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—陳清惠理事長，台灣護理人員福音協會

With a mission to equip Christian nurses to live out their faith in their professional practice, NCFI is pleased to bring you CARES...

NCFI的使命是裝備基督徒護士，使他們對專業執業充滿信心，NCFI很高興為您帶來CARES...

—Barbara White, NCFI前主席

“A word aptly spoken is like apples of gold in settings of silver.” Proverbs 25:11 describes Carrie Dameron's new book CARES perfectly.

「一句話說得合宜，就如金蘋果在銀網子裡。」箴言25：11

完美地描述了Carrie Dameron的新書CARES。

—Kathy Schoonover-Shoffner, 編輯，基督教護理期刊(JCN)

CARES Reflections for Nurses brings the poignancy of a devotion, with the richness of a Bible study into each contemplative reflection. The 52 reflections explores essential nursing topics that inspire your personal faith and enrich your nursing practice. CARES offers refreshing mercy and grace for your patients, families, colleagues, and students.

本書為護理人員帶來虔誠的靈修，以豐富的聖經研究導入深沈的反思。52篇短文探討基要的護理主題，激發了讀者個人信念並豐富讀者的護理實踐。全書令人耳目一新，而且為護理人員的患者、家人、同事和學生帶來憐憫和恩典。

—Carrie M. Dameron

The full text of CARES is Caring Across Regions with Encouraging Scripture. CARES: Reflections for Nurses contains 52 devotionals which exploring Christian nursing themes, guidance readers to reflection on how to practice Christian faith in life and work by a personal and professional manner.

CARES 的全文是(Caring Across Regions with Encouraging Scripture)，「CARES：護理人員的反思」《天父心·護理情》內含52篇靈修小品，探索基督教護理主題，讓讀者能共同反思如何以個人及專業的方式，將基督信仰實踐在生活與工作之中。

—吳麗芬博士，NCFI 董事暨路加傳道會總幹事



# CARES

## Reflections for Nurses

### 天父心·護理情



CARES 天父心·護理情

Carrie 著·吳麗芬譯



台灣護理人員福音協會

Carrie M. Dameron 著  
吳麗芬博士 譯

It is not surprising that stress is a well-known concept in nursing. Nurses, therefore, need sources of continuing strength and refreshment, and of spiritual health and growth, if they are to continue to function fully as effective nurses.

Pat M. Ashworth

*A History of Nurses Christian Fellowship International: The First 50 years*

壓力在護理中是眾所周知的概念，不足為奇。因此，護士要想繼續充分發揮有效的護理功能，就需要持續不斷的強化精力，以及心靈健康和成長。

帕特·阿什沃思

國際基督徒護士團契歷史：第一個 50 年

A word aptly spoken is like apples of gold in settings of silver. Proverbs 25:11 describes Carrie Dameron's new book CARES perfectly. Just like she does in the regular Journal of Christian Nursing, "Christian Nursing 101" column she writes, Carrie weaves Scripture and nursing together throughout these 52 reflections. Her practical application of God's Word to our sacred work and calling in nursing presents a beautiful display of gold and silver.

Kathy Schoonover-Shoffner, Editor  
*Journal of Christian Nursing*

NCFI CARES is like a tonic to the Christian nurse which keeps her/him on her toes and helps her meet the total needs of her client. CARES is also like a manual that guides the nurse on when, how, where, and what to do when faced with difficulty in the process of caring.

Thomas Ibe  
Federal Neuro-Psychiatric Hospital,  
Calabar. CRS  
FCN Nigeria

NCFI CARES has been a regular resource that we have published on social media, and it has greatly encouraged many of our members in the UK and across Europe. Christian nurses in this part of the world often feel isolated from one another and under pressure to conform to a secular health system - NCFI CARES is a regular encouragement and reminder to them of who we really serve in our careers and how to nurse in a Christlike, God-honouring way.

Steve Fouch  
Chair, NCFI European Committee  
CMF Head of Nursing Ministries

No doubt this book is a tremendous gift from God to us, a compilation of biblical reflections made by Carrie, which will help us to become intimate with God, get closer, and learn to listen. By searching the Scriptures from the essence of nursing practice, we can care the way God cares for us, with "compassion and love."

Alicia Yáñez Molina  
ACEMACH Chile  
Chair, NCFI Latin America Region

「一句話說得合宜，就如金蘋果在銀網子裡。」箴言 25：11 完美地描述了 Carrie Dameron 的新書 CARES。就像她在「基督教護理期刊」(Journal of Christian Nursing, JCN) 101 期的定期專欄文章中所做的那樣，Carrie 在這 52 篇反思中都將經文和護理編織在一起。她實際運用神的話語在我們神聖的工作中，並呼籲護理工作呈現出如金和銀一般的美麗。

Kathy Schoonover-Shoffner, 編輯  
基督教護理期刊

NCFI CARES 對基督徒護士而言就像補品，可以使她／他堅定步伐，並幫助她滿足顧客的全部需求。CARES 也像一本手冊，在照護過程中遇到困難時，指導護士何時、如何、在哪裡以及該做什麼事。

Thomas Ibe  
聯邦神經精神病醫院  
卡拉巴爾·CRS  
奈及利亞 FCN

NCFI CARES 一直是我們在社群媒體上發佈的常規資源，它大大地鼓舞了在英國和整個歐洲的許多會員。在這個地區，基督徒護士常常感到孤立，並承受著世俗衛生系統的壓力—NCFI CARES 定期鼓勵並提醒他們，誰是我們在職場中真正服務的對象，以及如何像基督般提供照護，尊榮上帝。

Steve Fouch  
NCFI 歐洲委員會主席  
CMF 護理部主管

毫無疑問的，這本 Carrie 對聖經反思的彙編書是上帝給我們的大禮，它將幫助我們與上帝親密，親近並學會聆聽。通過從護理實踐的本質中探索聖經，我們可以用上帝關心我們的方式，以“憐憫和慈愛”來關心人。

Alicia Yáñez Molina  
智利 ACEMACH  
NCFI 拉丁美洲地區主席

作者由護理及基督徒的雙重角度，寫下一篇篇信仰的告白，閱讀者猶如走進心靈加油站，透過上帝話語的再思，得以更新思維，重新得力。有如天上的嗎哪，可成為護理人員每日的靈糧，帶來生活與工作的盼望與能力！

陳清惠 理事長  
台灣護理人員福音協會

The author addressed a series of confession of faith from a dual perspective of nursing and Christians. The readers may feel as if they received fuel for the spirit. Through rethinking of the Word of God, we may refresh our thinking and regain strength. Like the heavenly manna, it can become a daily spiritual food for nurses and bringing hope and power to life and work!

Ching-Huey Chen, President  
Nurses Evangelical Fellowship of Taiwan (NEF)

# CARES

## Reflections for Nurses

天父心 · 護理情

Carrie M. Dameron

吳麗芬博士 譯

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中文經句取自和合本聖經

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nurses4him.org publication

## Greetings from the NCFI President

With a mission to equip Christian nurses to live out their faith in their professional practice, NCFI is pleased to bring you CARES, a devotional book for nurses. The timeless truth of Scripture, as it relates to the nursing profession, and to you as a nurse, will encourage your heart and uplift your soul. Nursing is both a scientific discipline and a sacred calling. May you be drawn closer to our Saviour, the source of all hope, as you read and meditate on His Word. And, may God richly bless you as you serve Him in nursing.

by His grace and for His glory.  
Barbara White  
NCFI President

## NCFI 前主席致辭

NCFI 的使命是裝備基督徒護士，使他們對專業執業充滿信心，NCFI 很高興為您帶來 CARES，這是一本關於護士的靈修書。聖經永恆的真理，與護理專業有關，與你作為護士一樣，都會鼓舞你的心，振奮你的靈魂。護理既是一門科學，也是一個神聖的呼召。願您在閱讀和沈思祂的聖言時，與我們的救主——所有希望的源頭更加接近。並且，當您在護理中事奉上帝時，願上帝保佑您。

靠祂的恩典和榮耀。  
Barbara White  
NCFI 主席

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## Preface

Welcome to **CARES: Reflections for Nurses!** To truly understand how **CARES (Caring Across Regions with Encouraging Scripture)** has come about is to start with a story involving unexpected blessings. I entered the nursing profession in 1992 as a new Christian and immediately felt ill-equipped to integrate my new faith into nursing (See reflection, “Looking for the One” for my personal experience). I realized I was not alone, for there were many Christian nurses who lacked support in integrating their Christian faith into their professional practice. So, in 2008, I developed an online business, nurses4him.org found at carriedameron.com, to reach out with purpose, passion, and prayer to equip and encourage nurses to merge their faith with their nursing practice (Acts 2:42-44).

In 2010, the story continued through an unpublished Bible study that I sent for review to Kathy Schoonover-Shoffner, editor of the *Journal of Christian Nursing (JCN)*. Kathy and the Lord had more in store than I had imagined through the wider reach of the journal. Kathy inquired if I would write a column using the topics from the Bible study. Amazed by the opportunity, my answer was, “Of course!” The *JCN* column *Christian Nursing 101* debuted in the October/ December 2010 issue and continues today.

Then in 2011, through my affiliation with Kathy, I learned about Nurses Christian Fellowship International (NCFI) via an email from Barbara White, NCFI President. I joined an international team of nursing scholars to develop and teach the *Art and Science of Spiritual Care* to Christian nurses worldwide. My heart burst forth, as I came to experience the Lord’s work in global nursing. The project was my first international step, literally, for I had yet to secure a passport.

While at the NCFI Congress, in Santiago, Chile, in 2012, I had an informal chat with John White, Barbara’s husband. As we chatted, I shared my passion for Christian nurses and he shared the need to connect NCFI nurses beyond the quadrennial congresses. I readily volunteered to email encouraging words to my fellow nurses around the world. So, in January 2013, I emailed the first *NCFI Cares* devotion to national fellowships leaders, nurses, and NCFI staff. Three years later, this bi-monthly devotion is shared via email, Facebook, and on my blog, with a growing recipient list.

In many countries and regions, Internet service is spotty and printed resources are preferred. In 2014, the goal for a published compilation of *NCFI Cares*, available to nurses attending the NCFI Congress in 2016, was developed. Woo-hoo! You hold in your hands that labor of love.

Early on with *NCFI Cares* bimonthly emails, Martha Graciela Fernandez Moyano from Argentina, translated each devotional into Spanish and then forwarded them to nurses in Latin America. Thus, **CARES** was first made available as a bilingual edition with both English and Spanish. This version is just the English version. Look for the upcoming edition with the bilingual of English and Chinese!

Even though I receive thanks and blessings from nurses around the world who are encouraged by *NCFI Cares*, I am the one who is honoured to serve NCFI with my talents while connecting with my brothers and sisters in Christ—Carrie!

