presence when he would be on the cross. God’s way may seem tough and difficult, but God’s presence is our strength in such type of living

Reflection:

1. How can you increase your Emotional Quotient with the help of Divine Logic?

Prayer Points:

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

Understanding the Dream

Matthew 10: 1 – 13

Key Verse: “Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without paying, give without pay.” (v8)

Word Dream means a cherished aspiration, ambition or idea for future. And to have a dream is very necessary, as dreams provide energy to live. But there are two types of dreams

1. *Our own or our loved one’s dreams for our life*
2. *God’s dreams for our life.*

Our or our loved one’s dreams for our life has limitations but God’s dreams for our life won’t have any limitations. God has created us and knows us inside out. He knows our strengths as well as our weakness and His Dreams for our life are best. Jesus is explaining disciples the God’s Dream for their life. And as per that dream; God wants them to go out and touch someone’s life with the love. And he is also explaining the ways of touching a place or a person or a community by God’s love. God has created us in Love and as a medical care giver His dream for our life is to let love touch someone’s life through our caregiving.

Dreams create good feelings of hope but to materialize the dreams in reality we need determination and perseverance. And in order to have determination and perseverance we need to do following things:

1. Sit down and think, “*How can I spread God’s Love through my life and Work?*” When you find the answer

to this question make it your Life Aim.

2. When aim is decided then break down the journey to that aim into steps and you will get a life plan.
3. And the third thing we need to do is start implementing the plan in life and God’s dream for our life will become true and real.

If we read today’s scripture portion carefully, we will find out that Jesus is doing all these three things with the disciples.

Reflection:

1. Along with the professional excellence how can you incorporate love, trust, hope, patience, acceptance and forgiveness in medical care giving?

Prayer Points:

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

Implementing the Dream

Colossians 1: 1 – 11

Key Verse: May you be made strong with all the strength that comes from his glorious power, so that you may have all endurance and patience, joyfully.” (v11)

Last week we meditated about God’s Dream for our Life and this week we are going to think about, *“How can we breakdown that dream in a plan and implement it?”* Today’s Key Verse gives us the plan. The first part of today’s verse says that we will be made strong. That means there are certain things which can make us strong and we need them. There are four things which can make us strong:

1. **Love:** God’s love is so strong and powerful that it got victory over every evil. We are created in, by, & for, same God’s Love. And with this love we can be victorious over evil in our own lives as well as in the lives of others. So The first part of the plan is to start living day – to – day personal as well professional life in love.
2. **Trust:** Love is most powerful quality of life but the Trust is most assuring quality of life. Trust means, *“Having surety that, with Guaranteed presence of God I am able to face any life situation.”* The second part of the plan is to allow faith to control the decision-making process in every life situation.
3. **Hope:** Hope is most encouraging quality of life. Hope means capacity to desire only goodness in our own life as well as the life of others. The third part of the plan is to

incorporate the craving for goodness in decision making process.

4. **Endurance and Patience:** the second part of the Key verse is saying, *“May you be prepared to endure everything with patience.”* In other words, it’s telling, *“Never give up.”* But why? There are two reasons
 - Someone’s life is depended on you.
 - Someone is craving you to be victorious.

Reflection:

1. How can you convert your dream in a plan and implement the plan in day-to-day living?

Prayer Points:

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

Vision – A talk about Future

Habakkuk 2: 1 – 11

Key Verse: “Write the vision; make it plain on tablets, so that a runner may read it.” (v2)

To have a vision is very necessary for an individual or the institution. Vision helps with following things:

1. *It helps us to define ourselves.*
2. *On the basis of that definition, it helps us to form a value system to govern the life.*
3. *It gives us a point of focus for the future.*

But vision is a weird thing. How can we say that? Vision talks about future but it has to be implemented in the present. For example, when we say, “I have a vision for my life” that means “I have a life aim.” but to achieve that aim we need to start living the vision in present then only it will be fulfilled in the future. But to start living the vision you need to have strength to live through following three types of life situations:

1. *When we have absence of opportunities.*
2. *When we find ourselves devoid of talents to live the vision.*
3. *When we find loved one’s love and encouragement missing.*

God gave a vision to Prophet Habakkuk for Israelites. But the Habakkuk felt that there were no opportunities left in their lives to fulfil the vision. He complained that they were not having any talents or capabilities to fulfil that vision and also there is absence of God’s love & encouragement in their life.

