

Sparsh 2025

"We serve a King"



"Jesus stretched out His hand and touched him....."



Christian Medical College & Hospital
Ludhiana

A legacy of Healing, Education & Research since 1894



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*“Christian Medical College
Ludhiana Society, on behalf of the
Church, seeks to contribute to the
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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!!!!!!

Caregiving is both a demanding and rewarding journey, often requiring physical, emotional, and spiritual strength. Faith plays a crucial role in sustaining caregivers by providing the strength, hope, and perspective needed to navigate challenges while fulfilling their calling.

“Sparsh” is a Hindi Word, meaning *“Touch”*. Touch symbolises encouragement and we need God’s uninterrupted touch on our Institution as well as in our personal lives to fulfil this calling. The whole aim of SPARSH is to keep **Christian Medical College & Hospital, Ludhiana Community** on the path of seeing our calling in light of **FAITH** and providing it with Divine Encouragement.

Sparsh contains one key verse defining theme and a Bible portion explaining the implications of that theme for a week. This is followed by Reflection Questions and Prayer Points. Use the particular Devotion, Reflection & Prayer for that particular week. Let it be the source of inspiration & encouragement.

God's Will & Change

Acts 9: 1 – 12

Key Verse: “Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect” (Romans 12: 2)

We all want to change for betterment. But can we change ourselves? Is it possible with so-called self-help books? The world teaches change from outside to inside. But the scripture is very clear that our change can happen only from inside to outside. The key to this change is the word of God. And word of God reveals God's will. Our God is Father God. And most of the time we find it difficult to follow His Will, as we think it as an imposition on our freedom. But God has created us and He knows, *“What is best for us.”* So *“His Will”* is best for our life. And following His Will leads us to the best. Paul's transformation is best example of this change:

1. *“God's Will” changed His life direction:* Saul, was a fierce persecutor of Christians, but God's desire for his life was to be an apostle. And once he decided to follow God's Will, His mission changed from destroying the people to spreading the love. God's will can take a life heading in one direction and completely reorient it to another.
2. *Transformation Through listening to Divine:* Personal encounters with God always brings deep inner change. Paul's vision of Jesus and the resulting blindness symbolize a

spiritual awakening. This blindness, lasting three days, gave Paul time for reflection, self-audit and dependence on God. The spiritual insights which he received during physical blindness, becomes his sight for future life.

James 1:25 says, *“But he who looks into the perfect law of liberty and continues in it and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.”* This was the basis of David's life also, let us ask God's help for changing our heart and mind and meditate God's Word, Day and night.

Reflection:

In the outset of 2025, we need to do three things:

1. *A self-audit of our life as well as of our community.*
2. *Finding God's desires for our own lives and for our community and the changes God wants to make.*
3. *The choices we need to make to bring the changes.*

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

Status Quo Comfort vs Growth

John 2: 13 – 22

Key Verse: “See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” (Isaiah 43: 19)

The world always speaks of marinating the status quo and maintaining status quo is very comforting. But Jesus teaches us to come out of the comfort of the Status Quo and grow. When Jesus arrived at the temple and saw the merchants’ selling animals and the money changers conducting business, he made a whip, drove them out, overturned their tables, and rebuked them for turning his Father’s house into a marketplace. This action has two implications:

1. *This action upsets the established comfort and norms.*
2. *He challenges a system that had become commonplace, but still very corrupt and contrary to the true purpose of the place.*

There is a powerful contrast between comfort (*status quo*) and growth (*transformation*). The merchants and religious leaders were comfortable with the established practices in the temple. They prioritized personal convenience and profit over reverence and holiness. Jesus' intervention reveals some basic necessity of growth:

1. *Accept the truth that we cannot bring change on false grounds of marinating states quo.*
2. *We need to face the uncomfortable truths about ourselves.*
3. *On basis of those uncomfortable truths, reassess priorities and move beyond*

established habits and traditions which are stopping us to grow.

Like the religious leaders & temple merchants, we also fall into routines or practices that feel comfortable but takes us away from our purpose.

Reflections:

Jesus’ cleansing of the temple invites us for three things:

1. *It challenges us to examine the working environment & work habits of the individual workers formed in that environment.*
2. *We have to Choose between “Business as usual” & “Dedicated innovative & enjoying way of working.”*
3. *We have to Find out the uncomfortable truths about ourselves and decide to change.*

Prayer Points:

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

Set Apart

2nd Timothy 2: 14 – 26

Key Verse: “Before I formed you in the womb I knew you, and before you were born, I consecrated you; I appointed you a prophet to the nations.” (Jeremiah 1: 5)

“Set apart” means living in a way that aligns with God's purpose and reflects spiritual maturity, integrity, and usefulness to God's work. This has further three implications which Paul explains in the passage:

1. *Disciplined and purposeful thinking (v14 – 16):* Paul urges Timothy to avoid “quarrelling about words” or unnecessary disputes and “godless chatter” or unproductive talks; because it leads to ruin and ungodliness. Such tendencies create lack of focus and chaos in our thinking pattern. A caregiver needs focus & clear thinking.
2. *A sense of calling and alignment with God's purposes (v 20 – 21):* Paul uses the metaphor of a large house containing vessels of gold, silver, wood, and clay. He emphasizes that those who cleanse themselves from dishonourable purposes will become vessels for honourable use, “Set apart as holy.” As a human being we must be sure about our Identity and Purpose. And this can be gained through inner cleansing. Inner cleansing involves overcoming destructive habits by self-reflection, cultivating virtues for self-improvement, and aligning one's actions with right values for personal growth.

3. *Maturity and the ability to regulate emotions (v22 – 26):* Timothy is advised to flee youthful passions and pursue righteousness, faith, love, and peace. Additionally, he is called to be kind, avoid quarrels, and gently instruct others. Fleeing “Youthful Passions” suggests managing impulsive behaviours and desires that distract us from our higher purpose. Kindness and gentleness reflect empathy and emotional maturity. This is needed to create harmonious relationships and inner peace.

Reflection:

1. *Different from other medical caregiving institutions CMC & H, Ludhiana is called to serve God through medical caregiving. Our identity & purpose is different. Define that identity & purpose.*
2. *To have that identity and to achieve that purpose what is the place of self – reflection, self – improvement and personal growth in our life?*

Prayer Points:

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

Wisdom in Decision Making

Esther 4: 9 – 17

Key Verse: “If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given to you.” (James 1: 5)

The incident we read provides a powerful example of need of wisdom in decision-making when done under pressure. This whole incident tells us that wisdom in decision-making is not a single act but a process involving five steps:

1. *Self-awareness – Awareness of Responsibility and Purpose (v13 – 14):* Mordecai reminds Esther that her royal position is given by God “for such a time as this.” So, Mordecai wants Esther to reflect on her position of influence and also the moral implications of inaction during time of need.
2. *Courage – Balancing Fear and Courage (v11, 16):* Courage is never absence of fear, but courage involves weighing the risks and rewards of a decision while not allowing fear to paralyze action. Esther acknowledges the risk of death if she approaches the king without being summoned, but resolves to do so, saying, “If I perish, I perish.”
3. *Seeking Council (v12 – 14):* Mordecai plays a pivotal role in advising Esther, providing her with a broader perspective on the situation and encouraging her to act. Whenever we seek counsel from trusted individuals it helps us to acknowledge blind spots,

removes biases and enhances the quality of our decisions.

4. *Spiritual and Communal Preparation (v. 16):* Esther instructs Mordecai to gather the Jews to fast for three days, and she and her maids also do the same before approaching the king. Best sign of wisdom is to take a pause to reflect, before making a critical decision. This gives us clarity & strength.
5. *Long-Term Perspective and Sacrificial Leadership (v.14 – 16):* Wise decision-making involves looking beyond immediate personal benefits or risks to consider long-term consequences and the well-being of others. This involves ethical reasoning & empathy. Esther did the same.

Reflection:

1. *Define – How diplomatic Silence & logical inaction can affect the growth?*
2. *How can we create a communal decision-making system based on reflection, communal consultation, ethical reasoning & empathy?*

Prayer Points:

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

Adaptability & Flexibility

John 1: 43 – 51

Key Verse: “Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths.” (Proverbs 3: 5 – 6)

Adaptability and flexibility are crucial qualities needed in healthcare. *Proverbs 3: 5 – 6* reminds us that trusting God, rather than solely relying on our understanding, paves the way for clear direction, even in challenging situations. Jesus’ interaction with Nathanael in *John 1: 43 – 51* illustrates the importance of openness to new perspectives. When Jesus invited His disciples to “*Come and see,*” He called them to shift from preconceived notions to a flexible faith which is willing to encounter new truths.

Challenges: In the healthcare field, change is necessary because of following reasons:

1. *Evolving Patient needs*
2. *Rapidly developing medical advancements*
3. *Shifting administrative requirements*

All this requires professionals to constantly update their knowledge and methods. But the familiarity with existing routines always leads to a sense of security, and the unknown during change may feel intimidating. This happens because of the preference for familiar approaches and fear of potential losses due to change. This can limit adaptability. As a result, one may find it difficult to abandon established methods, even when better approaches are available.

Overcoming Challenges: Overcoming these challenges requires a deep trust in God’s guidance and the willingness

to lean on His wisdom. Instead of viewing change as a disruption, we must see it as part of the journey toward growth and effective service. Proverbs encourages us to rely on God’s directions & let go our need to control every outcome. So, adaptability requires

1. *Regular self-reflection,*
2. *A commitment to learning*
3. *Feedback from colleagues*

Reflection:

Adaptability and flexibility are essential for delivering compassionate, effective care. By fostering a culture of openness and lifelong learning, we can adapt to new procedures, technological updates, and patient care approaches. Encouraging collaboration across departments allows for the exchange of fresh ideas, which strengthens the ability to adjust and grow together. NABH and digitization to reach a paperless institution are exemplars in our institution

Prayer Points:

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

Unity of Togetherness

Genesis 1: 20 – 31

Key Verse: “How very good and pleasant it is when kindred live together in unity! It is like the precious oil on the head, running down upon the beard, on the beard of Aaron, running down over the collar of his robes.” (Psalms 133: 1 – 2)

Genesis 1: 20 – 31 highlights a profound interplay of collaboration and shared purpose that can be interpreted as foundational to team dynamics. On the basis of this bible portion the foundational things of team dynamics are following:

1. *Collaborative decision Making:* The phrase “*Let us make mankind in our image, in our likeness*” reflects a collective dialogue within the Trinity – Father, Son, and Holy Spirit – working together in harmony. This portrays an ideal of teamwork where decisions are made through mutual agreement and shared vision.
2. *Shared Vision and Purpose:* The creation of humanity is outcome of a clear purpose: *to reflect God's image and exercise stewardship over creation. A successful team operates with a unified goal, similar to how God's team worked toward a purposeful outcome in creation.*
3. *Equality and Complementarity:* The creation of both male and female in God's image underlines the value of diversity and equality in the team dynamic. Men and women are both integral to reflecting God's likeness, suggesting that teams thrive when diverse members

contribute equally and complement one another.

4. *Empowerment and Delegation:* Humanity is entrusted with dominion over creation, showing that God's team dynamic involves empowering others to carry out responsibilities. Effective teams delegate tasks and trust members to act with agency and accountability.

Reflection:

We need to incorporate in our work environment:

1. *Combining diverse talents and perspectives to achieve the shared Goal of, “We serve a king.”*
2. *Clearly defining objectives to align team efforts and ensure cohesion.*
3. *Recognizing the unique contributions of every member of institution to fosters inclusivity and balance.*
4. *Motivating our members by trusting and giving them responsibilities and encouraging them to do their best and reflect the values of the CMC, Ludhiana.*

Prayer Points:

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

Encouragement

Acts 9: 26 – 35

Key Verse: “And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.” (Acts 9: 26 – 35)

Encouragement is the act of giving someone support, confidence, and hope. It involves uplifting another person, motivating them to persevere, and affirming their value, abilities, and potential. *Acts 9: 26 – 35* provides a powerful narrative of encouragement:

1. *Encouragement through Advocacy (v.26 – 28)*: Disciples were suspicious about Saul because of his reputation as a former persecutor of Christians. But Barnabas stepped in, to advocate for him, affirming Saul’s genuine conversion and ministry. This act of encouragement enabled Saul to find a space in the disciple’s community and begin his mission.
2. *Encouragement in Boldness (v.28–29)*: Once Paul was accepted in the community, disciples supported him to preach boldly, in spite of the threats to his life. Support of his community helped him to act with courage & purpose on the face of opposition.
3. *Encouragement in Unity and Growth (v31)*: When church followed God’s will; it become strong & and encouragement from God’s spirit gave it peace. God’s encouragement fostered unity and growth and church expanded numerically.