## 作者序

歡迎來到「**CARES：護理人員的反思**」!**CARES**（用令人鼓舞的經文關愛整個地區）的產生，是從一個意外祝福的故事開始。我於1992年以一名初信的基督徒身份進入護理行業，立即感到自己沒有足夠的能力將信仰融入護理中（有關我的個人經歷，請參閱“尋找一個人”）。但我意識到我並不孤單，因為許多基督徒護士在將基督徒的信仰融入自己的專業實踐中缺乏支持。因此，在2008年，我開發了一個網上業務，可在連結的網站 [www.carsameronron.com](http://www.carsameronron.com) 上找到 Nurses4him.org，可以傳達熱情和祈禱，以裝備和鼓勵護士將自己的信仰與他們的護理實踐相結合的目的（徒2：42-44）。

2010年，我通過未發表的聖經研究繼續著這個故事，我將該研究提交給《基督教護理期刊》（*JCN*）的編輯凱西·舒諾弗—肖夫納（Kathy Schoonover-Shoffner）進行審查。凱西（Kathy）和上帝擁有比我廣泛搜尋所能想像的更多的儲備，凱西詢問我是否會使用聖經研究的主題寫專欄。我的回答是：“當然！”因此 *JCN* 專欄 *Christian Nursing 101* 在2010年10月/12月號上首次亮相，並一直延續到今天。

然後在2011年，通過與 Kathy 的關係，我透過 NCFI 主席 Barbara White 的電子郵件瞭解國際基督徒護士團契（NCFI）。我加入了一個國際護理學者團隊，向全世界的基督徒護士們發展和教授精神保健藝術與科學。當我開始體驗主在全球護理方面的工作時，我的心歡喜跳躍。從字面上看，該項目是我邁出的第一步。

2012年，在智利聖地亞哥舉行的 NCFI 大會上，我與芭芭拉的丈夫約翰·懷特進行了非正式交談。當我們聊天時，我分享了我對基督徒護士的熱情，他也分享了在四年一度的代表大會之後聯繫 NCFI 護士的需求。我很樂意自願向世界各地的護士們發送鼓勵之詞。因此，在2013年1月，我通過電子郵件將第一個 NCFI Cares 電子郵件發送給了各國團契領袖、護士和 NCFI 員工。三年後，通過電子郵件，Facebook 和我的部落格在不斷增加的收件人列表中分享每兩個月的靈修。

在許多國家和地區，電腦網際網路連線服務參差不齊，印刷品是較被接受的資源。2014年擬定發表 NCFI Cares 的目標，供2016年參加 NCFI 大會的護士使用。

早些時候，來自阿根廷的 Martha Graciela Fernandez Moyano 收到 NCFI Cares 雙月電子郵件，將每個靈修內容翻譯成西班牙語，然後將其轉發給拉丁美洲的護士。因此，**CARES** 首次以英文和西班牙文雙語發行。希望即將發行中英文雙語版！

即使我因著 NCFI Cares 的鼓勵受到來自世界各地護士的感謝和祝福，我還是很榮幸能夠憑藉自己的才華為 NCFI 服務，同時與我在基督裡的弟兄姐妹保持聯繫！

## Acknowledgements

No book is complete without lots of thanks. This is especially true for an international endeavor resulting in self-publication!

-Hope Graham, NCFI/Canada, was an indispensable reader. Her mature faith and wisdom provided valuable editorial guidance.

-Cathy Walker, Associate Editor for Journal of Christian Nursing, USA, was a reader/editor. Her search for clarity and meaning is indispensable. Any errors are the fault of myself, and not my editorial team.

-NCFI nurses, national fellowship leaders, and board members who not only endorse **CARES**, but have been a huge support during the writing and publication process. This compilation and the bimonthly devotions *NCFI Cares* is a product of passionate, global Christian nurses who share the love of Christ with one another and the patients they care for—THANKS!

## Introduction

Unlike the brief devotions in the bimonthly emails found in *NCFI Cares*, each **CARES** reflection integrates the poignancy of a nurses' devotion, with reflective questions and readings in a brief one-page format. Thus, each reflection includes devotion/discussion with suggested reading, responsorial questions, and prayer. The 52 reflections contained in this publication are a combination of previous devotions sent out as *NCFI Cares*, which have been revised and updated, along with other unpublished Christian nursing topics. Some reflections focus on uplifting your personal faith journey—from your rich faith and walk with Jesus, your nursing care grows and becomes more Christ-like. Other reflections are more directly related to bringing the mercy of God to your patients, families, colleagues, and students.

The reflections in **CARES** are not only for your personal enrichment and faith development. These reflections can guide a mentor/mentee relationship with colleague(s) and/or facilitate prayer and/or encourage fellowship and discussion in a group format.

As you read and mediate on each reflection, this is my prayer for you:

*May our Lord Jesus Christ and God our Father comfort your hearts and give you strength in every good thing you do and say. So that you will be professionally and personally enriched in such a way that the love of Christ spills forth with His grace and love on all entrusted to your care. Amen. (2 Thessalonians 2:16-17)*

## 誌謝

除了感謝以外，沒有一本書是完美的。對於自行出版的國際產品尤其如此！

—NCFI / 加拿大的霍普·格雷厄姆 (Hope Graham) 是不可不提的讀者。她成熟的信念和智慧提供了寶貴的編輯指導。

—凱西·沃克 (Cathy Walker)，美國基督教護理期刊的副主編，是位讀者／編輯。她對清晰度和意義的追求是不可不提的。任何錯誤都是我自己的錯，而不是我的編輯團隊的錯。

—NCFI 護士，國際護福領袖和董事會成員，不僅認可 **CARES**，而且在寫作和出版過程中提供了巨大的支持。這份彙編和每兩個月一篇的“NCFI Cares”是全球熱情基督徒護士的產物，他們彼此分享基督的愛以及他們對患者的關心，謝謝！

## 前言

這與在每兩個月發送一次電子郵件中的 NCFI Cares 短文不同，每篇 CARES 反思都將護士的辛酸與簡短的一頁一頁反思性問題和閱讀內容結合在一起。因此，每個思考都包括對建議閱讀的回應／討論，回答性問題和祈禱。本出版物中包含的 52 處反思是以前作為 NCFI Cares 發出的短文的組合，這些短文已經過修訂和更新，以及其他未發表的基督教護理主題。一些思考著重於提升您的個人信仰之旅——從您的信仰豐富並與耶穌同行，您的護理不斷成長，變得更像基督。其他思考更直接相關於將上帝的憐憫帶給您的患者、家人、同事和學生。

CARES 中的反思不僅是為了您的個人充實和信仰發展。這些思考可以指導與同事的導師／受訓者關係和／或以小組形式促進祈禱和／或鼓勵團契和討論。

當您閱讀和調解每一個思考時，這就是我為您祈禱：

但願我們主耶穌基督和那愛我們、開恩將永遠的安慰並美好的盼望賜給我們的父神，安慰你們的心，並且在一切善行善言上堅固你們。阿們！

(帖撒羅尼迦後書 2:16-17)



## Oil for Our Lamps

Be dressed for service and keep your lamps burning. (Luke 12:35)

The lamp of nursing is a prominent symbol for our profession. It connects us to our past with Florence Nightingale as “The Lady with the Lamp.” For Christians, the oil lamp has further spiritual or theological significance. In the Old Testament, oil was used to consecrate or set-apart people for the Lord’s service (Exodus 30:25, 29). In the New Testament, oil was used for healing and for ritual offerings (Luke 10:34; John 12:3).

With these examples in my heart and burning bright in my spirit, I compare myself to an apothecary, mixing a unique, essential oil, by using the topics contained in this reflection book.

I imagine going to my nursing cabinet and finding a bottle of fine essential oil, full of the grace, truth, and love of our Saviour. I stir into the oil drops of prayer, kindness, and joy that build wisdom and humility. Sweetened by the aroma of heaven, a bit of compassion, and a dram each of hope and peace, a rich emollient develops. This results in a thickening agent of perseverance, including faith and courage, blended for both strength and zeal. Clarification removes hate and fear, while solidifying the combined essence of connectedness and leadership. The final refinement is purification through an infusion of the Holy Spirit. The oil is prepared, ready for use.

As nurses, the Lord anoints us for our consecrated work, distinguishing our calling as holy (2 Timothy 1:9; Ephesians 4:4). Now we are ready for the oil to be poured into our individual nursing lamps. Whether we receive a drop, a teaspoon, or a cup, miraculously Jesus accentuates the specific ingredient relevant to each nurses’ work. Our exclusive oil will not only light our way, but we can use the healing oil on those entrusted to our care. Look for a time to pour out the oil as an offering before our Saviour—for he is truly the creator and giver of the oil. Finally, remember to keep your lamp full and fresh, ready for use (Matthew 25:4).

Read: Exodus 30:22-30; Matthew 25:1-13

Choose a particular element (hope, peace, etc.) you would like to add to your nursing oil.

Prayer: *Father, consecrate my nursing work with a fresh anointing. Fill my lamp so that I may care for those you have assigned to my care. Amen.*

## 我們燈的油

你們腰裡要束上帶，燈也要點著。（路加福音 12：35）

護理的燈是我們專業顯著的標誌。它將連結到我們專業的鼻祖——佛羅倫斯·南丁格爾，像“提燈女郎”一樣。對基督徒來說，油燈更具有進一步屬靈或者神學的意義。在舊約中，油被用來供奉或分別為聖那些為主服務的人（出埃及記 30：25、29）。在新約中，油被用來醫治和獻祭（路加福音 10：34；約翰福音 12：3）。

當我心中想到這些，我的靈火燃燒起來，我把自己比喻成一個藥師，透過這本書中主題的反思，混合出一款獨特的精油。

我想像在我的護理櫃子中找到一瓶上好的精油，充滿了恩典、真理和救主的愛。我將增進智慧和謙卑的祈禱，將善良和喜悅攪拌到油中。來自天堂芳香的甜美，一點同情心，少許的希望與和平，合成開發出一種豐富的潤膚劑。這是堅毅的動力之增稠劑，包括信念和勇氣，混合了堅強和熱情。澄清並且消除了仇恨和恐懼，同時鞏固了連結和領導的精髓。最終通過聖靈的浸潤和提煉。這油就準備好了，並且可以使用了。

身為護理師，主為了我們奉獻的工作膏抹我們，呼召我們成為聖潔（提摩太後書 1：9；以弗所書 4：4）。現在我們已經準備好讓油倒入我們每個人護理的燈中。無論我們接收到一滴、一茶匙或一杯，耶穌奇蹟般地在每位護理師各自工作相關的要素中突顯出來。我們的油不僅可以照亮我們的路，而且還能療癒那些被託付給我們照護的人。找個時間將我們的奉獻倒出來給主——因為祂是這油的真正創造和賞賜者。最後，要記得讓你的燈裝滿新鮮的油，隨時準備使用（馬太福音 25：4）。



【讀經】 出埃及記 30：22-30；馬太福音 25：1-13

選一個你想要加到你護理油中的特定元素（例如：希望，和平等...）。

【禱告】 天父，請用新鮮的恩膏聖化我的護理工作。讓我的燈加滿油，使我可以照顧那些你分配給我照顧的人。阿們！

## FaitHope

All praise to God, the Father of our Lord Jesus Christ. It is by his great mercy that we have been born again, because God raised Jesus Christ from the dead. Now we live with great expectation. (1 Peter 1:3)

Whenever we think of hope, in Christianity, we start with Jesus. Our redemptive Messiah is the source of all hope. An in-depth, biblical search on hope reveals that Jesus did not specifically teach on hope. Instead, he is Hope. As one Bible scholar<sup>1</sup> puts it, “Jesus is certainty!” Jesus taught and demonstrated why we should believe in him as the hope for all mankind (John 3:11-16; 1 Peter 1:3). In addition, he provided an example for us to live out our hope that is secured in him.