But after all these bad feelings and complaints the last verse in the book

of Habakkuk becomes very important:

“God, the Lord, is my strength; he makes my feet like the feet of a deer and makes me tread upon the heights.” (3:19)

In your journey to materialize the life vision God does three things:

1. *He helps you to see hidden opportunities.*
2. *He helps you to recognise God given talents in you to use those opportunities.*
3. *He makes you to feel loved one’s love & encouragement.*

Reflection:

1. What is the vision statement of CMC & H, Ludhiana?
2. How can you be the part of this vision fulfilling journey of CMC & H, Ludhiana.

Prayer Points:

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

Hoping to trust or Trusting to Hope

Mark 2: 1 – 12

Key Verse: “When Jesus saw their faith, he said to the paralytic, “Child, your sins are forgiven.” (v5)

Hope and trust are deeply connected. If you want to hope then you have to trust. There can be doubts in the Hope, but there cannot be doubts in the trust. So, in order to have “*Sure Hope*” we need a “*Doubt Free Trust*”. These men who carried the paralytic for all the distance had “*Doubt Free Trust*” that Jesus would heal him. This trust was the foundation of their hope for the paralytic’s healing. But this whole process of *Doubt Free Trust* & *Sure Hope* revolves around two things:

1. *Power:* When we trust someone, we trust on the power of that person. That power can be physical, emotional or spiritual. But there is one power which is not included in these categories – *The power extracted from a deep desire for someone.* These men had deep desire for the paralytic and that desire gave them the power to go to any extent for him. And that power became the reason of trust for the Paralytic and His family members to allow these men to carry him. This trust became the foundation of *Sure Hope* that they would be successful.
2. *Possibilities:* Our God is God of possibilities. And He keeps on providing the possibilities; even when as per the worldly logic there are no possibilities. Because of their love, these men worked hard for

the paralytic but when they reached the place where Jesus was; there was no possibility left for them to take him to Jesus. When all the possibilities were closed in front of their eyes, they looked up and God accepted their love, trust, hope & hard work and gave them the possibility in form of the roof of house.

Be sure about one thing if your hard work is the result of genuine love and trust then God will surely provide opportunities to you. And that is our hope.

Reflection:

1. In a team why is it necessary to trust the members of the team?
2. What are the different ways of implementing trust in day today work?

Prayer Points:

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

Daily Hope

Lamentations 3: 19 – 30

Key Verse: “The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.” (v22 – 23)

or

Every day is a new beginning and beginning starts in HOPE. And as per today’s key verses to fulfil that HOPE God’s love and His Faithfulness is our strength, and the opportunities provided as mercies are encouragement. But if we want a day must be a blessing like this; we need two things:

1. *Start each day with a resolution:*
Resolution contains two things:

- I will start doing certain good things, which I haven’t done till this day of my life.
- I will stop doing the wrong things which I was doing till today.

Surely these two things are very necessary for our growth. But we don’t want to do it, because wrong things have become our comfort zones. Now growth means breaking the patterns of bad comfort zones by replacing them with good choices and habits, and slowly making those choices and habits our new Comfort Zones. And all these will be possible if we start today.

2. *Start each day with Thankfulness:* We cannot think about future without thinking about past. Every new day starts with two types of memories:

- *Memories of Good times*

- *Memories of bad times*

Memories of Good times fill us with gratitude. But memories of tough times reflect themselves on our thoughts of future and generate fear. If we fall into the trap of memories, we will start our new day in fear. So, in the beginning of a day whenever there are fear generating memories of bad times – stop for a moment – just think how God took you out from those tough moments and then be thankful and be strong in Hope that the same God is with you now also and will lead you in future also.