4. *Encouragement Through Healing (Verses 32–35)*: Peter’s healing of Aeneas not only restored an individual but also inspired entire communities (*Lydda and Sharon*) to turn to the Lord. This act of kindness, healing, and intervention served as a powerful form of encouragement, bringing people closer to God.

Reflection: Let’s decide to incorporate following things in our work environment:

1. *Advocating for those who need support or face doubt. Our words and actions can open doors for someone’s future.*
2. *Standing with teammates in their calling, to inspire confidence and determination in them.*
3. *Aligning our will with God’s will and allowing God’s spirit to work through us.*
4. *Engaging in simple acts of kindness or intervention to encourage others to trust God’s Grace. Or in other way becoming the channels of God’s Grace*

Prayer Points:

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

Trusting team members

John 6: 1 – 14

Key Verse: “For we are God’s coworkers, working together; you are God’s field, God’s building.” (1 Cor 3: 9)

God given Life always moves in relationships. And in a professional work environment, this happens through a team. A team is not a non-living mechanical entity, instead it’s very biological & alive in nature, because of the humans who forms it. And as it is biological & alive, the trust between team members is very essential. John 6: 1 – 14 talks about some key aspects of building trust in a team:

1. *Engage Everyone (v.5 – 9)*: Jesus asked Philip, where bread could be purchased, not because he lacked a plan, but to test his thinking and involve him in the problem – solving process. Andrew contributed by pointing out a boy with five loaves and two fish, even though he acknowledged the inadequacy of the food. In a team, leaders must trust members to offer ideas, even when they appear limited or imperfect. Every contribution has a value in a collaborative effort.
2. *Delegate Roles (v.10 – 12)*: Jesus directed the disciples to organize the crowd, distribute the food, and gather leftovers. Each disciple played an active role in executing the miracle. Trusting team members with specific tasks, empowers them to participate meaningfully in achieving the team’s goals.
3. *Celebrate Small Inputs (v.9 – 11)*: Andrew’s mention of the boy’s small offering could have been dismissed as insufficient. Instead, Jesus acknowledged its potential and used it to meet the needs of the crowd. Trusting team members involves recognizing the value in their resources and contributions, even when they appear small or inadequate.
4. *Foster Ownership (v.12 – 13)*: After the crowd was fed, the disciples collected the leftovers, reinforcing their role in the success of the miracle. A trusting leader ensures that every team member shares in the success, fostering a sense of collective accomplishment.

Reflection:

“Jesus already knew what he was going to do, yet he involved the disciples in the process. This demonstrates that trust is not about relinquishing control but about building others’ faith and confidence.” Review this statement on the basis of your decision – making process in your team.

Prayer Points:

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

Speaking truth in Love

John 4: 7 – 19

Key Verse: “But speaking the truth in love, we must grow up in every way into him who is the head, into Christ,” (Ephesians 4: 15)

John 4: 7 – 19 provides a beautiful example of Jesus embodying the principle of speaking truth in love during His interaction with the Samaritan woman at the well. This passage demonstrates how truth, when spoken with compassion and respect, can lead to transformation and deeper understanding. To speak truth in love we need to make use of following principles:

1. *Start with Respect (v.7 – 9)*: Jesus began the conversation with a simple request. Even though there were cultural & social barriers between Jews & Samaritans; by this simple request Jesus acknowledged the woman's humanity and dignity. Speaking truth in love starts with establishing a respectful and nonjudgmental relationship which opens the door for meaningful dialogue.
2. *Prioritize the Grace (v.10 – 15)*: Jesus introduced the concept of “*living water*,” offering the woman something transformative and eternal. Before addressing her personal life, He first gave her hope and grace. As the purpose of speaking truth in love is not to condemn but to correct and help in grow, it must start with the presentation of hope and assurance of grace. The whole conversation

must be highlighting possibilities instead of failures.

3. *Speak Gently (v.16 – 19)*: The first reaction to any confrontational truth is defensiveness. When confronted with truth, people feel that they are accused and will be condemned eventually. This results in self – justification or complete rejection. To avoid that “*Truth*” must be balanced with compassion. Jesus gently addressed the woman’s relationship history, affirming her honesty, at the same time acknowledging the reality of her situation also. By asking her to bring her husband, Jesus led the woman to confront her own situation. He neither condemned her nor avoided the truth but presented it in such a way that it invited reflection rather shame.

Reflection:

1. *How does a work environment be created, where truthful confrontation be the means of correction & growth instead of accusation, condemnation & punishment?*

Prayer Points:

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

Respect & Dignity

Matthew 8: 1 – 10

Key Verse: “I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.” (Psalms 139: 14)

In Matthew 8: 1 – 10 we found Jesus demonstrating profound respect and dignity in His interactions with individuals of different social, cultural, political & spiritual backgrounds. The things we need to adopt as principals:

1. *Recognizing and Valuing the Outcast (v. 1 – 4):* In Jesus’ time, lepers were considered unclean and were boycotted by society. Yet, when a leper approached Jesus, Jesus responded not with fear or rejection but with compassion and respect. Jesus’ willingness to touch the man and heal him was a profound act of restoring physical health as well as social dignity. Treating the marginalized with respect and dignity restores their sense of worth and belonging.
2. *Responding to the Centurion’s Humility (v.5 – 10):* The Roman Centurion was a gentile and a foreign officer. So, he was culturally & political distinct from the Jewish people. But Jesus offered to visit the centurion’s home to heal his servant. This was a significant gesture, as Jews typically avoided entering Gentile homes. The centurion’s humility and understanding of His authority impressed Jesus. Respect always transcends social, cultural, and political boundaries. Recognizing

the faith and humanity in others fosters mutual dignity. Public affirmation of others’ positive qualities enhances their dignity and inspires respect from the community. Jesus publicly praised the centurion’s faith, declaring it greater than any He had found in Israel.

Reflection:

We as caregivers are called to go beyond our professional call of taking care of human body by incorporating following:

1. *Treat everyone, including the marginalized and those different from us, with compassion and respect.*
2. *Be willing to challenge societal norms and prejudices to affirm the worth of others.*
3. *Recognize and celebrate the good in others, even if it comes from unexpected places.*
4. *Go beyond meeting physical needs and restore emotional and social dignity also through acts of kindness and affirmation.*
5. *Demonstrate respect publicly to inspire others to adopt the same attitude.*

Prayer Points:

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

Forgiveness & Reconciliation
Philemon 1: 8 – 21

Key Verse: “Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord[a] has forgiven you, so you also must forgive.” (*Colossians 3:13*)

As human beings the most important thing needed to be alive is love. And love can be possible only in the relationships. But love goes missing when a break happens in relationships. In such situation the forgiveness and reconciliation become the necessity. The relationship between Philemon & Onesimus was broken and Paul want it to be mended by Forgiveness & Respect. Following things are worth considering:

1. *Appealing on the Basis of Love (v.8 – 10):* True forgiveness and reconciliation come from the heart, not from coercion. Encouraging voluntary acts of grace fosters genuine healing. Paul chooses to appeal to Philemon to act on the basis of love and Christian commitment rather on the basis of his apostolic authority.
2. *Recognizing Transformation (v.10 – 11):* Forgiveness involves acknowledging growth and change in others, and recognizing their potential for new contributions to the relationship. Paul highlights the transformation in Onesimus, who was once “*useless*” but is now “*useful*” to both Paul and Philemon. The name “*Onesimus*” means “*useful*,” and Paul uses this wordplay to emphasize the change in his character.
3. *Restoring Relationships (v.12 – 14):* Reconciliation is only possible

through direct engagement between the parties involved. And people outside the relationship must create an opportunity and environment for dialogue & restoration. Paul sends Onesimus back to Philemon to make the direct interaction possible between two.

4. *Reframing the Relationship (v.15 – 16):* Forgiveness and reconciliation invite us to see others in a new light, recognizing their equal worth and shared identity in Christ. Paul encourages Philemon to view Onesimus not merely as a slave but as a “*dear brother*” in Christ. This new relationship transcends social and cultural norms of the time.
5. *Offering to Bear the Cost (v.17 – 19):* Forgiveness sometimes requires bearing the cost of reconciliation, whether emotionally, materially, or spiritually, to restore harmony. Paul offers to personally repay any debt Onesimus owes Philemon. This reflects the spirit of Christ’s sacrifice for our reconciliation with God.

Prayer Points:

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

Loyalty & Faithfulness

Ruth 1: 15 - 22

Key Verse: “Do not let loyalty and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart.” (Proverbs 3:3)

In a world that often prioritizes convenience over commitment, Ruth’s life challenges us to embrace a deeper understanding of loyalty & faithfulness. Naomi lost her husband and her two sons. After that she encourages her daughters-in-laws to return to their families. One of them, Orpah, decides to leave, but Ruth chooses to stay. Ruth’s words, “*Where you go, I will go; where you stay, I will stay,*” echoes her loyalty. This is not a mere sentiment; instead, it’s a vow of commitment. Her loyalty goes beyond familial ties; it extends to embracing Naomi’s people and, ultimately, her God.

1. *The Call to Faithfulness:* Loyalty is often tested in times of hardship. When life takes unexpected turns, our relationships and commitments are challenged. Ruth teaches us that faithfulness is an active choice. It’s a daily decision, to stand with people, we love. True loyalty demands involvement, support, and uplifting of each other, during tough times.
2. *The Impact of Faithfulness:* Ruth’s decision to accompany Naomi not only changed her life; but also the course of history. Through her loyalty, she became the part of the lineage of David and ultimately, of Christ. Our acts of faithfulness can

have ripple effects, influencing generations. We may never fully understand the impact of our choices in our present times, but it will be echoed through the future.

3. *The Power of Community:* As Ruth and Naomi entered Bethlehem, the community took notice of them. The townspeople were stirred, and asked, “*Can this be Naomi?*” Ruth’s loyalty not only supported Naomi but also re-established her within the community. It reminds us that our commitments to one another foster a sense of belonging, healing, and hope in our community.

Reflection:

Our fabric is unique and very different from the rest of Medical Care Giving Institutions in our country. To keep this fabric intact we need people who understand it well and willing to work hard to guard & preserve it. This need of our community, requires loyalty & faithfulness on personal level.

Prayer Points:

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

Mindfulness & Presence

Matthew 6: 25 – 34

Key Verse: Whatever task you must do, work as if your soul depends on it, as for the Lord and not for humans,” (Colossians 3: 23)

We are living in a world where to have the anxiety about future has become the norm. But to have a lifestyle founded on the anxiety is very harmful. In order to be free from the anxiety Jesus in Matthew 6: 25 – 34 emphasizes the need of focusing on the present moment and encourages us to trust on God’s provisions. Jesus wants us to do following:

1. *Focus on essentials (v.25 – 26):* Jesus is telling us that, the essentials of Life are not materials needs like food, shelter or clothing; instead, it is trusting God’s love & care for creation. Mindfulness means valuing the present moment and trusting God for what is truly essential.
2. *Recognizing the Futility of Worry (v.27):* Jesus further highlights that worry cannot add even a single hour to life. Instead, it drains energy and distracts us from the present. Mindfulness calls us to abandon unproductive anxieties and focus on actions and thoughts that contribute positively to the present.
3. *Trusting God’s Knowledge of Our Needs (v.31 – 32):* Jesus reassures His followers that God knows their needs and will provide for them. Anxiety about these things is characteristic of those without faith, but believers can rest in

God’s provisions. Practicing mindfulness involves giving away our desire to control our lives and trusting that God will provide for our needs.