Since Jesus is Hope, our personal faith and hope meld together. For, faith without hope is meaningless; whereas, hope without faith is fleeting. Romans 8:24-25 teaches, “We were given this hope when we were saved. If we already have something, we don’t need to hope for it. But if we look forward to something we don’t have yet, we must wait patiently and confidently.” Bringing hope to our patients, families, and colleagues begins with fusing our faith and hope together. Do we truly believe the promises found in God’s Word? Or, are the promises dry religious statements? Are we a hopeful person with our colleagues and family? If your family and friends were questioned, would they say you are hopeful and trusting in God the Father to provide? Would they compare you to the birds of the fields? (Luke 12:22-31) Inspiring hope for our patients begins with our faith being rooted in the firm foundation of the Alpha and the Omega, and the promises found in Scripture (Revelation 22:13).

Read: Romans 5:2-5, 8:24-25, 12:12, 15:13

Using the above verses, create a personal definition of hope and faith.

Prayer: *Lord God, consecrate me and root my heart in yours, so that I am always ready to give an answer for the foundation of my hope. Amen. (1 Peter 3:15)*

## 信望

願頌讚歸與我們主耶穌基督的父神！他曾照自己的大憐憫，藉耶穌基督從死裡復活，重生了我們，叫我們有活潑的盼望。（彼得前書 1：3）

身為基督徒，當我們想到盼望時，都應該從耶穌基督開始，因為彌賽亞的救贖是我們盼望的源頭。仔細研讀聖經可以發現，耶穌並沒有特別講述盼望這件事，相反的，他本身就是盼望。正如一位聖經學者所說，「耶穌是確實無疑的！」耶穌不僅教導我們，更向我們證明了為什麼我們應該相信他是全人類的盼望（約翰福音 3：11-16；彼得前書 1：3），並向我們展示如何從他身上活出盼望。

因為耶穌代表著盼望，我們個人的信仰便應該和盼望融合在一起。也就是說，沒有盼望的信仰是不具意義的，而沒有信仰的盼望則很難堅持下去。羅馬書第 8 章 24-25 節教導說：「我們得救的時候，這個盼望就賜給我們了。我們不需要盼望已經有的，但如果我們盼望尚未擁有的，就必須懷著信心和耐心等候。」

當我們將信仰和盼望結合在一起的時候，我們才能將盼望傳遞給我們的病人、家人和同事。我們真相信神的道中對我們的應許嗎？還是覺得這些應許只是空泛的宗教言論？對家人和同事來說，我們是心中有盼望的人嗎？若是你的朋友和家人被問到，他們會說你是心存盼望並信靠父神的人嗎？他們會將你比做是田野裡的飛鳥嗎？（路加福音 12：22-31）。要能激發病人的盼望，我們必須先將信仰穩穩地建立在那首先的，也是末後的及聖經中應許的堅實根基上。（啟示錄 22：13）



【讀經】羅馬書 5：2-5、8：24-25、12：12、15：13

請使用上述經文，為你個人的盼望和信仰下一個定義。

【禱告】主啊，我願奉獻並使你的靈在我心中，讓我隨時準備回答我心中盼望的根據。阿們！（彼得前書 3：15）

## Just a Sprinkle

[Apostle Paul said], “I planted the seed in your hearts, and Apollos watered it, but it was God who made it grow.” (1 Corinthians 3:6)

I live in a part of the United States where there is a distinct difference between the “dry” and the “wet” seasons. This has been especially true the past few years. The neighboring hills and fields are a barren tundra of cracked dirt and parched grasses. When the first drops of rain sprinkle across our thirsty landscape, I rejoice. The drops may be just enough to wet the pavement. Yet, with just a little moisture, the hard dirt gives way to small shoots of grass, straining to find the sun. This bit of moisture awakes the grasses in anticipation of nutrients and growth.

I can't help but make the parallel to the human soul or spirit. Just as the drought-ridden dirt and grasses have withering roots, a soul and heart can be barren, without the nourishment of Christ. Whether it is a blade of grass or a dry soul, a drop of moisture can awaken the soul to spring forth in anticipation of renewal.

Sometimes we may think that a non-Christian heart needs a bucket or a river of water to bring growth, not necessarily. All life sprouts anew in response to a sprinkle of water. Imagine the greater miracle when the moisture is the living water of Christ (John 4:14; Revelation 7:17, 22:1). Don't worry about bringing the bucket of salvation. Sprinkle the living water of Christ in your drought-ridden communities, and watch the fruit of the Spirit bloom!

Read: John 4:7-26

How might you bring the living water of Christ to your health care institution?

Prayer: *Jesus, you are living water that provides eternal refreshment. Guide us in sprinkling you around our units, clinics, and organizations. Amen.*

## 只需一場毛毛細雨

我栽種了，亞波羅澆灌了，惟有神叫他生長。（哥林多前書3：6）

我居住在美國一個「乾季」與「雨季」非常分明的地區，這樣的季節現象在過去幾年尤其明顯。鄰近的丘陵和田野皆是一片貧瘠的泥土和乾枯的草地。當第一滴雨灑在我們乾涸的土地上時，我充滿喜悅。水滴可能僅足夠潤濕路面，但是奮力尋求陽光的小苗，連堅硬的土地都必須要禮讓。這一點水分喚醒了小苗，使它開始期待著營養和成長。

我不得不將它與人類的靈魂或精神作比較，就像乾枯的泥土和草地都有枯萎的根部一樣，沒有基督滋養的靈魂與心靈亦可能是荒蕪的。無論是一株草或是乾涸的靈魂，一滴水分都可以喚醒靈魂，使其帶著復興的期待前進。

有時候我們或許認為非基督徒的心靈需要一桶水或是一條河才能使其滋長，但這其實是非必要的。所有的生命都能因為一場毛毛細雨而重新萌芽。想像最棒的神蹟就是當那水分來自基督的活水（約翰福音4：14；啟示錄7：17、22：1）。不要擔心過多的救贖，儘管在乾涸的團體裡灑上基督的活水，然後看著聖靈的果實綻放！



【讀經】 約翰福音 4：7-26

有甚麼方法可以把基督的活水帶到你的醫療機構呢？

【禱告】 耶穌，祢是活水，提供永恆的潔淨。請引導我們將祢帶到我們工作的單位、診所和機構。阿們！

## A Blanket of Grace

From his abundance we have all received one gracious blessing after another.  
(John 1:16)

Blanket warmers are common in U.S. acute care hospitals. Similar to kitchen ovens, they have a warm setting and, better yet, they have space to hold many blankets. When patients are cold, nurses can go to the blanket warmer and remove a heated, toasty blanket. I personally like to take two or three to wrap around patients—tucking in their feet, securing one over their shoulders, and sealing in the warmth. It is one of the few comforts patients can't get at home, warm blankets on call.

Grace is comparable to a warm blanket. It is pleasant and comforting, open to everyone. With the soft, fuzziness of kindness and tenderness, grace is a compassionate embrace. Generous in size, grace enfolds the heart, soul, and mind; grace provides the strength to support the weight of the world, while upholding the weak. Our blanket of grace reaches through the dark depths of humanity, even gently nudging the unknowing with the favour of God. Unlike a warm blanket that quickly cools, grace is void of time. Grace is the same yesterday, today, and tomorrow. Grace swaddles our patients, like newborn infants, with the ceaseless sacrifice of lovingkindness.

As nurses, the greatest gift we can give to our patients is the grace of Christ (Romans 3:23-27, 11:32-36). Grace is the mercy of God manifested through our caring touch and tender words. Unlike the warm blankets found in select hospitals, the blanket of grace is freely available to all, in constant and dependable supply.

Read: Titus 3:4-8

Explore tangible ways you can personally bring the merciful grace of Christ to your workplace.

Prayer: *All praise to God, the Father of our Lord Jesus Christ, who is my merciful Father and the source of all my comfort. Amen. (2 Corinthians 1:3)*

## 恩典的毯子

從他豐滿的恩典裡，我們都領受了，而且恩上加恩。（約翰福音 1：16）

毯子加熱器在美國急診照護醫院裡相當常見。它和廚房烤箱非常類似，除了具有加溫設定之外，毯子加熱器更有足夠的空間容納數張毯子。當病人感到寒冷時，護理師便能即時從毯子加熱器中拿出一張溫暖舒適的毯子。我個人喜歡用兩到三張毯子包裹住病患，一張從腳下塞緊、一張從肩膀下塞緊，確保病患保持溫暖。可隨時取用的熱毯子是病人少數無法在家取得的舒適之一。

恩典可媲美溫暖的毯子，它是令人愉快並舒適的，且所有人皆可使用的。恩典是富有同情心的擁抱，同時兼具著柔軟、仁慈與溫柔的特性。恩典大到可以包住人的心靈、靈魂與思想；恩典在扶持弱者的同時，也提供了支撐世界的力量。恩典的毯子可以穿透人性的黑暗深處，甚至在不知不覺中以上帝的恩惠輕輕地撼動著不知情的人。不像加熱的毯子一陣子後就會冷卻，恩典是沒有時間限制的。昨天、今天和明天的恩典都是一樣的，恩典以不斷犧牲的慈愛餵養我們這類似新生兒般的病人。

身為護理師，我們能給病患最大的禮物就是基督的恩典（羅馬書 3：23-27、11：32-36）。恩典是透過我們的關懷與溫柔的話語展現出上帝的憐憫，和加熱毯不同的是，恩典是免費而且不間斷地提供給所有的人的。



【讀經】 提多書 3：4-8

請思考有甚麼可行的方式可以讓你把基督的慈悲恩典帶到你的工作場所。

【禱告】 願頌讚歸與我們的主耶穌基督的父神、就是發慈悲的父、賜各樣安慰的神。阿們！（哥林多後書 1：3）

## One More Tool

Are any of you suffering hardships? You should pray. Are any of you happy?  
You should sing praises. (James 5:13)

There are times when our interventions and nursing care are not effective: we helplessly witness suffering when chemotherapy and radiation fail in saving a life, when nausea and pain are intractable in our palliative patient, when medical and surgical interventions are insufficient in the face of severe trauma, when resources and skill fail to rescue the unborn child and mother, and when advanced medications and aggressive treatments fall short in the treatment of patients with substance abuse, depression, or mental illness.