Reflection:

1. What type of morning pattern can you set to start a day of hope & encouragement?

Prayer Points:

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

Jehovah – El - Shaddai

Genesis 17: 1 – 8

Key Verse: “When Abram was ninety-nine years old, the Lord appeared to Abram and said to him, “I am God Almighty; walk before me, and be blameless.” (v1)

Word “*Jehovah – El – Shaddai*” means “*God is Almighty.*” There are certain characteristics of today’s world:

- Today’s world is over obsessed with power.
- This craze for power is to get control over everything.
- Our power is derived from the things of the world like money, position and knowledge.

Here God is also announcing that He is almighty. But contrary to world’s power, God’s power has following characteristics:

- God is all powerful and he is powerful enough to control everything in this universe.
- God’s omnipotence is not revealed through the means of the world, instead his omnipotence is revealed through his love for us.
- Even though God is powerful enough to control everything, God uses his power not to control us, but to help us to live our life in abundance for him.

The best example of this is Aabraham. His former name was Abram meaning “*Exalted Father*”. “*Exalted Father*” was a Position of Power in Jewish Community. It was more similar to someone who is a Fatherly Leader. God told him to leave his own place and go to a place God wanted to show

him. God promised to create a nation out of him. Even though he had no children, Abram Trusted the Power of God’s Love and obeyed Him. His trust on the power of God’s Love brought further blessings in His Life. Now God is promising him to make him a real Father, and giving him new name – Abraham meaning “*Father of Multitude.*” God’s power is not to be scared off, instead God’s power is to be trusted.

Reflection:

1. How can you combine your power of knowledge & expertise of your profession with the power of Love?

Prayer Points:

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

Jehovah Nissi

Exodus 17: 8 – 16

Key Verse: “And Moses built an altar and called it, The Lord is my banner.” (v15)

Jehovah Nissi means God is my banner. In today’s world Banners are used to advertise. But in Moses’ time banner was carried in front of an army – proclaiming to the world about the owner of the army. And when Moses was telling “*The Lord is my banner,*” that means “*God is my owner.*” Moses accepted that truth in reality and lived his life as per that truth. He allowed God to lead him and also to take decisions about his life.

God is the owner of our life and we need to live our life as per this truth. But we are living in a world where the catch phrase is, “*I own my life and I must have freedom to live it in my way.*” The best example of this catch phrase is Jacob. He lived his life on his own. Up to the point, he was successful, he enjoyed it, but the moment failures started hitting him his life became miserable. He was left alone in his failures.

This is the misery of life lived on our own. As long as success is there, it goes well but as soon as failures hit, life becomes miserable. We get delighted in our successes but then we are forced to take the responsibility for our failures also. The basic principal of Self-Ownership of life is – “*If we are only responsible for our success, then we are only responsible for our failures also.*”

On the other hand, when God is our banner, he owns our life. Our life’s

achievements are because of Him, our loved ones and opportunities are provided by God. In our failures we are not alone. God is with us and He leads us through our failures. As God owns us He will not allow us to struggle by our own.

Reflection:

1. Find out the areas of your life you are still holding as your own and surrender them to God?

Prayer Points:

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

Jehovah Shamah

Ezekiel 48: 29 – 35

Key Verse: “And the name of the city from that time on shall be, The Lord Is There.” (v35)

Jehovah Shammah means “*The Lord is there.*” Loneliness is very much part of our being. And our loneliness is a bit weird. Sometimes we feel very lonely even when we are surrounded by people and sometimes, we won’t feel at all lonely even when we are really alone. People of Israel were having a feeling of being left alone in exile. To them God is assuring, “*I was there, I am there and I will be there in future also.*” God is there with us also. But we need to understand two very important aspects of His Presence:

1. *Authority:* Usually, authority is derived from the position. For an example – a king’s authority over his kingdom is derived from his position as a king. But even though a king has an authority over his people, it’s not necessary that he be there with them. God has authority over us. But to understand God’s Authority over us, we need to understand following things:
 - God has created us, and as a creator he has unquestionable authority over us.
 - Instead of imposing His authority of a creator on us, He chose to earn it by His love for us.
 - We experience His Authority over us by His Presence in our lives.