4. *Living in the Present (v.33 – 34):* Jesus instructs His followers to “*seek first His kingdom and His righteousness.*” He wanted them to focus on God’s priorities rather than worrying about the future. By emphasizing that “*each day has enough trouble of its own,*” Jesus is inviting us to deal with today’s challenges without carrying the weight of tomorrow’s uncertainties. Mindfulness centres us on today’s tasks and opportunities, allowing us to live fully in the moment and trust God with the future.

Reflection:

1. Evaluate the statement, “*Mindfulness & presence during the work hours means fully focussed on the work and trusting God that He will take care the rest.*”

Prayer Points:

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

Pride vs Humility

2nd Samuel 7: 18 – 29

Key Verse: “When pride comes, then comes disgrace, but wisdom is with the humble.” (Proverbs 11: 2)

Pride in its simplest term means Arrogance or an inflated sense of superiority. Humility in simple terms means the right & genuine understanding of oneself. Pride is the biggest obstacle in the life of a caregiver. And pride can be dealt by imbibing humility. 2nd Samuel 7: 18 – 29 illustrates the contrast between pride and humility. David exemplifies the humility by following:

1. *Acknowledge God’s Sovereignty (v.18 – 20):* Pride always takes credit of personal achievements. But humility recognizes that all blessings come from God, not from personal merit. David begins by sitting before the Lord – a posture of humility and marvels at God’s grace in elevating him and his family. He acknowledges his unworthiness, asking, “Who am I?”
2. *Recognize God’s Greatness (v21 – 22):* Pride seeks the elevation of oneself but true humility involves worshiping and exalting God above all else. David shifts the focus from himself to God, declaring, “How great you are, Sovereign Lord! There is no one like you.”
3. *Gratitude for God’s Redemption (v23 – 24):* Pride forgets the contributions of God or others in our life; and focuses on personal success but humility fosters gratitude for God’s

work in our lives and the lives of others. David praises God for redeeming Israel, emphasizing God’s actions rather than his own leadership or accomplishments as king.

4. *Trust in God’s Promises (v25 – 26):* Pride seeks personal glory, but humility seeks to advance God’s purposes and honor. To be humble means aligning our desires with God’s plans for our lives. David prays with confidence, asking God to fulfill His promises so that God’s name be glorified, not David’s.

Reflection:

1. *Pride & humility both are behavioural patterns. As pride develops slowly in our persona, the humility also would not happen naturally. We need to practice it and make it a habit.*

Prayer Points:

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

Trusting God's Plans

Luke 3: 1 – 10

Key Verse: “Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths.” (Proverbs 3: 5 – 6)

Many of us are familiar with the song: “Trust and obey, for there's no other way, to be happy in Jesus, but to trust and obey.” It is easy to sing it, but is it easy to trust our Lord Jesus and obey Him with all our hearts? We know. It's not. So, what's the difficulty? The difficulty is that we have not seen the Lord. It is easy to walk by sight but to walk when nothing is visible needs trust and obedience. Luke 3:1 – 10 highlights the ministry of John the Baptist. And this passage focuses on the following three necessities needed to trust God:

1. *Waiting for God's Timing (v.1 – 2):* Trusting God's plans requires patience and trust in His perfect timing and purposes. The passage begins with a detailed historical setting, emphasizing that John's ministry occurred at a specific time in God's plan for salvation. The word of God came to John in the wilderness – a place of isolation and preparation – indicating that God's plans often unfold in unexpected ways and at the right moment. And we need to wait for that specific way & time and this requires trust.
2. *Preparing for God's Work (v.3 – 6):* Trusting God involves actively preparing our hearts and lives to align with His plans, removing obstacles that hinder our

relationship with Him. John's mission was to prepare the way for the Lord by preaching repentance and the forgiveness of sins, thus fulfilling Isaiah's prophecy. And The imagery of making straight paths and levelling valleys and hills symbolizes the need for spiritual preparation and transformation.

3. *Repent and Transform (v.7 – 10):* Trusting God means responding to His call with humility, repentance, and a willingness to bear fruit in our actions. John emphasizes that God's plans require a change of heart and for that the most important thing needed is genuine, transformative repentance. Genuine trust in God leads to repentance and a commitment to live in alignment with His purposes.

Reflection:

1. *We need to approach God with a willing heart and must take practical steps of obedience & trust. And the most important question we must ask to ourselves is, “What Should I Do for that?”*

Prayer Points:

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

Overcoming scarcity mentality

John 10: 1 – 10

Key Verse: “And my God will fully satisfy every need of yours according to his riches in glory in Christ Jesus.” (Philippians 4:19)

A scarcity mentality refers to a mindset rooted in the belief that, resources, opportunities, or success are limited. People with this mindset often feel that someone else’s gain equates to their loss, which ends up in competition, fear, and anxiety. This contrasts with an abundance mentality, which sees resources and opportunities as plentiful and this ends up in collaboration, gratitude, and generosity.

John 10: 1 – 10 addresses overcoming a scarcity mentality through the teachings of Jesus, particularly in verse 10: “*I have come that they may have life, and have it to the full.*” Following themes are worth noting:

1. *The Thief vs. The Good Shepherd:* The thief represents fear, scarcity, and selfish ambition—attitudes that focus on limited resources and lead to competition, hoarding, and anxiety. Jesus, as the Good Shepherd, offers a life of abundance, inviting believers to trust in God's provision and care. This abundance is not limited to material wealth but includes peace, joy, spiritual fulfilment, and eternal life.
2. *Trusting in God's Provision:* Jesus describes Himself as the “*Gate*” for the sheep, ensuring their safety and

leading them to green pastures. This imagery emphasizes reliance on God's guidance and provision, countering the fear that there won't be “*Enough.*” Scarcity mentality often arises from a lack of trust in God's ability to meet our needs. Embracing Jesus’ promise of abundant life requires trust that, God’s resources are limitless.

Reflection:

Let’s imbibe following in our lives:

1. *Generosity:* Having an abundant mindset encourages to share resources and blessings, reflecting God’s generosity.
2. *Collaboration:* Moving away from competition to cooperative relationships, to reinforce trust in God’s ability to bless all His people.
3. *Spiritual Fulfilment:* Prioritizing spiritual growth, relationships, and life purpose over material gain.

Prayer Points:

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

Safety & Security

Psalms 46

Key Verse: “God is our refuge and strength, a very present help in trouble. (v.1)

Psalm 46:1 – 11 is a powerful reminder of God’s unwavering presence, safety, and security amidst life’s challenges. This passage emphasizes trusting in God as a refuge and strength, even when circumstances feel overwhelming. In this passage David talks about certain truths of God’s Safety & Security:

1. *God as Our Refuge and Strength (v.1):* This verse establishes God as a reliable source of protection and empowerment during times of crisis. It reassures us that God is always present, offering a secure foundation.
2. *Confidence Amid Chaos (v.2 – 3):* The imagery of natural disasters symbolizes life’s uncertainties and turmoil. We are encouraged to trust in God’s unshakable protection even when everything around us feels shaky.
3. *The City of God (v.4 – 5):* This refers to God’s provision and peace within His holy presence. The “*City of God*” symbolizes a place of divine security where God dwells, offering reassurance of His care.
4. *God’s Sovereignty Over Nations (v.6 – 9):* Despite global conflicts or instability, God remains sovereign. His power surpasses any earthly turmoil, affirming that ultimate security comes from Him.
5. *Be Still and Know (v.10):* “*Be still, and know that I am God...*” This famous verse calls for a pause in the face of fear and uncertainty, reminding us to find peace in God’s presence and trust His authority in all circumstances.
6. *God as the Lord of Hosts (v.11):* “*The Lord Almighty is with us; the God of Jacob is our fortress.*” This final affirmation reiterates God’s presence as a stronghold, invoking His promised faithfulness to His people.

Reflection:

1. *How can we assure someone about God’s safety & security when he/she is facing life threatening sickness?*

Prayer Points:

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

Grace in Leadership

John 21: 9 – 19

Key Verse: “Be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.” (Ephesians 4: 32)

In John 21: 9 – 19, we witness a beautiful conversation between Jesus and Peter after the resurrection. This interaction teaches us not only about forgiveness and restoration but also about how we can lead with grace in our lives.

Jesus asks Peter three times, “*Do you love me?*” Each time, Peter affirms his love, and Jesus responds with a call to action: “*Feed my lambs,*” “*Tend my sheep,*” and “*Feed my sheep.*” This interaction is rich with meaning:

1. *Grace in Restoration:* This passage reveals grace in restoration. Peter’s denial has created guilt inside him. But instead of taking revenge or getting angry with him, Jesus is talking with him to lead him to healing. We often face failures – both our own and those of others. But the grace shown by Jesus encourages us to create spaces where mistakes can be acknowledged and addressed. Failures must not define us; instead, they must be a platform for growth and renewal.
2. *Grace in Calling:* Grace always accompanies calling. After Peter’s affirmations of love, Jesus gave him task of shepherding His flock. Leadership in the Kingdom of God is not about power or authority; it’s about service. It’s about caring for

others and nurturing their growth. When we lead with grace, we recognize that our position is not just for our benefit but for the benefit of those whom we serve. This requires humility and a willingness to serve, even when situations are challenging.

3. *Grace in Following:* Finally, Jesus’ conversation with Peter ends with call, “*Follow me.*” This is a reminder that true leadership is rooted in following Christ. Leadership is not about setting personal agenda but aligning leadership goals with God’s purposes. And for this a leader must continually seek God’s guidance. This surety of following God’s will, gives the leader the strength & courage in daunting life situations.

Reflection:

1. *Find out the areas of life which need restoration?*
2. *Find the ways of serving others in better way?*
3. *Are we truly following Christ in our leadership?*

Prayer Points:

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

Intentional Humility in Leadership

John 13: 1 – 11

Key Verse: “Do nothing from selfish ambition or empty conceit, but in humility regard others as better than yourselves.” (Philippians 2:3)

Intentional humility is a deliberate choice to act, think, and lead with a mindset of openness, modesty, and respect for others, rather than being driven by ego, self-importance, or a need for recognition. Here the focus is on growth, collaboration, and the contributions of others over personal pride or dominance. It includes serving everyone, even those who may oppose or challenge us. Jesus along with his disciples even served Judas also. We have to imbibe the following in our lives:

1. *Leadership Rooted in Love (v.1)* says “Having loved his own who were in the world, he loved them to the end.” True leadership stems from genuine love and care for those we lead. Jesus’ act of washing His disciples’ feet was motivated by deep, sacrificial love. Leaders practicing intentional humility prioritize the well-being of others over personal status or comfort.
2. *Awareness of Identity and Power (v.3)*: Jesus was fully aware of His divine authority and chose humility. He did it, not out of weakness but out of strength. Leaders with intentional humility recognize their power but use it to serve, not to dominate.
3. *Serving in Unexpected Ways (v.4 – 5)*: In Jesus’ time, washing of feet was

done by servants. By doing that Himself, Jesus set a radical example of servant leadership. Leaders should not consider any task “beneath” them if it benefits others.

4. *Teaching by Example (v.6 – 8)*: By humbling Himself, Jesus showed that no leader is exempt from serving others. Intentional humility teaches others through actions, not through just words.
5. *Transformative Humility (v.9 – 10)*: Peter was initially resistant to the washing of his feet, but later recognises’ the deeper meaning of Jesus’ act. Leaders when serve humbly creates transformative effect. They inspire others to embrace growth, self-awareness, and unity.