When we face seemingly desperate situations, we can remember there is still a tool left in our nursing supply box. Sometimes this tool gets buried under innovative technologies, complex surgical procedures, and evidence-informed interventions. This tool is just as effective today as it was for Florence Nightingale, even though it is used less. This is especially true where medical advancements have paved the way for quicker, more efficient forms of healing. As nurses, we may forgo honing our skill in using this tool. Instead we pursue more certifications and degrees. Knowledge has pushed this tool to the bottom of our patient care treatments. Even though this tool is an integral part of our Christian faith, it may go unused.

Have you guessed the tool? It is prayer. As a faithful follower of Christ, prayer is an important intervention. Prayer can heal the sick, save the dying, and bring hope to the desperate (Acts 4:22, 5:16, 28:8-9). So, let's reach into our tool box of nursing knowledge, skills, and procedures and bring prayer to the top. Then we can be reminded to use it first, instead of last.

Read: Matthew 7:7-11; Colossians 1:9-13

Do you feel inhibited to pray with patients? If so, contemplate ways in which you could take a small step toward being able to pray with or for your patients.

Using Colossians 1:9-13, reflect on attributes that you could silently pray for patients, families, colleagues, and students.

Prayer: *Lord Jesus, guide me in ways to communicate your love, grace, and peace to those who need it most. Amen.*

## 額外的工具

你們中間有受苦的呢，他就該禱告；有喜樂的呢，  
他就該歌頌。（雅各書 5：13）

有時候，醫療介入與護理照護都是無效的：當化療和放射治療無法挽救生命時、當安寧病患感到噁心和疼痛時、當治療和手術都無法醫治嚴重創傷時、當醫療資源和技術都無法挽救未能出生的孩童與母親時、以及當先進的藥物和積極的治療模式對於藥物濫用、憂鬱症與精神疾患都失效的時候，我們只能無助地注視這一切。

當我們處在看似絕望的情況時，我們要記得在護理照護的補給箱裡仍有一個有效的工具。有時這個工具會被創新技術、複雜的外科手術和實證醫療所遮掩。儘管這個工具現在不常用了，但它仍和佛羅倫斯·南丁格爾使用時一樣地有效。尤其是在現今醫學技術能快速且有效的治療病患的環境之下，身為護理師，我們可能會放棄提升使用這個工具的技能，轉而追求更多的證書與學位。知識的追求將這一個工具推到病人照護的最底部。雖然這個工具是基督教信仰重要的一部分，雖然它可能被閒置不用。

你猜到是什麼工具了嗎？它就是禱告。作為基督的忠實信徒，禱告是一個非常重要的管道。禱告可以醫治生病的人、拯救快死的人，並為絕望的人帶來希望（使徒行傳 4：22、5：16、28：8-9）。所以，讓我們把祈禱放置在充滿知識、技能、程序的護理工具箱的最上層，以提醒自己先使用它，而非將它放置在最後。



【讀經】 馬太福音 7：7-11；歌羅西書 1：9-13

與患者一起祈禱是否會感覺被禁止？如果是這樣，請考慮採取一些措施，以便能夠和患者一起禱告或為您的患者禱告。

使用歌羅西書 1：9-13，思考你可以默默地為病人、家人、同事和學生祈禱的內容。

【禱告】 主耶穌，引導我向最需要的人傳達你的愛、恩典和平安。阿們！

## “Whom Should I Send?”

Then I heard the Lord asking, “Whom should I send as a messenger to this people? Who will go for us?” I said, “Here I am. Send me.” (Isaiah 6:8)

Many times I am asked about the difference between a nurse who is a Christian and a Christian who is a nurse. It is not a unique question. In the church we ask, what is the difference between a Christian and a disciple of Christ? I am not here to say I have the final answer to either question. But, I do have a thought about a defining trait of a Christian nurse—go where Christ calls!

Being obedient to Jesus Christ’ command, “Go” (Matthew 28:19) is the difference between a mediocre Christian and a true disciple. Let me explain. As a disciple of Christ, we commit our lives to be lived in obedience to Jesus. We commit to following him in all things. As nurses, this entails going or working where Christ sends us. This may not necessarily be our first choice: whether it is in choosing our specialty, deciding on our educational degree, or selecting to work in the hospital, clinic, or other ministry, our response should be to go. Where Christ sends us may mean being willing to change our career pathway midstream in response to the Lord’s directive (Proverbs 16:9; James 4:13-15). Similarly, the response to “Send me!” isn’t a one-time only deal. We may wrestle continuously with submitting our lives to our Master, as the one directing each choice, plan, and project as he indicates (John 10:3, 16).

Merging our spiritual gifts and talents, with our nursing knowledge and expertise, we bring mercy, love, and truth to nursing. Raise your hand and say, “Send me!” and see how the Lord perfectly knits his plan, while giving you the desires of your heart (Jeremiah 29:11; Psalm 20:4).

Read: Acts 8:26-40

In Acts 8:26-40, we read the story of Philip sharing the Gospel with the eunuch, then miraculously finding himself in the town of Azotus. Reflect on the heart of Philip and how he willingly submitted his life to go wherever God sent him.

How willing are you to being used by God in Christian nursing?

Prayer: *Master, my heart’s desire is to serve you with all my talents and nursing knowledge. Open my ears and direct my vision to how you might use me in Christian nursing. Amen*

## “我可以差遣誰呢？”

我又聽見主的聲音說：我可以差遣誰呢？誰肯為我們去呢？  
我說：我在這裡，請差遣我！（以賽亞書 6：8）

我常會被問到基督徒護士和護士基督徒之間的區別。這問題並不罕見。在教會裡我們同樣也會問，基督徒和基督門徒之間有什麼差異？我並不是在說我知道這兩個問題的正確答案，但我的確有發現到一個基督徒護士的重要特徵，那就是他們總是回應基督的呼召！

順從耶穌基督的指令：「去」（馬太福音 28：19），是普通基督徒和真正門徒之間的差別。我的想法是，作為基督的門徒，我們在生活中服從耶穌的指引，並承諾在所有事情上跟隨祂。作為護士，這代表我們會依照耶穌的安排去不同的地方或在不同的地方工作。這可能不一定是我們的首要選擇：無論是選擇我們的專業、決定我們的教育學位，還是選擇在醫院、診所或其他部門工作，我們的回應都應該是「去」。基督指引的道路可能需要中途轉換職涯方向，但我們仍願意遵從主的指示（箴言 16：9；雅各書 4：13-15）。對於「差遣我」的回應也不單是一次性的應對。決定將生命交給我們的主人，由祂指示每個選擇、計畫和項目該怎麼做之前，我們的內心可能會不斷的拉扯（約翰福音 10：3、16）。

將靈性的天賦才能與護理知識和專業技能相結合，我們便可以將憐憫、愛和真理帶進護理界。舉起你的手說「差遣我」，看主如何完美地安排祂的計劃，同時滿足你內心的冀望（耶利米書 29：11；詩篇 20：4）



### 【讀經】使徒行傳 8：26-40

在使徒行傳 8：26-40 中，腓利剛對太監傳揚福音，而後又奇蹟般地出現在亞鎖都。這故事反映出腓利內心的想法，以及他如何全心地將自己的生命獻給上帝，並隨時前往上帝派他去的地方。

你是否願意被上帝用於基督教護理中？

【禱告】主啊，我的冀望就是用我所有的才能和護理知識為你服務。打開我的耳朵，指引我的目光，讓我知道你會如何在基督教護理中使用我。阿們！

## Agapē!

God is love. (1 John 4:8)

We memorize Scripture and sing songs praising God for his love. Our prayers are filled with petitions for God's love to penetrate our souls. We seek God's love to reach through our heart and hands, so that we can touch others with this love. When we experience sickness, we pray for the strength of his love to heal and save us. These examples illustrate how we yearn to experience God's love. Central to our faith, is a desire for his love to penetrate each area of our existence.

Yet, God's love, *agapē*, is illusive and hard to fathom. It seems as if the path from understanding love, to living love is long and arduous. Our mysterious journey of faith has barriers, twists and turns, and potholes that seem to prevent us from embracing God's love (Mark 4:13-20; Colossians 2:2). How do we begin to embrace or comprehend the vastness of *agapē* love?

One way is to go to the source of *agapē*—God. In order to embrace love, we need to catch a glimpse of God (Psalm 145:3). By exploring various Hebrew names for God, as used in Scripture, we begin to discover the character of God. In 1 Corinthians 13:4-8, we see how the character of God is demonstrated through love. Note the following Hebrew words:

*Heavenly Father is patient and kind. Jehovah is not jealous or boastful or proud or rude. Almighty does not demand his own way. Adonai is not irritable, and keeps no record of being wronged. The Most High does not rejoice about injustice but rejoices whenever truth wins out. The LORD never gives up, never loses faith. Elohim is always hopeful and endures through every circumstance. YAHWEH will last forever!*

God's Word and his names reveal the vastness of his love and help us absorb the richness of *agapē*. From hearts overflowing with love we can offer the height, width, depth and length of Christ's love in our nursing care (Ephesians 3:18-19). Christ's love might appear in a tender touch, kind words, or a peaceful presence. *Agapē* transcends us and reaches our patients with God's love.

Read: 1 Corinthians 13

What attribute of *agapē*, God's love, is most challenging to you?

Reflecting on 1 Corinthians 13:4-8, consider ways to demonstrate *agapē* in your nursing care.