2. *Belongingness:* Word “Belong” creates a beautiful feeling in us. It feels good when someone asserts,

“*You are mine.*” Belongingness can be experienced only in relationships. To be true as humans we are scared of loneliness, because we must belong to someone and someone must belong to us. When God says, “You belong to me” it has two reasons:

- Our Body is created by God and our soul comes from God.
- To have us, as His own; He allowed His own Son to die for us.

So, as we belong to God, He is there for us. God’s Authority & Belongingness is saturated in three promises:

- Fret not I love you. (John 13:1)
- Faint not I hold you. (Psalms 139: 10)
- Fear not I keep you (Psalms 121: 5)

Reflection:

1. Discuss the statement, “*True authority is an equal mix of given and earned one.*”

Prayer Points:

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

Almighty Creator!

Acts 17: 22 - 31

Key Verse: “For ‘In him we live and move and have our being’; as even some of your own poets have said, ‘For we, too, are his offspring.’” (v28)

Today’s Key verse is a quote from Apostle Paul, taken from a Greek Poem. Paul is telling the people of Athens to Live in God. Live means being alive in a particular manner. And “*Living in God*” means “*Living in Peace.*” In life, Peace will never ever be an “*always present phenomenon.*” Our peace is disturbed by life situations and emotions. So, in order to understand “*process of attaining peace*” we must know the connection between life situations & emotions. There are four things:

- peace is always disturbed by negative life situations and the negative emotions created by those life situations.
- The negative life situations will be always outside of our body but those outside negative life situations will always generate negative emotions in us and negative emotions have potential to ruin our life completely.
- There is a misconception that by changing outside life situations we can attain peace. But it’s not possible.
- On the other hand, Positive emotions are God given and inherent in us. And positive emotions have potential to

transform negative Life situations into positive ones.

- The best way of attaining peace is controlling our negative emotions and start living with our inherent positive emotions in the negative life situations. Jesus had taught that and lived that.

Reflection:

1. How can you live with positive emotions in negative work environment?

Prayer Points:

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

Holy Creation!

Psalms 118: 21 – 29

Key Verse: “This is the day that the Lord has made; let us rejoice and be glad in it” (v 24)

As humans either we live in past or in future. But psalmist is telling us to break that norm and live in the present. But can we forget the things happened in our past and can we stop thinking about our future? It may seem impossible but there are three very valid reasons to justify present moment living:

- Present moment is the only moment we have to be alive & live.
- This present moment will very soon be part of our past. And how we will remember our past will solely depend upon how we are living it today.
- Our future is not going to be built from state of nothingness. Instead, our future is founded on our present life. The way we live present moment will surely influence our future.

So, the million-dollar question is, “*How do we need to live our present moment?*”

There are two things needed:

1. *Be kind to yourself:* In faith life *being kind* means, “*being conscious of the need of the present moment and on the basis of that consciousness taking action.*” Living in the present means, being conscious of the things happening in our life in a particular moment and living that moment on the basis of that consciousness. Before crucifixion, Jesus warned Peter about his forthcoming betrayal, and Peter bragged about his

faithfulness. But when Peter really betrayed Jesus, Jesus turned and looked into his eyes and all of sudden Peter became conscious of his blunder. He went out & cried. This consciousness and crying later ended in his reconciliation with Christ.