Reflection:

1. *How can you ensure that your team members receive recognition for their contributions, rather than you taking credit as the leader?*
2. *In what ways can you actively seek opportunities to learn from others, including those you lead?*

Prayer Points:

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

Empowerment & Delegation

Matthew 10: 1 – 15

Key Verse: “He himself granted that some are apostles, prophets, evangelists, pastors and teachers to equip the saints for the work of ministry, for building up the body of Christ,” (Ephesians 4: 11 – 12)

Empowerment & delegations both may seem same, but they are two different concepts which are deeply connected with each other. Empowerment is about equipping individuals with the confidence, authority, and resources to take ownership of their roles and make decisions. On the other hand, delegation is the process of assigning specific tasks or responsibilities to others while keeping supervision with ourselves. Empowerment & delegation requires following things:

1. *Choose the Right People (v.2 – 4):* Jesus chose a diverse group of individuals with varying backgrounds, strengths, and weaknesses. Empowerment & Delegation starts with identifying individuals whose strengths align with the tasks at hand & acknowledging their unique qualities, as Jesus did with the Twelve.
2. *Provide Authority and Resources (v.1):* Jesus did not micromanage but gave His disciples power to act on His behalf. Empowerment is about trusting others with responsibility and the resources they need to succeed.
3. *Communicate the Mission clearly (v.5 – 8):* Jesus gave specific instructions,

ensuring that the disciples knew their mission and goal very clearly, removing all ambiguity. Delegation requires clarity in purpose and expectations.

4. *Cultivate trust & Independence (v.9 – 10):* Jesus encouraged the disciples to rely on God's provision and the goodwill of others, teaching them, “*how to trust*” in their mission. Trust in others’ abilities fosters independence and growth. And this trust can be created by avoiding excessive control & second guessing.
5. *Prepare for Challenges (v.11 – 15):* Jesus prepared His disciples for rejection by teaching them resilience and focus. Delegation involves preparing others for obstacles. A good leader empowers others not only for success but also for managing setbacks gracefully.

Reflection:

1. Reflect & implement the statement, “*Delegation is not about offloading work but about strategically involving others to fulfil a greater purpose & mission.*”

Prayer Points:

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

Shortcuts Vs. Integrity

Matthew 4: 1 – 12

Key Verse: “Whoever walks in integrity walks securely, but whoever follows perverse ways will be found out.” (*Proverbs 10:9*)

Shortcuts are appealing because they promise quick results or easy solutions, but they often come at the cost of quality, values, or long-term success. On the other hand Integrity is the quality of being honest, consistent, and adhering to strong moral principles, even when it's inconvenient or challenging. *Matthew 4: 1 – 12* talks about the challenges Jesus is facing to choose between Shortcuts and Integrity. Three things are notable:

1. *Prioritizing Integrity Over Immediate Gratification (v.3 – 4):* Jesus was hungry after fasting for 40 days. In this first situation the Shortcut was – Satisfying hunger instantly by using His power for personal gain. And Integrity was – Trusting God's provision and staying aligned with His mission. Jesus chose Integrity. True integrity means resisting the temptation to take shortcuts for immediate relief or benefit, especially when it will compromise long-term purpose or values.
2. *Rejecting Manipulative Power for Authentic Trust (v.5 – 7):* The devil challenges Jesus to prove His identity by testing God's promises. The Shortcut here was – gaining recognition through a dramatic display of power. And integrity was – Trusting in God's timing and plan without manipulating the situation. Jesus again chose integrity. We

must maintain integrity by avoiding manipulative or attention-seeking behaviours to prove our worth. Genuine trust in our God given identity and mission eliminates the need for shortcuts to validation.

3. *Refusing Compromise for Worldly Gain (v.8 – 10):* The devil offers Jesus all the kingdoms of the world in exchange for his worship of devil. Here the Shortcut is – Gaining authority and influence without the cross. And the integrity is – Staying faithful to God, even when the path is difficult. Integrity requires rejecting shortcuts that compromise values, even if they promise great rewards. True integrity involves choosing the harder, ethical path for the sake of higher principles.

Reflection:

1. *Jesus' responses show His unwavering trust in God's plan, demonstrating that integrity is rooted in faith and patience. How can you ground yourself in faith, ethics, and a clear sense of purpose to navigate dilemmas?*

Prayer Points:

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

Biblical Ethics vs Public Decision – Making

John 8: 1 – 11

Key Verse: He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? (*Micah 6:8*)

In this passage we found three types of people: *The Pharisees* – representing legalistic public decision-makers, focused on rigid rules, *Jesus* – representing biblical decision-making, prioritizing compassion, restoration, and the human being in need & *The woman* – symbolizing a vulnerable person – who requires mercy and care, not condemnation. We need to include the following in our life style:

1. *Balance Ethics with Compassion:* Like Jesus, we must uphold truth (standards and ethics) while showing mercy. For an example a terminally ill patient may not benefit from aggressive treatment. While protocol suggests aggressive approach, compassion might call for palliative care to provide dignity and peace.
2. *Avoid judgement & focus on restoration:* Jesus reminded the crowd to examine themselves before condemning the woman. We must practice non-judgmental care. For an example – Patients struggling with substance abuse or lifestyle-related illnesses need compassion and guidance, not judgment.
3. *Value Every Patient:* Jesus saw the woman as a person in need of mercy, not just as a “sinner.” We

must see patient as a unique & precious creation of God – a whole individual made of body, mind & soul – not as a case or data entry in the statistics. Best example of this is – a caregiver taking time to listen to a patient’s fears and hopes, even when his/her schedules are very demanding.

4. *Balance Policies with Advocacy:* The Jewish policy demanded the killing of the woman but Jesus saw her as a vulnerable one and advocated for her. We can best do it by going the extra mile to connect patients to community resources when institutional policies & resources fall short.

Reflection:

1. *Rules are necessary, but compassion must guide their application.*
2. *Treat patients with dignity and care for their emotional and spiritual well-being, not just physical symptoms.*
3. *Like Jesus, make decisions that reflect God’s love and truth, even when under pressure from different systems.*

Prayer Points:

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

Courage & Boldness
Daniel 6: 10 – 18

Key Verse: “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” (Joshua 1: 9)

Courage and boldness are essential virtues, especially in moments of uncertainty or adversity. Throughout Scripture, God repeatedly commands His people to be strong and courageous, assuring His presence with them. Courage is not the absence of fear but the determination to act in spite of presence of fear. Boldness comes from the confidence that God is guiding us. In healthcare, where decisions can carry significant weight, and situations may seem overwhelming, God’s call to courage reminds us to stand firm in faith, even when the outcome is uncertain. Boldness helps us to speak up for what is right and take decisive action when it’s needed.

Incident of Daniel in Lion’s Den is an apt example of this. Daniel was a faithful servant of God, and had a high position under King Darius. But out of jealousy, rival officials plotted against him and created a law that prohibited praying to anyone except the king for 30 days. Daniel, knowing the consequences, continued to pray to God openly. As a result, he was thrown into the lions’ den, but God protected him because of his faith and integrity. We need to adopt following in our lives as a caregiver:

1. *Despite the threat of death, Daniel boldly chose to remain faithful to God rather than compromise his beliefs to appease*

human laws. Daniel’s consistency and courage demonstrate that true boldness comes from unwavering faith and integrity.

2. *Daniel had no guarantee of survival, but he trusted in God’s sovereignty and remained bold.*
3. *Daniel’s courage was not just about his faith; it highlighted his character and his commitment to justice.*
4. *Daniel’s boldness was not a one-time act; it was there throughout his lifetime of faithful service and integrity.*

Reflection:

1. *Begin each day with prayer to seek courage and discernment for challenges ahead. Focus on your life purpose in each day and God’s Presence.*
2. *Uphold the principles of integrity, honesty, and compassion, even when pressured to compromise.*
3. *Remember that God is with you in every “lion’s den,” offering protection, wisdom, and peace in uncertain moments.*
4. *Speak up for vulnerable patients, ensure that their care is prioritized, even if it means challenging & correcting systems, people or norms.*

Prayer Points:

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

Perseverance in trials

2nd Cor. 12: 1 – 10

Key Verse: “My brothers and sisters, whenever you face various trials, consider it all joy,” (James 1:2)

In *2 Corinthians 12:1 – 10* Apostle Paul shares his experience of a “*thorn in the flesh*” and how God’s grace is sustaining him through weakness and trials. This passage speaks about perseverance in trials, a reality that we often face. Paul’s message provides encouragement and practical insights in our physical exhaustion, emotional strain, ethical dilemmas, and challenging patient outcomes. Following are the insights:

1. *Lean on God’s grace & power:* Paul’s “*thorn*” reminded him of his dependence on God. Paul learns that God’s grace is enough to sustain him, even when the trial remains. For us trials in form of physical fatigue, emotional burnout, or overwhelming responsibilities are the moments to experience God’s grace and power in our lives.
2. *Redefine Weakness:* Paul reframes his perspective. He boasts in his weakness, because it allowed Christ’s power to work through him. Accepting our weaknesses is not our failure, instead it allows God to show His strength in us through His wisdom, calmness and unexpected solutions.
3. *Perseverance transforms our perspectives:* Paul’s acceptance of his trials demonstrates perseverance. And

this happened because of the change in his perspectives about his trials. They are no longer a burden for him, instead now they become a means for God’s power to be revealed through Him and also become an opportunity to grow and rely on God.

Reflection:

In we face daily trials in form of challenging patient care, exhaustions, misconducts, and complex decision making. Along with these we are called to balance compassion, efficiency, and precision in care. In this background when trials come – whether in the form of medical complications, resource limitations, or the emotional weight of patient suffering – practicing perseverance is key. We can cultivate perseverance by:

1. *Supporting one another.*
2. *Encouraging open communication.*
3. *Reminding each other that the work we are doing is valuable and God – honouring.*

Prayer Points:

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

Resilience through Faith

Matthew 15: 21 - 28

Key Verse: “But those who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” (Isaiah 40: 31)

The Canaanite woman’s story in Matthew 15: 21 – 28 is a model of resilient faith – a faith that persists through silence, barriers, and discouragement because it trusts in God’s power and mercy. For us her example offers encouragement to keep on moving:

1. *When outcomes are uncertain,*
2. *When external systems or personal exhaustion create barriers,*
3. *When hopelessness is very strong.*

We need to do following 2 things:

1. *Persistence in faith:* Canaanite woman faced challenges in form of silence, rejection, dishonour and negative branding. But her faith was resilient because she believed in Jesus’ power to heal, even when she was met with resistance. Her trust in Jesus allowed her to remain focused on the solution, not the obstacles. Trust enables us to endure and remain hopeful, even in impossible situations. Trusting God’s power equips us to face emotional, physical, or ethical challenges with peace and perseverance.
2. *Humility in Resilience:* Canaanite woman was disrespected, branded demeaning but then also she hadn’t retaliated or got discouraged. Instead, she demonstrated humility

by acknowledging her unworthiness while still trusting in Jesus’ mercy. Her humility and resilience go hand in hand. She did not let her pride or the rejection she was facing, deter her from seeking help. True resilience combines humility with unwavering trust in God’s provisions.

At the end Jesus commanded her “*Great is your Faith*” and healed her daughter. Our resilience creates hope & healing in others

Reflection:

1. *Pray for your patients, colleagues, and yourself as you face difficult circumstances.*
2. *In moments of frustration or uncertainty, focus on what God can do rather than what seems impossible.*
3. *Be open to seeking help from others when needed, knowing it reflects wisdom, not weakness.*

Prayer Points:

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

Waiting for God's timing**Genesis 21: 1 – 13**

Key Verse: “Be still before the Lord, and wait patiently for him; do not fret over those who prosper in their way, over those who carry out evil devices.” (Psalms 37:7)

God had promised Abraham and Sarah a son through whom their descendants would become a great nation. Sarah gave birth to Isaac in her old age, long after human hope seemed lost but the fulfilment of God's promise came “*at the very time God had promised*” (v.2).

1. *God's timing is perfect:* God's promise to Abraham and Sarah was fulfilled – not too soon and not too late, but on the right time. One thing we need to remember always – delays are not denials; God is always on time. Waiting for results, healing, or breakthroughs can be challenging but trust that God's timing is perfect, even if it's not as per our expectations.
2. *Avoid Taking Shortcuts Out of Impatience:* Abraham and Sarah waited 25 years for God's promise to be fulfilled. In between there were moments of doubts and they tried to take shortcuts, the result was the birth of Ishmael. Ishmael's birth created tensions and challenges. Impatience often leads to unintended consequences, but waiting on God brings His perfect outcome. Long periods of waiting – whether for a treatment to work, or for a patient's healing, or for career progress, can feel discouraging. Trusting God's

timing helps us to stay faithful and hopeful.