Personalize the following prayer by filling in the blanks:

Prayer: May \_\_\_\_\_ (insert your name) understand how wide, how long, how high, and how deep Christ's love is; so that \_\_\_\_\_ (insert your name) may be filled with the fullness of life and power that comes from God! Amen. (Ephesians 3:18-19)

## 神的愛！

沒有愛心的，就不認識神，因為神就是愛。（約翰一書4：8）

我們背誦經文，唱歌讚美神的愛。我們總是不停的禱告，請求神以愛滲透我們的靈魂。我們希望神的愛可以直達我們的心和雙手，這樣我們就可以用同樣的愛來感動他人。當我們生病的時候，我們祈求能被祂愛的力量治癒和拯救。這些例子說明了我們如何渴望體驗神的愛，我們信仰的核心就是希望神的愛能夠滲透到我們生命中的每個角落。

然而，神的愛“*agapē*”，是虛幻且難以理解的。從理解愛到與之並存的道路也是漫長而且艱辛的。在信仰的神祕道路上會有許多障礙、曲折和坑洞，阻礙我們接受神的愛（馬可福音4：13-20；歌羅西書2：2）。我們該如何學著接受或理解神愛的浩瀚呢？

一個方法是直接去找神的愛之源頭——神。要能接受愛，我們需要先看見神（詩篇145：3）。通過研究聖經中用來稱呼神的各種希伯來文名字，我們漸漸能拼湊出神的品格。在哥林多前書13章4-8節中，我們可讀到如何透過愛來表現神的品格。特別留意以下希伯來語單詞：

Heavenly Father 是有耐心又有恩慈。Jehovah 是不嫉妒也不自誇、不自傲也不粗魯。Almighty 不強迫依循祂的要求。Adonai 是不急躁，也不曾受到委屈。The Most High 不為不公不義鼓掌，但每當真理勝出時都歡欣鼓舞。The LORD 從未放棄，永不曾失去盼望。Elohim 是永遠充滿希望，並且在各種情況下都能忍耐。YAHWEH 將永遠持續下去！

神的話語和祂的名字展現了祂的愛的浩瀚，並幫助我們接收了“*agapē*”（神的愛）的豐富。從充滿愛的心中，我們便能在護理中提供基督之愛的長闊高深（以弗所書3：18-19）。基督的愛可能會出現在一個溫柔的觸摸、一句良善的言語或單純平和的存在著。“*agapē*”讓神的愛藉由我們傳遞給我們的病人。



【讀經】哥林多前書13章

*agapē*（神的愛）的哪個屬性，對你來說最具挑戰性？

反思哥林多前書13：4-8，考慮如何將 *agapē*（神的愛）應用在護理中。在空格內填入文字以個人化下列禱文：

【禱告】願 \_\_\_\_\_（插入你的名字）明白基督的愛有多寬、多長、多高及多深，以讓 \_\_\_\_\_（插入你的名字）充滿來自神的生命和力量。阿們！（以弗所書3：18-19）

## Dear Nurse:

I want to take this moment and send you a personal letter recognizing your dedication and work as a nurse in my healthcare system. As I made rounds, I noticed areas where I want to commend you. My heart swelled with pride and honour when you recently spent extra time with a patient. She was facing such a scary, frightening illness; you took time to listen to her fears. I am sure your individual attention brought peace and hope to her challenging situation.

I noticed you collaborate with our team. We have had some rough times; budget cuts and changes in personnel have been frustrating, yet you have taken it in stride. You have willingly worked extra hours when needed to cover for a sick colleague. Also, your input during staff meetings has been invaluable.

Finally, I appreciate your patience with the nursing students who come through our facility. Each one has benefited from your caring attitude and expert knowledge. I know they have learned important skills, relevant nursing care, and professionalism. They may forget some of what they learned, but they will never forget how supportive and caring you were. Your excellence in nursing is a model for future generations.

Sincerely,  
God (CEO)

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. (Ephesians 2:10)

Read: Matthew 16:27, 25:23; Romans 2:6; Revelation 22:12

Add your name to the top of the letter, personalizing the letter to you. Or write yourself a letter from God commending you in the same three areas: patient care, management, mentoring/students, or other areas that reflect your role.

Prayer: *Thank you, God for this letter. Infuse it into my heart, mind and soul so that I can truly believe what you have said to me. Amen. (Isaiah 64:8)*

## 親愛的護理人員

我想藉這封信表揚您在我的醫療保健體系中擔任護士所展現的奉獻精神。在我巡視的過程中，我注意到一些令我特別想要讚揚您的地方——當您最近花了額外的時間陪同一位病人時，我的心裡充滿了驕傲和尊敬。您花時間傾聽她面對可怕、令人害怕疾病時心中的恐懼。我相信您對她的關懷，已為身處險境的她帶來平靜與希望。

我注意到您與我們的團隊密切合作。我們之前經歷了幾段較為艱難的時期，包括預算削減和人員變動，這些都讓員工感到沮喪，但您仍昂首闊步的向前行。您願意在休假期間為生病的同事代班，而且，您在員工會議時提出的意見也非常寶貴。

最後，感謝您對我們醫院護理學生的耐心。每個學生都受益於您的和藹可親的態度和護理專業知識。我知道他們從您身上學到了重要的技能、護理知識和專業精神。他們可能會忘記一些學到的東西，但他們永遠不會忘記您是多麼的支持和照顧他們。您在護理方面的卓越表現是後代的典範。

此致  
上帝（首席執行長）

因我們是神的傑作。祂在基督耶穌裡重新創造了我們，所以我們可以執行祂很久以前就為我們計劃好的工作。（以弗所書 2：10）

【讀經】 馬太福音 16：27、25：23；羅馬書 2：6；啟示錄 22：12

將您的姓名填入信件最上方，將這封信的內容個人化後寄給自己。或給自己寫一封來自上帝的信，讚揚您在患者護理、管理、指導學生三個方面，或其他符合您職務的工作上的表現。

【禱告】 神啊，謝謝您的這封信。請將它注入我的心靈、思想和靈魂中，以讓我能真正相信您對我說的話，阿們！（以賽亞書 64：8）



## Peter's Wisdom

Stand firm against him [the Devil], and be strong in your faith. (1 Peter 5:9)

During the Last Supper, Jesus warned Peter that he would be sifted by Satan (Luke 22:31-34). As the evening continued, Peter repeatedly denied Christ. Peter's rejection of Christ was not quiet; it was vocal and adamant, especially the third denial, after which the rooster crowed. The rooster's morning ritual connected Peter with Jesus' prediction and left Peter facing the nightmarish reality of "sifting," while becoming part of our redemptive story.

Peter felt sifted, distraught, and devoured. Is it any wonder that Peter used the metaphor "devour" to describe Satan's tactic in his first letter? Thankfully, in this same letter, Peter reached out with wisdom: "Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour." (1 Peter 5:8)

Peter encouraged us to "be careful" or stay "alert." This means we can't get complacent about Satan, nor assume he is on vacation. We need to "take a stand against him" and be strong in our faith. This faith is not just filled with words, but is a faith dependent upon Christ (1 John 5:5). The true victor in our war with Satan is Jesus. Peter depended upon Jesus' prayers, "I have pleaded in prayer for you, Simon [Peter] that your faith should not fail" (Luke 22:32). So we, too, depend upon the prayers of Christ (Romans 8:34; John 17: 9-12). The wisdom of Peter is a good reminder for us to stand firm and stay vigilant.

Read: Romans 8:31-39

"I have prayed for you \_\_\_\_\_ (insert name), that your faith may not fail." How does the reminder that Jesus prays for you boost your confidence during temptations and trials?

Prayer: *Thank you, Jesus, for your prayers of intercession on my behalf. I know you will strengthen and encourage me to stand firm against the evil one. Amen.*

## 彼得的智慧

你们要用坚固的信心抵挡他，因为知道你们在世上的众弟兄也是经历这样的苦难。（彼得前书 5：9）

在最後的晚餐期間，耶穌警告彼得他將被撒但篩出（路加福音 22：31-34）。傍晚時，彼得一再說不認得基督。彼得並非安靜地說出不認得基督，他是大聲且堅定地說出，尤其是在公雞啼叫後的第三次否認。公雞的早晨儀式將彼得與耶穌的預言連結起來，讓彼得面對如惡夢般真實的「篩選」，同時使這故事成為我們救贖的一部分。

彼得感到被篩選、心煩意亂地好似被吞噬一般。這也難怪彼得在他的第一封書信中，使用「吞噬」來比喻撒旦的策略。值得慶幸的是，在同一封信中，彼得的智慧適時地伸出援手：「務要謹守，警醒。因為你們的仇敵魔鬼，如同吼叫的獅子，遍地遊行，尋找可吞吃的人。」（彼得前書 5：8）

彼得鼓勵我們要「小心」或保持「警惕」。這意味著我們不能在撒但前感到驕傲自滿，也不能隨意鬆懈。我們要站穩反對他的立場並堅定我們的信念。這種信仰不僅呈現在言語上，而是一種仰賴著基督的信念（約翰一書 5：5）。我們與撒但交戰的真正勝利者是耶穌。彼得依靠耶穌的祈禱，「我已經為你祈求，叫你不至於失了信心」（路加福音 22：32）。所以，我們也要依靠基督的祈求（羅馬書 8：34；約翰福音 17：9-12）。彼得的智慧提醒我們要堅定立場並保持警惕。



【讀經】羅馬書 8：31-39

「\_\_\_\_\_（名字），我已為你祈求，叫你不至於失了信心。」當你受到誘惑或考驗時，耶穌為你祈禱的提醒，可以如何增強你的信心呢？

【禱告】耶穌，謝謝祢為我代禱。我知道你會增加我的力量，並鼓勵我堅定立場反對邪惡的人。阿們！

## Global Fellowship

After this I saw a vast crowd, too great to count, from every nation and tribe and people and language, standing in front of the throne and before the Lamb.  
(Revelation 7:9)

One of the great benefits of being involved with Nurses Christian Fellowship International (NCFI) is the global fellowship among Christian nurses. There is a sense of connectedness when we hang out with men and women who love Jesus and love nursing. This is especially evident at the International Congress, held every four years. We not only enjoy beautiful scenes, explore new cultures, and gain nursing knowledge, but we experience camaraderie among nurses from different nations, learning how nursing is different, yet the same. Even though we have different jobs in nursing, we have the common bond of caring for patients. As our eyes open, we see international nursing through the hearts of our brothers and sisters in Christ.

As each nurse shares his/her personal struggle, we gain insight into the various hardships in nursing, globally, nationally, and locally. Some nurses need supplies, some are short-staffed, and others have funding deficits. Our hearts ache with nurses who face persecution for their Christian faith. We cry with those experiencing health and/or family concerns.

The NCFI Congress is also a time of blessings. We enjoy a taste of heaven through worship. The diversity of various languages is a foretaste of the miraculous unity of voices when, someday, we will join with the angels and all the nursing saints in heaven, proclaiming praise to Jesus. With fervor and love, unrestricted by our earthly dwelling, our spirits will soar in praise: "Amen! Blessing and glory and wisdom and thanksgiving and honor and power and strength belong to our God forever and ever! Amen." (Revelation 7:12)

Global fellowship is an abundant blessing of NCFI. Through our affiliation with a large multi-member international organization, we build relationships founded on Christ and experience a taste of heaven with our international nursing saints.