2. *Have Patience:* usually we live the present moment either brooding over our past or being anxious about our future. When we live our present moment in the anxiety of future, then we won’t live it in its completeness and we also won’t enjoy it. Later when that moment has passed then we brood over it and accuse ourselves or others. In Faith Life Being Patient means – “*living present moment in its best way with trust that I don’t need to worry about future. God is in control.*”

Reflection:

1. How can we say that genuineness and honesty in today’s duties will give our institution a beautiful future?

Prayer Points:

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

Ask, Search & Knock

Matthew 7: 15 – 19

Key Verse: ““Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you.” (v7)

Without any strings attached Jesus promised to give answer or to find or to open. But we very surely know that it's not the norm. So many times, we won't get an answer – so many times we won't find and so many times, it won't be opened also. So, was Jesus lying or we need a different understanding? Surely Jesus was not lying instead we need a different understanding. Asking, searching and knocking has nothing to do with our need of material things, instead it is very deeply connected with three questions:

- *What does God want to answer to us?*
- *What does God want us to search?*
- *What does God want to open for us?*

To the know the answer of these questions we must know the meaning of the words ask, search & knock.

1. *Ask:* We ask questions when we don't know the answers or when we are confused. In a fraction of seconds, Job lost everything and then he had no answers for his or his wife's or his friends' questions. So, he asked God. After waiting God gave him the answer that whatever happened was in God's knowledge. Initially it was difficult for Job to accept that answer but at the end He surrendered and accepted. God will surely give us answers but it may possible that the

answers may not be as per our liking.

2. *Search:* Usually, we search most important things of our life. As humans the most important things in our life are – Love, Trust, Hope & Peace. There are always some life situations when we find one of them missing from our life. On the Cross Jesus realized God's Love is missing from His life and he cried, *“My God! My God! Why have you abandoned me.”* But at the end He found it and said, *“Father! In your hands I commend my Spirit.”*

3. *Knock:* We knock on the door. And in God's Word, doors symbolize opportunities. Our God is God of opportunities. But his opportunities become very important when we have to face hurt or embarrassment. In such situations God provides the opportunities for positive reaction. Christ said, *“if anyone strikes you on the right cheek, turn the other also.”* We are called to break the norms.

Reflection:

1. Why do breaking the norms in positive way seems difficult?

Prayer Points:

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

From Impatience to Patience!

Matthew 15: 21 – 31

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)

Impatience is the norm of present generation. But impatience is turning us into anxious, stressed out and short-tempered human beings. God wants us to break this norm and be patient in suffering and persevere in prayers. The dictionary meaning of the word patience is, “Capacity to tolerate delay, trouble or suffering without becoming angry or upset.” And the one thing needed to have patience is strong faith. Canaanite woman faced all these three situations and her response is matter of study:

1. *Delay:* She cried for help and Jesus was silent. Silence is connected with delay, as you don’t know what will happen. But when Jesus was silent, still she trusted Jesus and approached disciples.
2. *Trouble:* When disciples approached Jesus, answer was, “No”. Now she was in trouble. She had tried everything and now Jesus was her last hope. Even though logically there was no way left for her but she kept her hope alive and approached Jesus by herself. There is way out from every trouble. In certain troubles there may seem we have approached dead end, but our life is not created to be ended by some troubles. Never give up hope.

3. *Suffering:* When she approached Jesus by herself, Jesus humiliated her. Humiliation creates internal wound. And such wounds becoming suffering. But she found her worth even in the humiliation. We have to always remember one thing, “Humiliations can only hurt our ego. Humiliations have no capacity to change “who we are,” or demean our worth.” We are God’s creation and we have worth.

At the end when Jesus heard her reply, he said, “Woman, great is your faith!”

Reflection:

1. Find out the area of medical care giving where patience is needed?
2. Find out areas of your personal life where you need to be patient. And chalk out a plan to implement the patience.

Prayer Points:

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

Excitement to Enthusiasm

2nd Corinthians 12: 1 – 10

Key Verse: but he said to me, “My grace is sufficient for you, for power[a] is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. (v9)

“*To be excited*” is the norm of our times. The question very commonly asked is, “*Are you excited?*” But we know that we won’t be excited when:

- *We are constantly experiencing burdens.*
- *When we are totally confused*
- *When things are beyond our comprehension.*

Such situations drain away all our energy and we are no more excited about anything. But Paul was not like that. Life for him was very tough. He was imprisoned frequently, flogged severely. Three times he had to face shipwreck. He was constantly ill and weak, but still, he is very excited and gladly boasting about his weaknesses. So why do we become depressed and Paul was not? We need to know the difference between the words, “*Excitement*” & “*Enthusiasm.*”

Excitement means, “*A feeling of eagerness caused by outer factors.*” As soon as the outer factors change there is no more energy or eagerness left.