3. *God is faithful to His Promises:* Birth of Isaac is the proof of God's unwavering faithfulness. What God promises, He will fulfil, even when the circumstances seem hopeless. Trust that God's promise of strength, wisdom, and peace will sustain us through the seasons of waiting and challenges.

Reflection:

1. *Pray & trust God in period of waiting & challenges.*
2. *Stay patient and avoid shortcuts.*
3. *Encourage yourself with God's Faithfulness.*
4. *Focus on what you can control and leave rest on God.*
5. *Support others in their waiting*

Prayer Points:

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

Responsibility & Accountability

Matthew 25: 14 – 30

Key Verse: “So then, each of us will give an account of ourselves to God.” (Romans 14: 12)

Responsibility is an assignment or an obligation to perform a task or role. It begins when a person is given a duty or a choice to take on a task. For an example – a doctor has the responsibility to make the correct diagnosis, plan the treatment. Similarly, an assigned nurse has the responsibility of administering medication. Accountability comes after responsibility, because it is about being answerable for how well the responsibility was carried out. Jesus through parable of talents wants to teach us some important lessons:

1. *Responsibility of Gifts & Skills:* Like the Master in the parable, God has entrusted us with skills, knowledge, compassion, and opportunities to care for others. And like the talents in the parable, these gifts must be used wisely and diligently. Staying updated about our work, providing compassionate care, and advocating for needy reflects responsible use of our gifts.
2. *Responsibility Requires Action, Not Fear:* The servant with one talent acted out of fear and chose to hide the talent rather than use it. Fear of failure or uncertainty led him to inaction. The master rebuked his inaction and called him “*lazy*.” We may face following fears in difficult situations: *fear of making mistakes, fear of taking risks, and fear of making difficult decisions.* However,

responsibility requires faithful action, not passivity generated from fear.

3. *Rewards for faithfulness and Consequences for negligence:* The servants who invested their talents received praise, greater responsibility, and joy. God rewards faithfulness in stewardship and responsibility, even in seemingly small tasks. But the servant who hid his talent lost what he had and faced his master’s rebuke. Neglecting responsibilities – whether through complacency, shortcuts, or unethical choices – can harm patients, colleagues, and one’s own integrity. Caregivers must remain diligent in their calling.

Reflection:

At CMC Ludhiana, healthcare professionals often encounter challenges in maintaining responsibility and accountability, particularly when workload imbalances occur, or when ignorance or arrogance influence decisions. We can strengthen responsibility and accountability by creating an environment where transparency and ethical practice are encouraged.

Prayer Points:

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

Stewardship of Resources

Genesis 2: 5 – 17

Key Verse: Whoever is faithful in a very little is faithful also in much, and whoever is dishonest in a very little is dishonest also in much. (Luke 16: 10)

A steward is a person who is entrusted with managing or taking care of something that belongs to someone else. As per faith, stewardship refers to the responsibility to care for and manage the resources, gifts, and opportunities God has given us, acknowledging that whatever we have ultimately belongs to God. The principles of Stewardship reflected in Genesis 2: 5 – 17, guides us in managing our skills, tools, and responsibilities in caregiving.

1. *Stewardship as a divine mandate:* God entrusted Adam with the responsibility to work and care for His creation, reflecting that stewardship is not ownership but caretaking. We are entrusted with resources such as knowledge, tools, and care – receivers' well-being. Stewardship means using these responsibly to honour God and serve others.
2. *Work as an Act of Stewardship:* Adam was placed in the garden to “work” on it. This involves diligent effort and purposeful activity. Stewardship requires more than passive maintenance; it calls for active engagement. Diligent work in caregiving involves not only providing treatment but also investing in continuous learning, adapting to new technologies, and ensuring high-quality care.

3. *Care as a Component of Stewardship:* Along with working in the garden, Adam was called to “take care of it,” emphasizing preservation, protection, and nurturing. We must nurture those who receive our care, by meeting their physical, spiritual & emotional needs. This includes maintaining a healing environment and safeguarding resources such as time, medications, and equipment.
4. *Boundaries in Stewardship:* God provided Adam with abundant resources in the garden but set boundaries also (v.16 – 17). Proper stewardship requires respecting limits and following guidelines. In our scenario, boundaries include adhering to ethical standards, following protocols, and respecting other's autonomy. Misusing resources or neglecting these boundaries can lead to harm or consequences.

Reflection:

Reflect on the statement, “Faithful stewardship of small tasks leads to greater opportunities and responsibilities.”

Prayer Points:

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

Integrity & Honesty

1 Samuel 12: 1 – 10

Key Verse: “The integrity of the upright guides them, but the crookedness of the treacherous destroys them.” (Proverbs 11: 3)

Honesty involves being truthful and straightforward in all actions and communications, while integrity goes further. It includes following moral principles and consistently acting in alignment with one’s values, even when unobserved. Integrity includes honesty but also demands courage, accountability, and strict following of ethical standards, especially when situations are challenging or inconvenient. Practicing honesty requires bravery to be transparent, even in the face of mistakes. Together, honesty and integrity help professionals to build trust and honour, whereas the absence of these qualities leads to lives that are compromised, crooked and destroyed. Some thoughts to reflect on are:

1. *A Clear Conscience in Service:* Samuel boldly invites scrutiny of his actions, as he was confident about his honest and faithful service. We need to act with transparency and accountability in all interactions, so that care – receivers, colleagues, and institutions can trust us. And we also need to be honest about mistakes, decisions, and processes, maintaining an open dialogue with others.
2. *Honesty Builds Trust:* The people affirmed Samuel’s integrity. Samuel’s reputation for honesty earned the trust and respect of the

nation. Honesty fosters trust between us and others, which is essential for effective care. This needs transparent communication & genuine action.

3. *Accountability before God & Others:* Samuel emphasized that his service was done in the presence of God. His leadership reflected an awareness of accountability to not only people but ultimately to God. We are accountable to both God and our profession. We need to recognize that our work is a sacred trust. For this we need to reflect on our actions regularly, ensuring that they align with God’s principles of honesty and justice.

Reflection:

1. *Do your actions and decisions reflect honesty and transparency?*
2. *How can you build trust with others through integrity?*
3. *Are there areas where you need to improve in maintaining ethical standards or being more transparent*

Prayer Points:

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

Self – Discipline & Self – Control

Genesis 39: 6 - 18

Key Verse: “for God did not give us a spirit of cowardice but rather a spirit of power and of love and of self-discipline.” (2nd Timothy 1: 7)

Self-Discipline means the ability to consistently act in alignment with our values and goals, even when it’s difficult or inconvenient. It involves proactive planning, perseverance, and focus. On the other hand, Self-Control means the capacity to resist immediate desires, impulses, or temptations to achieve better outcomes or higher principles. It often involves restraint in moments of spiritual, emotional and moral challenge. Life of Joseph give us some deep insights in the both:

1. *Recognize the Importance of Responsibility:* Joseph understood the weight of his responsibility and the trust placed in him by Potiphar. We are entrusted with the physical and emotional well-being of others. Maintaining self-discipline ensures we fulfil our duties with excellence and integrity.
2. *Commitment to Ethical Standards:* Joseph’s self – control was rooted in his commitment to God’s standards, even when faced with persistent temptation. We need to uphold ethical standards in our profession, even when under pressure to compromise.
3. *Resisting Repeated Temptation:* Joseph’s consistent self-discipline enabled him to resist temptation

daily, not just in a single instance. Our profession often involves repetitive challenges, such as managing difficult situations or enduring long hours. Self-control allows us to remain professional, compassionate, and effective in our roles.

4. *Taking Decisive Action to Avoid Wrongdoing:* When Joseph faced a tempting life situation, he fled from the situation, prioritizing righteousness over reputation. We need to act decisively to avoid compromising situations. When we are burnout or frustrated, we need to step away briefly to refocus, rather than reacting unprofessionally.

Reflection:

1. *Are there areas in your life where you struggle with self-discipline or self-control?*
2. *How can you strengthen your commitment to ethical and professional standards?*
3. *What steps can you take to manage stress or temptation in your profession?*

Prayer Points:

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

Contentment vs Comparison

Genesis 4: 1 – 12

Key Verse: “For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind.” (James 3: 16)

Contentment is a state of satisfaction and peace, that comes from trusting God and being grateful for what we have, regardless of our circumstances. On the other hand, Comparison is a natural human tendency, but it can lead to dissatisfaction, envy, and a sense of inadequacy. The story of Cain & Abel tells us clearly about avoiding comparison & imbibing contentment.

1. *The Dangers of Comparison:* Cain compared his offering to Abel's. This created feelings of inadequacy and jealousy in him. Comparison can lead to resentment, discouragement & burnout when we feel our efforts go unnoticed or unappreciated. In such situations we need to focus on our unique calling and the impact we are creating through our role.
2. *Contentment in Serving Faithfully:* God challenged Cain to focus on doing what was right. God wanted Cain to stop comparing himself with Abel and seek God's approval by serving Him faithfully. True contentment comes from knowing we are fulfilling God's purpose, regardless of recognition or comparison.
3. *Managing Negative Emotions:* Cain's unchecked anger and jealousy led to the murder of Abel. Unchecked

negative emotions can have devastating consequences. We will have negative emotions like frustration or envy in our profession, especially when workloads are heavy or others seem more successful. But if we leave them unchecked, then negative emotions can have devastating consequences. On face of negative emotions, we need to practice, prayer, self-awareness and seek help to process them constructively.

Reflection:

1. *Are you tempted to compare yourself to others in your job? How does this affect your attitude and performance?*
2. *What steps can you take to find contentment in your unique contribution to your job?*
3. *How can you celebrate the successes of others without diminishing your own efforts?*

Prayer Points:

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

Gossiping a tempting trap

3rd John 1: 1 – 12

Key Verse: “A gossip goes about telling secrets, but one who is trustworthy in spirit keeps a confidence.” (Proverbs 11: 13)

Gossip involves sharing unnecessary or harmful information about others, often to elevate oneself or to sow discord. In professional environment, gossip can arise from frustrations, misunderstandings, or competition. Professionally, it creates a toxic work environment, undermining teamwork and trust among colleagues. Gossip adds unnecessary tension, leading to feelings of isolation, anxiety, and decreased morale among staff. And most important, it is spiritually coercive, promoting negativity, judgemental attitude and division. Dynamics of Gossip is following:

1. *Gossip Stems from Pride:* Diotrephes gossiped to assert control and maintain his own status within the community. Gossip often arises when individuals prioritize their reputation or position over unity and humility.
2. *Gossiping tears down:* John says about Diotrephes, “*So when I come, I will call attention to what he is doing—spreading malicious nonsense about us.*” Gossiping about others undermines trust and respect, harming professional and personal relationships.
3. *Choose to Build, Not Tear Down:* The passage contrasts Diotrephes with Demetrius, who is commended for his good reputation. John says

about Demetrius, “*Everyone has testified favourably about Demetrius, and so has the truth itself. We also testify for him, and you know that our testimony is true.*” We need to strive to be like Demetrius, whose actions reflect integrity and building up, rather than engaging in destructive behaviours.

Reflection:

1. *Foster a Culture of Trust:* Encourage open, respectful communication.
2. *Redirect Gossip:* When others engage in gossip, gently steer the conversation toward positivity or suggest resolving the issue constructively.
3. *Focus on Accountability:* Hold yourself and others accountable for maintaining professionalism and confidentiality.
4. *Reflect on Motives:* Before speaking, ask yourself: *Is this true? Is this necessary? Is this kind?* If the answer to any of these is “no,” it’s better to remain silent. Choose to reflect Christ in all you do and speak.