Read: Acts 2:41-47

Are you currently part of a fellowship of Christian nurses/healthcare workers? If yes, thank the Lord for the encouragement/support you have received. If not, ask the Lord to connect you with this rich resource.

Prayer: *Heavenly Father, I thank you for the body of Christian nurses whose heart beats with mine as we unite to serve you. Thank you for the blessings we each receive as we gather in your name. Amen.*

## 全球團契

此後，我觀看，見有許多的人，沒有人能數過來，是從各國、各族、各民、各方來的，站在寶座和羔羊面前，身穿白衣，手拿棕樹枝。(啟示錄 7:9)

參與國際基督徒護士團契 (NCFI) 的一大好處是基督徒護士的全球團契，和愛耶穌及愛護理的人們相處時，很容易可以產生一種聯繫感。這在每四年舉行一次的國際大會上尤為明顯。我們不僅能享受美麗的景色、探索新的文化、獲得護理知識，還能和來自不同國家的護士產生同袍之情、了解各國護理專業的相同與差異。即使我們在護理領域裡負責不同的職務，我們在照顧病人的經驗上是共通的，我們一點一點的透過在基督裡弟兄姐妹們的心看見國際護理。

當每位護理人員分享他的個人挑戰時，我們能更深入的了解全球性、國家性、或地區性護理的各種困難。一些護理人員需要補給品，一些需要更多人力，另一些則缺乏資金資源。我們的心和那些因為他們基督徒信仰而面臨迫害的護理人員一樣感到痛苦不堪，我們與那些正在經歷健康或家庭問題的人一起哭泣。

NCFI 大會也是一個充滿祝福的時刻，我們通過崇拜上帝感受天堂的滋味。各種語言的多樣性預表著有一天，我們的聲音都將奇蹟般地被統一，與天堂裡的天使和護理聖徒一起宣揚對耶穌的讚美。我們的精神將伴隨著熱情和愛，不受地域限制地翱翔於對主的讚美中：“說阿們。頌讚、榮耀、智慧、感謝、尊貴、權柄、大力，都歸與我們的神，直到永永遠遠。阿們！” (啟示錄 7:12)

全球團契是 NCFI 給我們的豐盛祝福。透過和大型、人數眾多的國際組織交流，我們以基督為基礎建立良好的關係，並從國際護理聖徒身上體驗到天堂的滋味。



【讀經】使徒行傳 2:41-47

您目前有參加基督徒護理／醫護人員的團契嗎？如果有的話，感謝上帝給予您的鼓勵和支持。如果沒有，請求主將這個豐富的資源與你聯繫起來。

【禱告】親愛的天父，我感謝祢給了基督徒護理人員軀體，讓我們的心可以在服事祢的過程中一起跳動。感謝祢在我們因祢的名聚集的時候給我們每個人祝福。阿們！

## The Wise Nurse

Their [Proverbs] purpose is to teach people to live disciplined and successful lives, to help them do what is right, just, and fair. (Proverbs 1:2-3)

The book of Proverbs is recognized as a definitive resource for gaining wisdom. Whether seeking moral instruction, shrewdness or discernment, the reader of Proverbs can find helpful hints for godly living. This unique book of the Bible is also a great resource for the judicious and insightful nurse.

Christian nurses are disciples of Christ, who walk with integrity, humility, and embrace the fear of the Lord (22:4). They bind mercy and truth together, exemplifying kindness to the needy and extending graciousness to the poor (3:3, 14:21, 19:17). Whether working in a clinic, hospital, or community, nurses incline their hearts toward understanding (2:1-2). They bend an ear to wisdom while providing instructions to patients and staff (31:26).

Christian nurses abhor evil, pride, arrogance, and falsehoods (8:12-14). They employ prudence to guide their nursing care. They listen to reproof and wise advice from a trusted friend, while ignoring the quarrelsome and wicked (15:31, 26:21). Christian nurses trust the Lord with each step and acknowledge him as the director of their path (3:5-6). Hard work and diligence are good soil for the spiritual fruit of righteousness and love (12:11, 21:21). With reflective hearts, and pure minds Christian nurses can lead others toward gentleness and kindness (27:19, 16:23).

Good looks and riches do not last, but a man or woman who fears the Lord will be greatly praised (31:30-31). Oh, for the good works of nursing to be rewarded and proclaimed in the board rooms!

Read: Review Proverbs citations.

Choose one of the Proverbs discussed and apply to your nursing practice.

Prayer: *O Lord, May I trust in you with all my heart and not depend on my own understanding. May I seek your wisdom in all I do, so that you may direct my path. Amen. (Proverbs 3:5-6)*

## 睿智的護理人員

使人處事領受智慧、仁義、公平、正直的訓誨。(箴言 1:3)

箴言書被認為是得到智慧的權威資源。無論是尋求道德指引、精明度還是判斷力，讀者都能從箴言書中找到有用的敬虔生活提示。這本獨特的聖經書也是明智且富有洞察力的護理人員的重要資源。

基督徒護理人員是基督的門徒，他們一言一行皆誠實、心存謙卑，並敬畏耶和華 (22:4)。他們將慈愛與誠實結合在一起，仁慈的對待需要的人，憐憫窮人 (3:3、14:21、19:17)。無論是在診所、醫院還是社區工作，護理人員都傾向用心去理解 (2:1-2)。他們在指導病人和員工的同時都記得要用智慧去傾聽 (31:26)。

基督徒護理人員厭惡邪惡、驕傲、狂妄和虛偽 (8:12-14)。他們總是謹慎的提供護理照護。他們傾聽來自可信賴的朋友的責備和明智的建議，並不理會那些好競爭和邪惡人的話 (15:31、26:21)。基督徒護理人員每一步都信靠主，並相信祂會指引他們的道路 (3:5-6)。勤奮和努力工作可滋養出屬靈的果實——公義和愛 (12:11、21:21)。憑藉反思的心和純潔的心靈，基督徒護理人員可以引導他人走向溫柔和仁慈 (27:19、16:23)。

美貌和財富不會持久，但敬畏上帝的男人或女人會受到極大的稱讚 (31:30-31)。同時，護理的優良事蹟會在董事會議上得到獎勵和讚揚！



【讀經】回顧引用的箴言

選擇前述的任何一段箴言並應用在你的護理實踐中。

【禱告】主啊，讓我專心仰賴祢而不倚靠自己的聰明，讓我在一切所行的事上都認定祢，祢必指引我的路。阿們！（箴言 3:5-6）

## No Nurses in Heaven!

He will swallow up death forever! The Sovereign LORD will wipe away all tears.  
(Isaiah 25:8)

As healthcare workers, we have dedicated our gifts and talents to caring for the sick, the disabled, and the mentally ill. Our nursing service is a calling or ministry, and we feel privileged to be appointed by God to care for his children. I think I can speak for both you and me in saying, we have both joy and confidence in doing the Lord's work. Fused with our delight in service is the distress we experience when we witness the anguish of those in our care. We yearn for a time without sickness, disease, and death; a time when there is no bad news to tell families, nor painful treatments to administer. We long for a time when, instead of holding a hand to comfort, we hold a hand to celebrate.

Thankfully, our yearning will be fulfilled in heaven. Revelation 21:4 reminds us that a time is coming when there will be no more death, sorrow, or pain. Jesus will personally wipe away every tear from our patients' eyes. Pain and suffering will be gone forever.

In addition to seeing Jesus face-to-face, I am excited to go to a place where there are no hospitals, no clinics, and no nurses! Hallelujah! We will suddenly be unemployed, our services no longer be needed. This is the good news of the gospel for our patients, their family, and for all healthcare workers. Someday, there will come a time when healthy bodies, minds, and souls will live for eternity without the fear of disease, the heart break of disability, nor the slow deterioration of ageing (1 Corinthians 15:52-55).

We do not know what the Lord has planned for us to do in heaven, however we do know we can anticipate an eternity without the need for nurses!

Read: 1 Corinthians 15:35-58; Revelation 21:1-7

What do you look forward to when you think of “no nurses in heaven”?

Prayer: *Lord, my heart is heavy with all the suffering I witness. Thank you for the promise of an eternity without pain! Amen.*

## 天堂沒有護理人員！

他已經吞滅死亡直到永遠。主耶和華必擦去各人臉上的眼淚，又除掉  
普天下他百姓的羞辱，因為這是耶和華說的。（以賽亞書 25：8）

作為醫療護理人員，我們將各自的天賦和才能用於病人、身障者或是精神病患者。我們很榮幸能被上帝指派去照顧祂的孩子，提供護理服務回應神的呼召或服事祂。我想我可以替我和你回答，我們是快樂並有信心地在為主工作。雖然我們的服務能帶給我們喜悅，但我們也會因為看到受照顧者痛苦而感到難過。我們強烈的希望這世上沒有疾病或是死亡，沒有壞消息需要通知家人，也不需要提供會帶來痛苦的治療方法。我們盼望，當我們手握住的時分，是用來慶祝的，而不是用來提供安慰的。

值得慶幸的是，我們的期望將在天堂實現。啟示錄 21 章 4 節提醒我們，沒有死亡、悲傷或痛苦的時候即將來臨。耶穌將親自擦去病人眼中的每一滴眼淚，痛苦和疼痛將永遠消失。

除了能和耶穌面對面，我很期待可以去到一個沒有醫院、沒有診所、沒有護士的地方！哈利路亞！我們將馬上失業，我們提供的服務也不再被需要。這對我們的病人、病患的家人及所有醫護人員來說，都是福音帶來的好消息。有一天，健康的身體、思想和靈魂將成為不會朽壞的，屆時，我們就再也不用因為疾病、令人心碎的殘疾、或緩慢惡化的衰老過程而感到難過（哥林多前書 15：52-55）。

我們不知道主計劃讓我們在天堂做什麼，但我們知道，我們可以料見的一個不需要護理人員的永生！



【讀經】 哥林多前書 15：35-58；啟示錄 21：1-7

當你想到“天堂沒有護理人員”時你最期待甚麼？

【禱告】 主啊，我的心因為所見過的苦難感到沉重。感謝祢承諾我們一個無痛苦的永生。阿們！

## “Come quickly, Lord”

The Spirit and the bride say, “Come.” Let each one who hears this say, “Come.”  
(Revelation 22:17)

By anticipating a place without sickness, we are prompted to expectantly watch for the return of Jesus Christ. This return is based on Jesus’ promises to the disciples, “Do not be troubled, I go to prepare a place for you and I will return to take you there to live with me” (John 14:1-3; Matthew 24:29-31). In Christian theology we call this event, The Second Coming. Even though the timing of the event is unknown, we have a description of Jesus’ impending arrival:

*For the Lord himself will come down from heaven with a commanding shout, with the voice of the archangel, and with the trumpet call of God. First, the believers who have died will rise from their graves. Then, together with them, we who are still alive and remain on the earth will be caught up in the clouds to meet the Lord in the air. Then we will be with the Lord forever (1 Thesalonians 4:16-17).*

Just as the first century believers did, we ask, “When will Jesus return?” The wait seems endless, especially as violence spreads throughout our countries and devastating diseases and plagues cause death and disability.