Enthusiasm on the other hand means, “*Inspired by God.*” And as our God is an eternal omnipresent God, enthusiasm never dies. God’s inspiration and energy is always there. Paul was not excited, instead he was enthusiastic. But so many times we are not able to

have this enthusiasm because of the absence of two things from our life:

1. *Insight:* Insight means ability to see through the tough life situations and being sure about the God’s presence in and beyond tough life situations.
2. *Wisdom:* Wisdom is seeing life and tough life situations from God’s point of view. It means seeing life through the eyes of infinitely wise and completely good God.

Reflection:

1. How can we use insight and wisdom in our professional life?

Prayer Points:

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

Emotional Foundations

Matthew 7: 15 – 27

Key Verse: “Everyone, then, who hears these words of mine and acts on them will be like a wise man who built his house on rock.” (v24)

To be calm & composed we need firm foundation in life. But three types of life situations shake those foundations and to be calm & composed we need to solidify & firm the foundations:

1. *Desires:* Desires are very part of life. Our desires give colour to life and they are also our encouragement to keep on living. But desires are uncontrolled and erratic in nature and if allow our desires to control our life, then have the capacity to shake foundations of our life. our life must not be controlled by our desires instead our life must be controlled by our life aim. Life Aim is firm in nature. And that firmness takes away the shakiness of desires. This whole process makes us calm & composed.
2. *Doubt:* In today’s times trust issues are increasing among people and in relationships. The one weird thing about these days is – With all the doubts in mind, people are still ready to live in a relationship. In certain areas of life doubts are a necessity. But doubts in relationships shakes the life. Doubts can be dealt with trust only. On the face of doubt in order to generate trust we need to ask three questions:

- *Who am I?*

- *Who is the other person?*
 - *What is my relationship with that person?*
3. *Fears:* Fears are very part of our life. and if we do not take care of our fears, they have the capacity to shake our lives very badly. Fears are the outcome of a threatening life situation. In the face of threat the first questions comes in our mind is, “*What will happen to me?*” This question creates different scary situations in our mind. Our fears are our imagination they are not reality. On the face of fear, we need to focus on the present and keep on engaging in the present needs. Slowly your fears will fade away.

Reflection:

1. What are the foundations of ethical care giving and what are the things that shake those foundations?

Prayer Points:

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

Spiritual Foundations

1st Corinthians 3: 10 – 20

Key Verse: For no one can lay any foundation other than the one that has been laid; that foundation is Jesus Christ. (v11)

Along with the firm emotional foundations, to have a calm and composed life we need a strong spiritual foundation also. There are two truths which we need to make the basis of our spiritual foundation:

1. *Knowledgeable:* Knowledgeable means having all the information about someone or something. In a relationship the knowledge about other person is very important. And this knowledge is gained by the connection. When we are deeply connected with someone then we are able to feel everything that they are going through. This knowledge makes us responsible towards other person. In this whole world God is most deeply connected with us. He can feel and sense everything in our life inside out. This connection and this knowledge made Him so responsible for us that he even sacrificed His Son for us.

2. *Positivity:* Now a days the word positivity is used very much. Positivity is not closing our eyes to the reality of the present and hoping that everything is fine. Instead, positivity is believing that there is always opportunity in every situation of life. To have this assurance in our life, we need to be firm on following statements:

- *God has given me this life and He knows everything about me and my life.*
- *I have to live this life – moment by moment – on day-to-day basis.*
- *In this life journey God is always with me and keeps on providing*
- *People in this world may give up on me but God will never give up on me.*
- *I have to be excited to live this life, because God loves me very much.*

Reflection:

1. Decide to have a daily spiritual routine in your life.

Prayer Points:

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

Foundations shaking failures

Mathew 17: 9 – 20

Key Verse: “Then the disciples came to Jesus privately and said, “Why could we not cast it out?” (v19)

In today’s passage we read disciples trying to heal a boy but got failed. Failures shakes us emotionally as well as spiritually because of the three types of fears:

- *Fear of rejection:* Love is the most important thing needed to be alive. And we experience love by other’s acceptance of us. failures create two types of perceptions in our life: We lose our own acceptance by ourselves. We start to presume that after this failure others will reject me. At the end we start running away from ourselves and others. But the love has nothing to do with someone’s success or failures. We love someone because of what they are in our life. Always remember one thing, “Along with God there is a big number of people for whom – *who we are*; is more important than what happened in our life.
- *Fear of loneliness:* Failures create emotional turmoil inside us. And those emotions use to be very strong and confusing. The result is we start thinking, “*Nobody can understand what I am going through.*” This thought creates loneliness. On face of loneliness we need compassion – Somone who is ready to understand us completely & objectively to help us. The one thing needed to overcome the fear

of loneliness is opening ourselves with someone.

- *Fear of mistrust:* On the face of failures, we start questioning our capabilities and we also start presuming that after this failure others also won’t trust our capabilities. When we have the fear of mistrust at that time, we need encouragement. And encouragement means someone assuring us that they trust our capabilities. God has created us, he knows our capabilities and he trusts us.

Reflection:

1. How can you compassionately correct & encourage someone of your team on the face of failures?

Prayer Points:

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

Foundations affirming Relationship
Matthew 3: 7 – 17
Key Verse: “This is my Son, the Beloved, with whom I am well pleased.” (v17)

Relationship is the very foundation of our existence. Usually, we can identify three types of relationships:

1. *Controlling Relationships*: controlling relationships means, “Someone controlling all the aspects of other person’s life.” In a controlling relationship, the controlled person is supposed to live a life of slavery for the controlling person.
2. *Possessive Relationship*: being possessive means, “*Keeping something for ourselves.*” The words best define a possessive relationship are, “You be there with me always and I will live for you. You have to be mine only and I can’t tolerate anyone else in your life. Possessive relationships are very suffocating.
3. *Complementary Relationship*: complementary relationships are formed on following foundations:
 - Each person in a relationship understands the uniqueness and worth of the other person.
 - Each person respects other person’s freedom and right to live life on their terms
 - Both persons’ place & worth is well understood, defined, valued and cherished.
 - Both persons’ other relationships of life must be accepted and valued.

Father God and Jesus had a complementary relationship. God accepted Jesus’ worth & uniqueness as “His Son.” He gave Jesus all the freedom to make choices. And God valued and Cherished Jesus place in their relationship and that’s why God proclaimed, “*This is my Son! The Beloved! with whom I am well pleased.*” Above all God valued Jesus’ relationship with the whole world and He allowed Him to go live & die for them.

Reflection:

1. Having a right place in a right relationship can only value your worth in a right way. On the basis of this statement assess your present relationships.

Prayer Points:

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

Optics vs Perspective

John 9: 49 – 51

Key Verse: But he turned and rebuked them. Then they went on to another village. (v55 – 56)

To be calm and composed we need to have a certain thing in our lives. We need the emotional foundations; we need spiritual foundations and we also need the right understanding of the relationships. But along with this we need the right perspectives also.

Optics vs Perspective: Today's world is an optics-controlled world, "Whatever can be seen is only the reality." And so many times we think that by changing the optics, real change can be brought. But in reality, *life is controlled by perspectives.* If we want to bring change the need is to change the perspective. John was once a jealous person; He was very egoistic. It was very difficult for him to accept others rejection. And he wanted to take even revenge. But he later decided to change his perspectives and he became the apostle of Love. The transformation was 180 degrees.