Prayer Points:

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

Seeking wisdom in face of Incompetence

Job 42: 1 – 9

Key Verse: “If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you.” (*James 1: 5*)

Incompetence refers to a lack of ability, knowledge, or skill required to perform a task effectively. For caregivers, encountering incompetence in oneself or in others can be frustrating and challenging, especially when it impacts the quality of care. However, a Christ – centred response to incompetence can transform a difficult situation into an opportunity for growth, compassion, and reconciliation. Job’s interaction answers the question, “*Why & how do we need to seek wisdom?*”

1. *Acknowledge God’s Sovereignty:* Job acknowledges that, God’s plans and wisdom are far beyond human understanding (*v.2*). In situations of incompetence or frustration, trust that God is in control and seek His guidance. Recognize that every challenge can be an opportunity for growth and learning in God’s greater plan.
2. *Seeking Understanding Before Acting:* Job admits his limitations in understanding God’s ways and humbles himself (*v.3*). when we encounter incompetence we have to avoid rushing to judgment. Instead, we have to understand the root cause, whether it’s a lack of training, miscommunication, or external pressures. We need to

practice humility in acknowledging our own areas of growth or misunderstanding.

3. *Pray for Wisdom:* Job’s friends blundered in their understanding and advice, but reconciliation came through prayer and obedience to God’s instruction (*v.8*). Job’s willingness to pray for his friends, despite their mistakes, shows his commitment to reconciliation over resentment. When dealing with incompetence, don’t blame others, instead pray for wisdom, to address the situation constructively and for God’s grace to bring resolution.

Reflection:

1. *Admit areas where you lack skill or knowledge. Humility is the first step toward growth.*
2. *Ask for guidance or mentorship from colleagues or supervisors.*
3. *Take proactive steps to improve, such as attending training, reading, or practicing new skills.*
4. *Trust that God equips you for the tasks He calls you to.*

Prayer Points:

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

Facing unhealthy Pride with Humility

Luke 18: 9 – 17

Key Verse: “When pride comes, then comes disgrace, but wisdom is with the humble.” (Proverbs 11: 2)

Pride has two types. Unhealthy & Healthy ones. Unhealthy pride put excessive focus on oneself. It leads to arrogance, comparison, or refusal to acknowledge mistakes. But the healthy pride is rooted in humility and gratitude. It is a recognition and appreciation of accomplishments, gifts, or progress without arrogance or superiority. It acknowledges God as the source of all blessings and aims to glorify Him through one’s actions. Parable of Pharisee & Tax Collector clearly tells us how to face unhealthy Pride with humility:

1. *Beware of Pride in Self-Righteousness (v.11):* The Pharisee’s prayer reveals an inflated ego that compares himself to others to feel superior. Ego manifest in three ways:
 - a. *Demeaning other’s efforts,*
 - b. *comparing skills, or*
 - c. *seeking praise for one’s work.*
 This attitude hinders collaboration and genuine care. We need to recognize that regardless of our skill levels or titles, we all contribute uniquely to the shared divine mission of serving others.
2. *Approach God with Humility (v.13):* The tax collector’s prayer reflects humility. He acknowledges his dependence on God’s grace. We need to embrace a posture of humility by acknowledging our limitations and seeking God’s

guidance in challenging situations. For an Example feedbacks must not be considered as a threat, instead must be accepted as an opportunity for growth & refinement.

3. *God exalts the humble (v.14):* Jesus emphasized that God values humility over self-promotion. We need to trust that recognition and reward come from God, not from human praise. And we must focus on serving with integrity and compassion rather than seeking validation from others.

We need to do following to have healthy pride:

- *Focus on the Mission, Not Recognition*
- *Practice Active Listening*
- *Admit Mistakes and Learn from them*
- *Celebrate Others’ Contributions*
- *Pray for a Humble Heart*

Reflection:

1. *How do you react when your contributions go unnoticed or unappreciated?*
2. *Are there areas where ego might be interfering with your work or relationships?*
3. *How can you model humility to others in your work environment?*

Prayer Points:

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

Conflict Resolution

Luke 2: 41 – 52

Key Verse: “Blessed are the peacemakers, for they will be called children of God.” (Matthew 5: 9)

Conflict means struggle or clash between interests or needs or goals of two or more parties. Conflict is an inevitable part of life, especially in the environments where stress, differing perspectives, and emotional situations can lead to tension. But when conflicts are handled with Christ like mindset, they become the reason of growth, understanding, and relationship strengthening. A conflict arises between Jesus & Mary. But the way it is dealt is commendable.

1. *Conflict Often Arises from Miscommunication:* Mary and Joseph assumed Jesus was with them, but they had not verified this, leading to misunderstanding and worry (v.44). Miscommunication can create unnecessary conflict.
2. *Address Conflict Proactively:* Mary and Joseph did not delay in seeking Jesus when they realized He was missing (v.46). Their proactive approach resolved the issue. Address concerns or conflicts immediately rather than allowing them to become intense.
3. *Express Concerns Calmly and Respectfully:* Mary communicates her concern without anger (v.48). This shows the importance of respectful dialogue. When dealing a conflict, we need to express frustrations or concerns in a way that nurtures understanding rather than defensiveness.

4. *Listen and Seek Understanding:* Now Jesus’ response highlights a difference in perspective, which Mary and Joseph needed to understand (v.49). Listening to others’ perspectives leads to empathy and resolution.
5. *Learn and Move Forward:* The resolution of this conflict led to growth in the family relationship. Two things happened: *Jesus honoured His parents & Mary reflected on the experience with understanding* (v.51).

Reflection:

1. *Clarify the source of the disagreement, whether it’s miscommunication, differing expectations, or unmet needs.*
2. *Create a safe space for all parties to share their concerns and perspectives in a nonjudgmental way.*
3. *Work together to find a solution that respects everyone’s needs and priorities.*
4. *Validate the feelings of others, even if you disagree with their viewpoint.*
5. *After resolving the conflict, follow up to ensure the solution is effective and relationships are restored.*

Prayer Points:

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

Key Verse: “For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand so that we may walk in them.” (*Ephesians 2: 10*)

God is the ultimate Creator, and as His children, we carry the potential for creativity and innovation in every aspect of our work. In healthcare, this creativity is not just about artistic designs, but about finding new ways to care for patients, solve problems, and enhance systems for better outcomes. We are called to think beyond the routines, by embracing fresh ideas and continuously seeking ways to improve the lives of those we serve by aligning our efforts with God’s purpose of healing and restoration. The story of Jesus feeding the five thousand is a powerful example of creativity and innovation, in meeting needs with limited resources. This miracle demonstrates how God can use faith, resourcefulness, and collaborative efforts to accomplish extraordinary outcomes, even in challenging situations.

- *Recognize the Need:* Jesus identified the immediate need for food and brought attention to the problem (*v.5*).
- *Work with What You Have:* The disciples acknowledged their limited resources, but Jesus saw their potential (*v.9*).
- *Invite Collaboration:* The boy shared his food, and Jesus involved His

disciples in distributing it, showing the power of teamwork (*v.11*).

- *Trust God to Multiply Your Efforts:* Jesus multiplied the loaves and fish to exceed expectations, ensuring abundance without waste (*v.12*).
- *Steward Resources Wisely:* Jesus ensured that all the leftovers were collected, valuing every resource (*v.13*). we have to maximize the use of available resources and prevent waste by innovating with sustainability in mind.

Reflection:

For creativity & innovation in caregiving we need:

1. *Intentional effort to create a culture that values creative thinking.*
2. *Encourages experimentation.*
3. *View setbacks as learning opportunities rather than failures.*
4. *Create a team environment where new ideas are encouraged and shared.*
5. *Trust that God’s Spirit will guide your efforts for the greater good.*

Prayer Points:

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

Cultural Sensitivity

Romans 15: 13 – 23

Key Verse: ““Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you.” (*Galatians 3:28*)

Cultural sensitivity is the ability to understand, respect, and appropriately respond to cultural differences. In *Romans 15:13 – 23*, the Apostle Paul emphasizes his mission to reach diverse groups with the gospel. While with diverse groups, his approach demonstrates cultural sensitivity, respect, and adaptability. We also work in an environment, where we have to serve and work with people of diverse nature. We need following things in our life:

1. *A Spirit of Inclusivity:* Paul celebrates how God’s hope and salvation are for all people, regardless of their cultural or ethnic background (*v.13*). we have to acknowledge and respect diverse beliefs, customs, and traditions in caregiving practices.
2. *Build Bridges Across Differences:* Paul intentionally reached out to Gentiles, understanding their unique cultural contexts and presenting the gospel in ways they could relate to (*v.18*). We need to use culturally appropriate communication and care techniques to build trust.
3. *Adaptability in Serving Others:* Paul’s willingness to go to new and unfamiliar places reflects his adaptability and respect for cultural contexts (*v.20*). We have to be

flexible and willing to adjust our caregiving practices to align with cultural preferences or sensitivities.

4. *Respect for Individual Journeys:* Paul’s acknowledgment of his responsibilities elsewhere, shows his respect for God’s timing and the unique journeys of those he served (*v.22*). We have to honour the personal beliefs and choices of care – receivers, even when they differ from our own.

Reflection:

1. *How do we currently approach cultural differences in caregiving?*
2. *Are there areas where we could improve in understanding and respecting cultural diversity?*
3. *How can we create an environment where patients feel seen, heard, and valued regardless of their background?*

Prayer Points:

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

Key Verse: Whatever task you must do, work as if your soul depends on it, as for the Lord and not for humans. (Colossians 3: 23)

Wisdom, according to the Bible, is the ability to discern what is right and apply that knowledge in a way that aligns with God's will. It is not merely intellectual insight but practical, spiritual understanding rooted in reverence for God. On the other hand, Excellence in Bible, is the pursuit of doing one's best in every area of life as an act of service to God. It involves diligence, integrity, and a commitment to continuous growth, reflecting the character of God who is perfect in all His ways. Daniel & His friends thrived in their roles and earned favour & success through wisdom, faith & spirit of excellence.

1. *Commitment to value (v.8):* Daniel showed unwavering commitment to his faith and values, even under pressure. We have to maintain integrity and ethical principles in, prioritize the well-being of others and uphold professional standards.
2. *Use Wisdom in Communication (v.11 – 12):* When forced to follow different lifestyle, Daniel proposed a respectful and practical solution instead of causing conflict. And that become possible by the help of wisdom.
3. *Trust God's provisions (v.15):* Daniel and his friends trusted God to honour their faithfulness, and He

provided for them. When we are facing challenges, we need to trust that God will equip us with wisdom & resources to excel in our profession. The most important thing needed is to pray for guidance.

4. *Pursue excellence in all we do (v.17):* Daniel and his friends were found excellent, because of their dedication and the favour of God. In order to be excellent, we have to learn continuously, improve skills and provide highest standard care consistently.

Reflection:

1. *Are there areas in our profession where we feel pressured to compromise our values?*
2. *How can we pursue excellence while honouring God in our work?*
3. *What steps can we take to seek wisdom in challenging situations?*

Prayer Points:

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

Aligning Goals with God's Will

Mark 10: 35 – 52

Key Verse: “We know that all things work together for good for those who love God, who are called according to his purpose.” (Romans 8: 28)

Mark 10: 35 – 52 presents two contrasting stories about ambition and purpose. James and John request positions of glory, while blind Bartimaeus seeks healing from Jesus. This passage teaches the importance of aligning personal goals with God's will and purposes.

1. *Selfish Ambition vs. Servant Leadership (v.37)*: James and John's request shows their desire for personal prominence rather than seeking God's purposes. In setting of our goals, it's Important to scrutinize the motives behind our goals. Are they driven by self-interest, or do they reflect a desire to serve others and glorify God?
2. *Trusting God's Sovereignty (v.40)*: Jesus reminded James and John that their future was under God's authority, and it must not be controlled by their ambitions. If we want to serve God, we have to surrender our plans to God and trust his timing and purpose in our life.
3. *Greatness through service (v.43)*: Greatness, is usually defined as having status, power or fame. But Jesus redefines greatness as serving others and by serving, reflecting God's heart. We serve the King, when we align our goals with desire to serve others. Our priority must

be improving wellbeing of others over the personal gains.