It is easy to become discouraged. Our impatience alternates between demanding “*When, Lord?*” and apathetically murmuring, “*Whatever, Lord.*” Neither response expresses expectant hope. As we anticipate the return of Christ, we can inspire our fellow believers to stay steadfast, trusting God with the details. At the same time as we desire our Lord to hasten and “come” quickly, we can hold onto Christ’s assurance, “Yes. I am coming soon” (Revelation 22:20).

Read: Revelation 22

How can we stay steadfast in our faithful service while praying, “Come quickly, Lord Jesus”?

Prayer: *We wait for the happy fulfillment of our hope in the glorious appearing of our great God and Saviour, Jesus Christ. Come quickly! Amen. (Titus 2:13)*

## 快來吧，主啊！

聖靈和新婦都說：來！聽見的人也該說：來！口渴的人也當來；  
願意的，都可以白白取生命的水喝。（啟示錄 22：17）

藉著預想一個沒有疾病的地方，我們興奮的期待著耶穌基督的再來。這個再來是基於耶穌對門徒的承諾，「你們心裏不要憂愁，我去原是為你們預備地方，我必再來接你們到我那裏去」（約翰福音 14：1-3；馬太福音 24：29-31）。在基督教神學裡，我們將之稱為「第二次再來」。雖然我們不清楚這個再來會發生的時間，但我們有一段針對耶穌即將到來的描述：

「因為主必親自從天降臨、有呼叫的聲音、和天使長的聲音、又有神的號吹響，那在基督裏死了的人必先復活。以後我們這活著還存留的人、必和他們一同被提到雲裏、在空中與主相遇，這樣、我們就要和主永遠同在。」（帖撒羅尼迦前書 4：16-17）

和一世紀的信徒所做的一樣，我們會問「耶穌什麼時候會回來？」等待的過程似乎是無止盡的，特別是當暴力已充斥於世界各國間，而且毀滅性的疾病和瘟疫正持續增加死亡和殘疾的人數。

這種情形很容易令人氣餒。我們會焦躁的在詢問「主啊，到底甚麼時候？」和無動於衷地嘀咕著「隨便吧，主」中反覆。兩種反應都沒有表達出期待的希望。當我們能預想基督的再來時，我們可以激勵信徒們保持堅定的信仰，在任何細節上信靠上帝。在我們渴望主更快速的「來」的同時，我們可以仰賴基督的保證，「是的，我必快來」（啟示錄 22：20）。



【讀經】 啟示錄 22 章

我們怎樣才能在祈禱「快來吧，主耶穌」的同時保持忠誠的服務？

【禱告】 我們等候所盼望的福能在我們偉大的上帝和救主耶穌基督的榮耀顯現中幸福地實現，快來吧！阿們。（提多書 2：13）

## Dementia for Today

Instead, let the Spirit renew your thoughts and attitudes. (Ephesians 4:23)

Many of us are faced with the possibility of acquiring the dreaded diagnosis of Alzheimer disease or dementia. It is scary to think that growing older might bring confusion and memory loss, or a time when we will not recognize our loved ones, nor be able to care for ourselves. Our personal history, once filled with precious memories, might be lost amidst a tangle of neurons. On the other hand, memory loss found through the transformational healing of Christ is attainable today through forgiveness (Psalm 103:12).

Imagine the miracle of forgetting those painful events or the people who caused us harm. The hurtful details and faces would be erased, deleted, and purged from our memory. Wouldn't it be great to clear out the reminders of our past sins and transgressions to free up brain space for more productive use—or to melt those mistaken misadventures we chose early in our youth? Wouldn't it be nice to use an eraser to wipe them away? And what about those traumatic events in our lives, where our Christian journey included sorrow and pain? Using a gardening tool on our memory, we could pull out the weeds of pain and grief, while leaving the strong roots of trust and faith.

Miraculously this memory loss happens today through the completed work of forgiveness. Throughout Scripture we are repeatedly assured that our past sins, transgressions, and wayward paths have been erased (Jeremiah 31:34; Psalm 103:12; Colossians 1:14). Furthermore, we are welcomed into the holiest of holies, trusting in the intercession of Christ's blood (Hebrews 9:12-15). Not that forgetfulness is a good attribute, but let's welcome some memory loss as the Lord cleanses our minds of things best left forgotten (Matthew 6:14-15, 18:21-22; 1 John 1:9).

Read: Hebrews 10:1-22

Are there event(s) from your past that linger in your memories, in need of forgiveness? If so, allow God to replace those memories of yesterday with the joy and peace of today.

Prayer: *Thank you, Jesus, for providing the necessary sacrifice for a redemptive life with the Father. Open my heart to ways I can live out your forgiveness, especially toward those who have caused me harm. Amen.*

## 今日的失智

又要將你們的心志改換一新。(以弗所書 4:23)

我們之中很多人都有著可能會被診斷為阿茲海默病或失智症的擔憂。一想到年齡增長可能帶來的混亂和記憶喪失，讓我們可能連最親近的人都不認得，或是失去自我照顧的能力，是非常可怕的。我們的個人歷程，充滿珍貴回憶的故事，都可能在錯亂的神經元中遺失。另一方面，因為基督帶來的轉型性的治療而產生的記憶喪失則能藉由寬恕來實現（詩篇 103:12）。

想像一下，能忘記那些痛苦的事情或是傷害我們的人，將令人難過的細節和面孔從我們記憶中徹底刪除，會是多大的奇蹟。將我們過去所犯下的錯誤和罪惡一併從我們記憶中刪除，釋放更多大腦空間以獲得更有效率的使用。或將我們年輕時因錯誤選擇而造成的不幸事件消除，或用橡皮擦將它們擦除，不是很好嗎？還有我們生活中經歷的創傷，以及在我們基督徒旅程中遇到的痛苦和悲傷。好像用除草工具梳理我們的記憶，我們可以將像雜草一般的痛苦和悲傷連根拔除，只留下根基穩固的信任和信仰。

神奇的是這種記憶消除可以透過寬恕而達成。在整本聖經中，我們一再的得到保證，所有過往的罪惡、過犯和偏差的道路都已被抹去（耶利米書 31:34；詩篇 103:12；歌羅西書 1:14）。此外，我們受到最神聖的歡迎，信靠基督的寶血代禱（希伯來書 9:12-15）。並不是說遺忘是一個美德，但讓我們開心的接受，主將那些不好的思想刪除而造成的記憶喪失（馬太福音 6:14-15、18:21-22；約翰一書 1:9）。



【讀經】 希伯來書 10:1-22

過去的事件是否會留在你的記憶中，等待被寬恕的一天？如果是這樣，請允許上帝用今天的喜樂和平安取代這些昨日的記憶。

【禱告】 耶穌，謝謝祢藉著必要的犧牲，讓我們能與天父一同過著救贖的生活。請打開我的心扉，讓我能活出祢的寬恕，特別是對那些曾帶給我傷害的人。阿們！

## Storehouse of Bread

The grass withers and the flower fades, but the word of our God stands forever.  
(Isaiah 40:8)

Years ago, while volunteering to provide spiritual care at a nursing home, I met an inspirational resident. She was an elderly lady who kindly greeted me when I entered her room. I introduced myself and told her I was with a local church and wanted to chat with her. She was thrilled. Within the last year she had developed a neurodegenerative disease, rendering her completely paralyzed. In the process of her disease, she had acquired a large decubitus/wound on her sacrum and was now bedbound. She was not allowed to sit in a chair, nor raise the head-of-the bed more than 30 degrees.

Even in her physical condition, she was cheerful and hopeful. She shared with me how she prayed for all the staff and a few of the residents she had met. She kept a stack of encouragement cards on her table and shared them with everyone entering her room. We both knew Jesus was using her as a loving witness in the facility.

I asked her how I could encourage her and what she needed. On one hand, she missed reading her Bible, yet she had noticed a strange phenomenon. As she lay motionless in bed, Scripture filled her mind. The verses and passages weren't recent teachings or sermons; she hadn't attended church or Bible study since her illness. She explained it like this, "All those Scripture verses and passages that I memorized through the years are now bathing my heart, mind, and soul." She was amazed, as was I.

At a time when she was cut off from her "daily bread," the Lord brought slices to feed her spirit from the storehouses of her mind. We both praised and thanked God for his eternal presence. I commended her for her former obedience to memorizing God's words.

Even though I came weekly and read the Bible to her, she imparted saintly wisdom to me. As my older sister-in-Christ, she reminded me of the importance of storing up God's Word in my heart, so that I will always have it when I need it most (Psalm 119:105).

Read: Psalm 119:89-105

Psalm 119 shares various ways God's law, words, and commands enrich our lives. Peruse the passage, taking note of how God can speak to you through Scripture.