Courage, Energy & Power: The opposite of the fear is courage. Courage does not mean absence of fear, instead courage means desire to face the fear. The weird thing about us is that we are not scared to be jealous, or selfish or angry etc. But we are scared to love, or forgive or being humble or being thankful. Our usual response is, "I won't have energy to love or forgive etc..... etc....." The real meaning of the energy is, "the power derived from the activity or work, we are engaged in." Negative activity will create more

negative energy and that energy will force us to engage in more negative activities. But Positive energy will create positive energy and that energy will encourage us to engage in more positive activities. When Paul was a persecutor, he kept on doing more and more persecution. But when he started loving, he kept on engaging more and more activities of Love.

Reflection:

1. What are the things needed to change the perspectives of people in a work environment?

Prayer Points:

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

Attitude to Gratitude**Genesis 32: 22 – 32**

Key Verse: “So Jacob called the place Peniel, saying, “For I have seen God face to face, yet my life is preserved.” (v30)

We all have a central point in our life from where the life takes 180 degree turn. The life we lived before that moment would be entirely opposite to the life we are living after that moment. For Jacob that moment was, his wrestling with the angel of God. Before that moment we didn't find any mention of God in his life. He was striving for his personal accomplishments only. But that interaction he just wanted to live with God. And there was no place for his personal accomplishments.

Life of Attitude: A person of attitude means someone who thinks about himself or herself as best, complete and successful. Jacob was a man of attitude. He wanted to live his life on his own terms and he wanted to control the lives of the people connected with his life; so that their life would not be an obstacle for Him. Event though he lived such life for some times and enjoyed it, but very soon he ended up being a fugitive, bitter, jealous, disappointed and humiliated person.

Life of Gratitude: Gratitude means thankfulness. But it does not mean just keep on saying thanks. It has more deeper meaning. Life of Gratitude means living life as per the terms and conditions laid down by God and giving God the control of life. Before the point of transformation Jacob tried

to control everything in the life. but after the transformation we found a Jacob led & controlled by God. And when he allowed that even during the tough experiences of life he was calm and composed.

Reflection:

1. In a work environment what is more easy, “*an attitude of control or the attitude of sharing & acceptance?*” And why does it seem so?

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.

Conditional vs Compassionate Trust
Genesis 31: 43 - 54

Key Verse: “he said, “The Lord watch between you and me, when we are absent one from the other.” (v49b)

There is classic quote, “If we want we can spread all the reasons to trust someone and if we don’t want than no one in this world can make us trust. Trust is the very foundation of any relationship. But Jacob and Laban are the classic example of mistrust. Jacob, tried to control Laban and Laban tried to control Jacob and at the end both of them ended up in a big cycle of mistrust, cheating, anger & revenge. Trust can be understood in two ways:

1. *Conditional Trust:* Conditional trust is formed on the condition of predictability. We are control desiring generation. When we are in control, we feel safe. Feeling of safety gives us confidence and confidence leads to joy. But we feel in control when everything in life is predictable. But God, people and life situations are mostly unpredictable. So, there is only one option left, “make everything predictable.” Usually, people do that by forcing others to live in the way they want. Such a life is scary as well as stressful. The controlling person will neither be in peace nor will enjoy the relationship.
2. *Compassionate Trust:* But if everything is predictable in life, then we don’t need trust. When conditional trust forces us to control people around us and make them predictable; the conditional

trust is founded on the 4 basic principles of life:

- People in your life love you.
- Even though people in your life love you but they are very different from you.
- Love does not force us to be similar to the loved one, instead love accepts the difference and uniqueness of other person.
- Like all of us, on the face of fear another person can be selfish or fail or be weak.

In a weak moment when Peter cheated Jesus, Jesus was neither angry, nor He wanted to punish or take revenge, instead Jesus wanted to know only one thing, “*Simon son of John! Do you love me?*” And the answer was yes, he just trusted Peter. This is called compassionate trust.

Reflection:

1. How can you imbibe grace in the conflicting work relationships and convert conditional trust into compassionate trust?

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 happenings 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 to 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 world.

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 has 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. To 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 for giving us the eternal life. Christmas clearly calls 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 2024.



“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