4. *Seeking Jesus for What Truly Matters (v.49, 51)*: James and John approached Jesus to fulfil their ambitious desire, but Bartimaeus was focussed in his deepest need of having eyesight and sought Jesus in trust. He was very bold in asking for his healing. When we set goals, our priority must be spiritual growth, relationships, and God's eternal purposes over worldly success.

Reflection:

1. *Are your current goals motivated by a desire to glorify God or personal ambition?*
2. *How can you ensure your plans align with God's will?*
3. *What steps can you take to serve others more faithfully in the pursuit of your goals?*

Prayer Points:

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

Humility & Contentment

Matthew 6: 25 – 34

Key Verse: “Give thanks in all circumstances, for this is the will of God in Christ Jesus for you.” (1 Thessalonians 5: 18)

Matthew 6: 25 – 34 focusses on trusting God for our needs and finding peace in His provision. As per this God’s word, following are the foundations of wellbeing:

1. *Humility – acknowledging our dependence on God (v.25):* Humility means acknowledging our strengths as well as weaknesses and also our dependence on God and others. In other words, humility means a realistic and balanced self – assessment. Jesus reminds us that God is the ultimate provider. Humility involves surrendering control of our life in God’s hands. We need to practice daily, prayer of surrender.
2. *Contentment – Focussing on God’s Provisions (v.26):* Contentment is a state of satisfaction and peace with what one has. In this state there is neither an excessive desire for more; nor the resentment over things someone is lacking. Jesus very clearly assures that God will keep on providing for our forthcoming needs. And we have to trust and thank God for that. The best sign of the presence of such trust in our life is – avoiding the comparison between ourselves

and others and worrying about material possessions.

3. *Trust – getting freedom from anxiety (v.27):* Anxiety means overthinking or excessive concern about the future. As our future is uncertain; anxiety stems from focusing on uncertainties, but trust in God’s sovereignty brings peace. On the face of anxiety, we have to focus on what we can do today rather than worrying about the future.

Reflection:

- a. *Regularly thank God for His provision in life.*
- b. *Develop a habit of giving concerns to God through prayer.*
- c. *Avoid materialism by prioritizing spiritual growth and relationships over possessions.*
- d. *Simplify lifestyle to reduce stress and increase focus on what truly matters.*

Prayer Points:

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

Burnout & Divine Comfort

1 King 19: 1 – 13

Key Verse: “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. (Matthew 11: 28)

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged and excessive stress. It often occurs when someone feels overwhelmed, emotionally drained, and unable to meet the constant demands of their responsibilities, whether in work, or in other aspects of life. As a caregiver, we are the one most prone to it and it has the power to harm our wellbeing. In *1st Kings 19: 1 – 13*, the prophet Elijah experienced intense burnout after his confrontation with the prophets of Baal. Despite his faithfulness and victory, he felt overwhelmed, isolated, and exhausted. But God comforted him:

1. *Elijah’s Burnout from A Caregiver’s Perspective:*

- a. *Emotional and Physical Exhaustion:* “Elijah was afraid and ran for his life.” (v.3). Elijah’s fear and fatigue mirror the emotional and physical toll we are constantly exposed to.
- b. *Feelings of Isolation and Hopelessness:* “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.” (v.4). Elijah felt very lonely in his struggles. This is a common experience we go through when we found ourselves unsupported and unappreciated.

2. *Divine Comfort for Elijah’s Burnout:* God’s comfort for Elijah has three aspects:

- a. *Physical Restoration (v.7):* God first addressed Elijah’s physical needs by providing food and rest. It is highlighting the importance of self-care.
- b. *Spiritual Renewal (v.13):* God meets Elijah in a gentle whisper, not through dramatic displays, offering reassurance and peace.
- c. *Renewed Purpose (v.15 – 18):* God gives Elijah clear instructions and affirms his role as a prophet showing that burnout does not disqualify someone from their calling.

Reflection:

When we face burnout, we need to do following for our wellbeing:

1. *Acknowledge Burnout*
2. *Prioritize Rest and Nourishment*
3. *Seek God’s Presence*
4. *Accept Support*
5. *Rediscover Purpose*

Prayer Points:

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

Honouring God with our time**Mathew 25: 1 – 13****Key Verse: “So teach us to count our days, that we may gain a wise heart.” (Psalms 90: 12)**

Time is one of the most precious and finite gifts, God gives us. Consider this: a newborn who lives to 80 years has a maximum of 29,000 days. For those reading this text, likely between the ages of 25 and 60, this number ranges from about 20,000 to as few as 7,300 days. So, each day is an opportunity given by God to live purposefully, and we need to make the most of every opportunity. Honouring God with our time means recognizing its finiteness and dedicating our best portion to Him by glorifying God and serving others meaningfully. Parable of ten virgins give some good lessons about honouring God with our time:

1. *Be Prepared and Alert (v.4):* The wise virgins planned ahead, recognizing the importance of readiness. We must manage our time wisely, preparing for the needs of those we serve while keeping a watchful heart toward God.
2. *Value Time as a Precious Resource (v.5):* Just as the virgins waited for the bridegroom, we must use times of waiting productively, ensuring that our actions align with God’s purpose.
3. *Avoid Procrastination (v.8):* Procrastination means delaying or postponing tasks, decisions, or actions. It involves putting necessary, usually in favour of less important or more enjoyable activities. It leads to missed opportunities. We must stay

diligent, ensuring that we are physically, emotionally, and spiritually ready to serve.

Honouring God with our limited time means balancing care, documentation, and personal commitments in ways that reflect God’s love and order. This includes setting daily priorities, taking intentional breaks to prevent burnout, and reducing distractions. Leaders can model effective time management by promoting balanced workloads and emphasizing quality over mere busyness. Treating time as a finite gift entrusted to us; allows us to serve patients, colleagues, and the institution’s mission with clarity and purpose.

Reflection:

1. *Are we using our time effectively to care for others and honour God?*
2. *How can we incorporate prayer and spiritual preparation into our daily caregiving routine?*
3. *Are there areas where procrastination or distractions are hindering our service?*

Prayer Points:

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

Prioritizing to achieve balance
Luke 10: 38 – 42

Key Verse: “For everything there is a season and a time for every matter under heaven.” (Ecclesiastes 3: 1)

Prioritizing means arranging tasks, responsibilities, in such a way that the most critical items are addressed first. It involves making intentional decisions about where to focus time and energy to achieve balance and effectiveness in life or work. Prioritizing is done on the basis of importance, urgency & purpose. The story of Mary and Martha highlights the importance of prioritizing. Martha was overwhelmed with the demands of hospitality, but Mary chose to sit at Jesus’ feet, listening to His teaching. We need to learn following things to balance responsibilities while maintaining spiritual and emotional wellbeing.

1. *Martha’s Distraction with Many Tasks (v.40):* Like Martha, we often face numerous responsibilities that leads to stress and distraction. We need to learn to set boundaries and focus on essential tasks.
2. *Mary’s Focus on Jesus (v.42):* Mary prioritizes her time with Jesus. She recognizes the value of spiritual nourishment over immediate tasks. Spiritual renewal through prayer, scripture, and worship is essential for maintaining perspective and strength in our profession. Like Mary we have to balance the “*doing part*” of our profession with the “*being*” present with God and the people

3. *Jesus’ Gentle Correction (v.41):* Jesus lovingly reminds Martha to focus on what truly matters. He teaches her that balance comes from aligning priorities with God’s will.

We need to incorporate following in our life:

- a. *Create a Balanced Schedule*
- b. *Delegate When Possible*
- c. *Take Breaks for Renewal*
- d. *Focus on Quality Over Quantity*

Reflection:

1. *Are you more like Martha, overwhelmed by caregiving tasks, or like Mary, focused on being present with God?*
2. *What steps can you take to create a better balance in your caregiving responsibilities?*
3. *How can you incorporate time with God into your daily routine to maintain perspective and strength?*

Prayer Points:

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

Generosity & Giving

Mark 12: 35 - 44

Key Verse: Each of you must give as you have made up your mind, not regretfully or under compulsion, for God loves a cheerful giver. (2 Corinthians 9: 7)

Generosity is the quality of being kind, selfless, and willing to give freely, without expecting anything in return. It involves sharing one's time, resources, love, and effort. The origin of the generosity is a compassionate heart and a desire to contribute positively to the lives of others. The story of the widow's offering, is a beautiful lesson about generosity, sacrifice, and trust in God. It teaches us that generosity creates wellbeing for both the giver as well as recipient when done with the right heart. Things we must imbibe in our lives:

1. *True Generosity is Measured by the Heart (v.43):* The widow's small offering was given sacrificially. It was more valuable to God than the offering given by others out of their surplus. We are called to give & do from the heart, even when resources or energy are limited.
2. *Sacrifice Reflects Trust in God (v.44):* The widow gave with complete faith in God's power to fulfil her needs when she gave offering. We must trust that God will replenish our strength and resources, as we pour ourselves into serving others.
3. *Small Acts Can Have Great Impact:* Widow's offering was small but it was significant in God's eyes. Our small acts of kindness and attention

profoundly impact the well-being of those we take care off.

Reflection:

Generosity is not about how much we have to give but the heart with which we give it. And it involves:

- a. *Generosity of Time* – Being fully present and attentive to the needs of those in our care.
- b. *Generosity of Spirit* – Showing compassion, patience, and encouragement, even when faced with challenges.
- c. *Generosity of Resources* – Sharing what you have, whether it's finances, skills, or physical help, to support others.
- d. *Generosity Toward Ourselves* – Taking time to care for own physical, emotional, and spiritual health to sustain our ability to give.

Prayer Points:

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

Empathy & understanding

Luke 19: 1 – 10

Key Verse: “Rejoice with those who rejoice; weep with those who weep.” (Romans 12: 15)

Vision is a forward – looking statement. It describes what we aspire to achieve in the future. It gives the answer to question, “*What do you want to accomplish?*” on the other hand Mission is a presently – focused statement, that outlines the purpose, actions, and steps taken to achieve the vision. It deals with the question “*How will you accomplish your vision.*” Empathy and understanding are foundational in creating and fulfilling a meaningful vision and mission in caregiving. They ensure that the goals and actions are not just practical but also deeply rooted in compassion and the true needs of care – receivers. Jesus’ encounter with Zacchaeus is a powerful example of this:

1. *Seeing People’s True Needs (v.5):* Jesus saw beyond Zacchaeus’ status as a tax collector and recognized the pain and hurt he is facing because of social isolation & negative branding. Jesus also understood his longing for connection and redemption. We must have a vision by understanding the emotional, spiritual, and physical needs of those we serve. Understanding others’ experiences helps us to identify – what truly matters and it must shape our goals to address specific needs effectively.

2. *Empathy Breaks Barriers:* Zacchaeus was disliked & rejected in society because of his profession, but Jesus approached him with compassion. Empathy allows us to overcome prejudices and build trust with people in our care. When we take time to listen and observe, we develop a mission that aligns with our calling to serve and support others.
3. *Mission rooted in Love (v.10):* Jesus’ mission was to bring salvation and healing through love. For that Jesus interacted with Zacchaeus personally. And this led to his repentance and restoration. When we invest in meaningful connections with love, it inspire positive changes in those, whom we serve. We need to align our mission with a commitment to provide holistic care rooted in love and understanding.

Reflection:

1. *Are your caregiving goals focused on meeting both physical and emotional needs?*
2. *How can you align your caregiving mission with Jesus’ example of love and compassion?*

Prayer Points:

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

Vision Casting

Nehemiah 2: 11 – 20

Key Verse: “Where there is no vision, the people perish; but he that keep the law, happy is he.” (Proverbs 29: 18)

Vision casting is the act of defining and communicating a clear picture of a future goal or mission. It’s not only about envisioning a hopeful future but also rallying others to work toward it with shared purpose and passion. Vision requires clarity, hope, and alignment with God’s purpose. Today’s key verse emphasizes that without vision, people lose direction and motivation. Therefore, vision casting is crucial for guiding a team, aligning efforts, and fostering unity and purpose. And the story of Nehemiah rebuilding the walls of Jerusalem, tells us how to do it:

1. *Personal Preparation (v.11):* Nehemiah spent time assessing the situation personally & privately. Effective vision casting begins with preparation, prayer, and reflection.
2. *Assessing the Current Situation (v.13):* Nehemiah personally inspected the broken walls to understand the extent of the problem. This means identifying the physical, emotional, and spiritual needs of the people in our care and the resources required to meet them.
3. *Aligning with God’s Purpose (v.20):* Nehemiah’s confidence came from his faith in God’s guidance. We have to align our vision with God’s will, seeking His wisdom and strength to achieve our goals.

4. *Clear Communication of the Vision (v.17):* Nehemiah clearly articulated the problem and the goal. We need to cast a vision that is specific, achievable, and inspiring.
5. *Inspiring Collaboration (v.18):* Nehemiah inspired others to join him. Our profession requires teamwork and for that we have to share the vision in a way that motivates others to contribute.
6. *Handling Opposition with Faith (v.20):* Nehemiah faced opposition but stood firm in his faith. In our profession, obstacles and challenges will arise, but staying rooted in God’s promises ensures perseverance.

Reflection:

1. *How can we assess and understand the needs of those we care for?*
2. *What vision can we cast to inspire others to join in caregiving efforts?*
3. *How can we rely on God’s guidance when facing challenges in caregiving?*

Prayer Points:

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

Necessity of Mission in Caregiving

Luke 10: 1 – 12

Key Verse: “We know that all things work together[a] for good for those who love God, who are called according to his purpose.” (Romans 8: 28)

A mission provides purpose, direction, and focus, for a meaningful action. And this is necessary to have long-term impact and aligning our efforts with a greater purpose. Jesus sends out seventy two disciples on a mission to proclaim the Kingdom of God and care for the needs of others. And when we implement the principles of this “*Sending Out*” in caregiving, we find that the caregiving is not just about meeting needs; instead, it’s about doing so with purpose, focus, and alignment with God’s will.

1. *Mission Brings Purpose (v.1):* Jesus gave the disciples a clear purpose of preparing the way for Him. A mission ensures that actions are intentional and not random. It provides clarity about what needs to be done and why.
2. *Mission Guides Prioritization (v.4):* Jesus instructed the disciples to stay focused on their mission, avoiding distractions. A mission helps to prioritize the wellbeing of others and helps us to avoid unnecessary diversions that could hinder care.
3. *Mission Creates Collaboration (v.1):* The disciples were sent in pairs, emphasizing teamwork. A shared mission fosters collaboration to ensure holistic care.

4. *Mission Aligns with God’s Kingdom (v.9):* The disciples’ mission was rooted in proclaiming God’s love and power. Our motto is, “*We serve a King.*” And to fulfil this motto, our mission should reflect God’s values of compassion, service, and dignity for all.
5. *Mission Provides Resilience Against Challenges (v.10 – 11)* Jesus prepared the disciples for rejection. A strong mission provides the resilience needed to persevere through setbacks, opposition, or burnout.

Reflection:

1. *What is our mission in caregiving?*
2. *How does our caregiving reflect God’s love and Kingdom values?*
3. *Are our daily caregiving actions aligned with our mission?*

Prayer Points:

1. Dept. of Pedodontics
2. All the labs of CMC & H, Ludhiana
3. Diabetic Foot Clinic

Love & Teach others to love

Luke 10: 25 – 37

Key Verse: “This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one’s life for one’s friends.” (*John 15: 12 – 13*)

Love is the foundation and cornerstone of any relationship. Love is not merely a feeling but an intentional choice to care for others selflessly. Love is always guided by compassion, patience, and empathy. Teaching others to love involves modelling this behaviour and encouraging them to embrace the same values in their interactions.

1. *Love Is an Action, Not Just an Emotion (v.34):* The Samaritan's love was demonstrated through tangible acts of care. For us, love must be expressed in the practical and selfless service we provide. We have to meet both physical and emotional needs.
2. *Love Breaks Barriers (v.33):* The Samaritan overcame social and cultural divides to care for the injured man. Caregiving requires setting aside prejudices and loving unconditionally, regardless of differences in backgrounds, status, beliefs, cultures and religions.
3. *Teach by Example (v.37):* Jesus calls us to imitate the Samaritan's actions. We can teach others to love by modelling compassion, patience, and empathy in our daily interactions & work.
4. *Sacrificial Love (v.34):* The Samaritan sacrificed his time, resources, and

comfort to help someone in need. Teaching others to love involves living a willingness to put others' needs above our own.

5. *Love Is Universal (v.29):* Jesus redefines the word “neighbour” and include in it “anyone in need.” Caregiving teaches us to love universally, encouraging others to extend their compassion to all people, not just those close to them.

Reflection:

1. *How do we live love in our daily life & work?*
2. *What barriers might prevent others from expressing love, and how can we help them overcome those?*
3. *How can we create opportunities to teach and inspire love in our community or in our caregiving role?*

Prayer Points:

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

Key Verse: “Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable; it keeps no record of wrongs.” (1 Cor. 13: 4 – 5)

love is the core of God’s nature and the command given to us is to love God and others. In the context of caregiving, love often refers to the sacrificial, compassionate, and empathetic care and concern one person shows for another, with no expectation of return. And this love can be expressed in following ways:

1. *Mary’s Response – Love Requires Willingness to Serve (v.38):* Mary has a willing and humble heart in response to God’s call. We are called to serve others, sometimes at great personal cost. Like Mary, we are invited to serve with love, even when it requires sacrifice or stepping into the unknown.
2. *Mary’s Faith – Love Trusts in God’s Plan:* When Mary hears of the challenges she needs to face, she does not doubt, but she trusts in God’s plan for her life. For us, trusting in God’s plan allows us to approach each task with faith. It’s reminding us that our service is part of a greater purpose.
3. *Mary’s Courage – Love is Responding to God’s Call with Courage:* Despite the uncertainty and the potential for ridicule, Mary courageously accepted the responsibility. In the moments of fear or uncertainty we

can find strength and courage in God’s calling to care for others.

4. *Mary’s Submission – Love is a Partnership with God:* Mary’s willingness to submit to God’s will tells us that love is a partnership with God. We are partners with God, providing His love and care to others as an extension of His own heart.

Reflection:

1. *How can I serve others with a willing and humble heart, like Mary?*
2. *In what ways can I trust God more deeply in my caregiving role?*
3. *What can I do to respond with courage when faced with challenges in caregiving?*
4. *How can I remember that my caregiving is a partnership with God, and how does that change my perspective?*

Prayer Points:

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

Key Verse: “And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4: 7)

Peace is a state of tranquillity, harmony, and well-being. It manifests internally within a person and externally in relationships and environments and gives freedom from disturbance, conflict, or fear. In a world often filled with chaos and uncertainty, the story of Christ's coming offers us a deep and abiding peace. Matthew introduces us to Joseph, a man described as righteous. When he discovers that Mary, his betrothed, is pregnant, he is faced with a dilemma, which took away his peace. But in the midst of his turmoil, an angel appears to him in a dream, bringing a message of hope and reassurance:

1. *The Divine Intervention (v.20):* In words of Angel, we see the heart of God. He intervenes in our fears and uncertainties. And we are called to trust God's plan, and are invited to surrender our worries to Him. The peace that transcends understanding begins when we acknowledge that God is at work in our lives, even when we cannot see it.
2. *The Meaning of Emmanuel (v.23):* The name given to Jesus, “Emmanuel,” means “God is with us.” This is the essence of our faith; where God chose to dwell among us in the

person of Jesus. This presence is the source of our peace.

3. *The Call to Action (v.24 – 25):* Joseph's response to the angel's message is not one of passive acceptance; rather, he acts with obedience and courage. We are called to respond to God's invitation to live in peace and to extend that peace to others. As we accept this gift, we are called to be peacemakers in our families, our communities, and our world.

Reflection:

1. *How can I trust God more deeply in my role in CMC, Ludhiana?*
2. *What fears or anxieties do I need to surrender to experience peace?*
3. *In what ways can I remind myself of God's presence in my journey?*

Prayer Points:

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

Hope

Luke 1: 46 – 56

Key Verse: “May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.” (Romans 15: 13)

In caregiving, Hope is the most important element needed. And it means a confident expectation and desire for a positive outcome, which is firmly rooted in trust and faith. Mary expresses her joy and hope in God through her song, also called the “*Magnificat*.” As a young woman she chose to bear the Messiah, and faced immense uncertainty and challenges but then also she had a profound sense of trust and hope in God's promises.

1. *Hope is Rooted in God's Faithfulness (v.49):* Mary reflects on God's faithfulness, and makes her confident in His future promises. We can find hope by remembering how God has provided strength and guidance in our past.
2. *Hope Looks Beyond Current Challenges (v.50):* Mary's song acknowledges God's eternal mercy, reminding us to focus on the bigger picture rather than the immediate struggles.
3. *Hope Comes Through Humility and Dependence on God (v.48):* Mary's humility highlights the importance of relying on God's strength rather than one's own. For us, acknowledging our dependence on God can bring hope and renewal when we feel weak or overwhelmed.

4. *Hope is Empowered by God's Justice and Provision (v.53):* Mary proclaimed that God uplifted the lowly and provides for those in need. We can find hope in knowing that God sees our sacrifices and will fulfil our physical, emotional, and spiritual needs.

5. *Hope is Shared Through Praise and Gratitude (v.46 – 47):* Mary's praise of God demonstrates that by expressing gratitude and focusing on His goodness hope can be strengthened. We can cultivate hope by regularly giving thanks for blessings, even in difficult circumstances.

Reflection:

1. *How can we focus on God's faithfulness to renew our hope in caregiving?*
2. *In what ways can we incorporate gratitude and praise into our daily routine?*
3. *How can we rely more fully on God's strength and provision in challenging moments*

Prayer Points:

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

Joy

Luke 2: 8 – 20

Key Verse: “You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore.” (Psalm 16: 11)

Joy is a deep sense of happiness and contentment that transcends our life situations. It is not an emotional response to favourable situations but a state of being rooted in purpose, faith, and gratitude. True joy can be achieved by meaningful connections, fulfilling actions, and spiritual assurance. Announcement of Christ’s birth tells us very clearly that the profound joy spread from encountering God’s presence, sharing good news, and fulfilling a divine purpose.

1. *Joy Comes from God’s Presence (v.11):* The shepherds experienced joy because they recognized the significance of God coming to dwell among them. For us, joy can be found in knowing that our work is a reflection of God’s love and care for others.
2. *Joy is Amplified by Sharing Good News (v.17):* The shepherds couldn’t contain their joy and shared it with others. We find joy in sharing encouragement, hope, and love with those we serve and their communities.
3. *Joy Fuels Worship and Gratitude (v.20):* The shepherds responded to their experience with worship and thanksgiving. We cultivate joy by regularly expressing gratitude for the opportunity to serve and for God’s provisions.
4. *Joy is Found in Small yet Meaningful Acts:* The shepherds were humble people entrusted with the first announcement of Jesus’ birth. This demonstrates that even the simplest acts, when done with love and purpose, bring joy. We need to take pride in the small, daily ways which make a difference.
5. *Joy is Strengthened Through Obedience (v.16):* The shepherds acted on the angel’s message immediately, which led to their encounter with Jesus. We experience joy by faithfully following our calling and embracing opportunities to serve.

Reflection: For Joy we need to:

- a. *View caregiving as a holy calling where God is present.*
- b. *Find joy in the little moments of care and connection, knowing they have a meaningful impact.*
- c. *Spread joy by sharing uplifting words and actions with those around us.*
- d. *Cultivate joy by regularly reflecting on God’s blessings and expressing gratitude for the opportunity to serve.*
- e. *Approach caregiving tasks with intentionality, trusting that our work contributes to God’s greater plan.*

Prayer Points:

1. Staff engaged in vaccination and community work.
2. Thank God for the Achievements of our Institution in 2025.



“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