Prayer: *O Lord, I thank for your Word that guides my life and communicates your ways to me. I also thank you for the fellowship of believers who enrich my life with godly wisdom. Amen.*

## 麵包倉庫

草必枯乾，花必凋殘，惟有我們神的話必永遠立定。（以賽亞書 40：8）

多年前，當我在安養院擔任志工提供靈性照護的時候，我遇見了一位非常能激勵人心的住戶。她是一位年長的女士，第一次見到我時就很友善的跟我打招呼。當我說了我是從附近的教堂過來和她聊天的，她很開心。在過去的一年裡，她患了神經退化性疾病，使她全身癱瘓。在生病的過程中，她的骶骨上產生一個很大的褥瘡傷口，最終必須臥床。她不但不能在椅子上坐著，連將床頭調高超過 30 度都不行。

即使在這樣的身體狀況下，她還是很開朗也很樂觀。她和我分享她如何替安養院的員工及她認識的一些住戶禱告。她在桌上放了一疊寫著鼓勵文字的卡片，分給每位進她房間的人。我們兩個都清楚地知道，耶穌正領著她做安養院愛的見證人。

我問她要怎麼樣才能鼓勵她，或是她需要甚麼。一方面，她很想念能實際閱讀聖經，但她同時也注意到一個奇怪的現象。當她躺在床上不能動時，腦子裡卻塞滿了經文，不過出現的經文和段落都不是近期讀經或講道的內容。自從她生病以來，她都無法上教會或參加讀經班。她的解釋是，她多年來背過的所有經文都一一浮現，塞滿了她的心、靈和腦袋。我們對這個情況都感到非常驚訝。

在她的「每日麵包」被拿走的時候，主從她心靈的倉庫拿出一塊塊麵包來餵養她的心靈。我們一齊讚美並感謝上帝永恆的存在，我並稱讚她以前曾用心的記住了上帝的話語。

雖然是我每週來看她，並為她閱讀聖經，卻是她向我傳遞了聖潔的智慧。作為我在基督裡的姐妹，她時時提醒著我要在心中儲存神的話語的重要性，以便在我最需要的時候，讓神的話語永遠陪在我身邊（詩篇 119：105）。

【讀經】 詩篇 119：89-105

詩篇 119 裡提到上帝的律法、言語和指令如何以不同的方式豐富了我們的生活。仔細閱讀這段經文，並細心紀錄上帝如何通過聖經與你對話。

【禱告】 主啊，我感謝祢藉著祢的話語引導我，向我傳達祢的旨意。我也感謝祢讓祢的信徒以他們屬靈的智慧豐富我的生命。阿們！

## Drops of Kindness

Since you excel in so many ways—in your faith, your gifted speakers, your knowledge, your enthusiasm, and your love from us—I want you to excel also in this gracious act of giving. (2 Corinthians 8:7)

One of the challenges in nursing is our work environment. Whether it is conflict with colleagues, strained relationship with administration, or the chronic stress of healthcare, living out our faith at work can be difficult. A useful, effective way to bring the love of Christ to work is through simple acts of kindness. Simple doesn't imply easy. Like the old proverb/story that says, "Don't pray for patience, for the Lord will give you lots of practice," the same is true for kindness. It is easy to say, "I will be kinder today," until you get out of bed and the day begins. Still, simple acts of kindness are small drops of mercy that can be sprinkled all around. These scattered, purposeful acts point to the loving, graceful God we serve. Here are few suggestions for scattering kindness:

- assist with a colleague's workload (patients, paperwork, etc.) without recompense
- buy coffee/tea/lunch for a colleague or staff member
- say a kind word, an encouragement, or a heart-felt accolade
- listen empathetically (without advice), to a person's stress or worry
- bring a favorite dish or treat to share
- purchase flowers or other small gifts to say "Thank you"

At the heart of kindness, is your individual heart—reaching out to others with authenticity and caring. These simple drops of kindness, combine with the purposeful presence of the Holy Spirit to exemplify the living Christ for all to see (Ephesians 5:1).

Read: Matthew 5:43-48; Colossians 3:12-17

Spend time praying specifically for a colleague, to whom you can bring drops of kindness.

Prayer: *Lord, through your loving-kindness, I have been abundantly blessed. Help me find meaningful ways to share your presence with my colleagues. Amen.*

## 仁慈的舉動

你們既然在信心、口才、知識、熱心，和待我們的愛心上，都格外顯出滿足來，就當在這慈惠的事上也格外顯出滿足來。（哥林多後書 8：7）

對護理人員來說，我們在工作上面臨的挑戰之一便是我們的工作環境。無論是處理同事間的衝突，維繫與行政管理階層的緊密關係，還是醫療產業附帶的長期壓力，要能在工作中堅持我們的信念是頗為困難的。因此，一個簡單而有效的方法是透過簡易的善舉，將基督的愛帶到工作環境裡。雖說簡易，但不代表容易執行。就像古老的箴言所說：「不要祈求耐心，因為主會給你許多練習」，善良也是如此。在我們還沒起床，一天還沒開始前，要說出：「我今天會更善良」很容易。儘管如此，單純的善良像是慈悲的小水滴，可以灌溉周圍。這些分散四周，目的明確的行為每一件都指向我們服侍的，慈愛仁慈的主。這裡提供一些散佈善良的建議：

- 主動分擔同事的工作（患者、行政事務等），且不求回報
- 請同事喝杯咖啡、茶，或是一頓午餐
- 說句好聽、鼓勵或稱讚的話
- 帶著同理心聆聽他人的憂慮（不提供建議）
- 帶你最喜歡的菜餚或點心與同事分享
- 以花或其他小禮物表達你的感謝

善良的中心思想是從自己的內心向他人傳遞真誠和關懷。這些單純的善良行為，和聖靈存在的目的相結合，已讓所有人見證基督的存在（以弗所書 5：1）。



【讀經】 馬太福音 5：43-48；歌羅西書 3：12-17

花一些時間為特定一位同事禱告，向他展現善意。

【禱告】 主啊，透過祢的慈愛，我得到了豐厚的祝福。請幫助我找到有意義的方式與同事分享祢的存在。阿門！



## Sealed, Secured, and Sanctified

And when you believed in Christ, he identified you as his own by giving you the Holy Spirit. (Ephesians 1:13)

An amazing miracle happens every time a person comes to salvation through faith in Jesus Christ: that person receives a mark or seal. In an instant, someone not only receives righteousness through the forgiveness of sins, he also receives the identification of Holy Spirit (2 Corinthians 1:22). This is a seal of ownership as children of God (Ephesians 1:13-14). Just like the wax seal placed on documents in ancient times, the mark identifies and indicates ownership. Thus, the owner or originator of the document would “protect” the document. Security and ownership were important as the document traveled from sender to receiver.

So too, the Holy Spirit marks Christians. Like ancient documents were sealed, we are identified with Christ, secured as God's, and protected by the Almighty (1 Corinthians 6:19-20). This marking, unseen by human eyes, provides proof of our true identity in Christ Jesus.

The seal also indicates our sanctification, through the indwelling Holy Spirit. This eternal mark signifies our righteousness. With our past wiped clean, and our future guaranteed, we can stand in confidence that we are sanctified as the Lord's precious child, even when we are tempted to feel unworthy and deficient (Romans 8:15).

Let's rejoice in the security of our inheritance until the day of our redemption, when God will identify us through his holy seal, and usher us into his presence. Praise the Lord!

Read: Romans 8:14-30

Is there an aspect of your relationship with God through the Holy Spirit that you sometimes doubt or feel uncomfortable about: sealed, secured, sanctified?

Prayer: *Lord Jesus, help me to live securely as a sanctified son/daughter of the Most High. Amen.*

## 印記、保障的和成聖

你们既聽見真理的道，就是那叫你们得救的福音，也信了基督，既然信他，就受了所應許的聖靈為印記。（以弗所書 1：13）

每當一個人透過對耶穌基督的信仰得救，就會有奇蹟發生：那個人會得到一個印記或戳印。在短短的一瞬間，這個人不僅會因為罪孽的寬恕而獲得公義，同時還會得到聖靈的認證（哥林多後書 1：22）。這個印記是作為上帝兒女的所有權印記（以弗所書 1：13-14）。就像古代印製在文件上的蠟封一樣，明確的標示並表明其所有權。因此，檔案的所有人或負責人必需「保護」文檔。文件的安全保障和所有權，在從寄件人傳遞到收件人的過程中，都非常重要。

同樣的，聖靈就是基督徒的標誌。像古代被蓋了戳印的文件一樣，我們是被基督認可的，被認定為屬於上帝，並受到全能者的保護（哥林多前書 6：19-20）。這種無法被人眼辨識的印記，證明了我們在基督耶穌裡的真實身份。

這印記也會透過我們心中的聖靈來表明我們的成聖。這永恆的印記彰顯著我們的正當。隨著我們的過去被一筆勾銷，我們的未來便得到保障，我們可以很有自信的相信我們已聖化成為主的寶貴的兒女，就算是偶爾覺得自己不配或是不夠的時候（羅馬書 8：15）。

讓我們一同為這份受到保障的繼承權感到欣喜，直到我們得到救贖的日子。屆時上帝會藉由祂的印記認出我們，並引導我們到祂的跟前。讚美主！



【讀經】羅馬書 8：14-30

在你透過聖靈和上帝建立的關係中，是否有那些面向（如：印記、保障、聖化），會讓你偶爾感到懷疑或不安的呢？

【禱告】主耶穌，請幫助我穩定的以主成聖的兒女的身分生活下去。阿們！

## A Sabbath Rest

On the seventh day God had finished his work of creation, so he rested from all his work. (Genesis 2:2)

The demands of nursing are usually hard work, managing multiple responsibilities, and, for those who work in hospitals, crazy shifts. Nurses also care for their families and many volunteer in their churches and communities. I wonder if Mark had nurses in mind when he wrote, “Then Jesus said, ‘Let’s go off by ourselves to a quiet place and rest awhile.’ He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.” (Mark 6:31)

Like Jesus, we spend our days healing, teaching, and supervising, with barely any time to eat or use the restroom. Even when we have an opportunity to slip away for a quick bite or a moment to gather our thoughts, we sometimes are pulled back to our duties, with even more pressing tasks and patient care.

Thus we need a Sabbath rest—a day sometime during the week to push the pause button on our responsibilities. Sabbath rest allows time for self-care and enjoyment of God’s blessings. It is possible to lay aside work and ministry responsibilities for one day. The challenge usually comes with altering our duties. Through careful planning and coordination, modifications can be made to ensure everyone enjoys a day filled with togetherness<sup>2</sup>. The goal is not to create more havoc for our personal life (Mark 2:27); the goal is to discover a balance of work and rest, so that we may be rejuvenated and refreshed to serve those entrusted to our care. The Lord knew we would face the temptation of workaholism, thus one of his foundational commandments—keep the Sabbath—was given for our good. The Sabbath is a reflection of the balance our Creator modeled for us.

Read: Exodus 20:8-11; Mark 6:30-34

Make a commitment to designate a day of rest where you stop work and ministry responsibilities and minimize household duties for refreshment and rejuvenation.

Prayer: *Father God, you created the Sabbath as a time to rest in your presence. Help me to recognize its importance and to practice this ancient ritual in my life today. Amen.*

## 安息日休息

到第七日，神造物的工已經完畢，就在第七日歇了他一切的工，安息了。（創世紀 2：2）

護理人員的工作量通常是非常龐大的，不僅常要身兼數職，對於在醫院工作的人來說，還有時常變動的班表。此外，很多護理人員不但身負照顧家人的責任，還同時會在他們的教會或社區裡擔任志工。馬可福音第 6 章 31 節寫到：「他就說，你們來同我暗暗的到曠野地方去歇一歇，這是因為來往的人多，他們連吃飯也沒有工夫。」我想馬可在寫上面這句話時，心裡想到的可能就是護理人員。

像耶穌一樣，我們一整天的時間都花在治療、教學和督導上，幾乎沒有時間吃飯或使用洗手間。即使我們找到機會吃點東西或稍作休息，經常還是會被拉回去處理更急迫的事情或照顧病人。

因此，我們需要安息日休息——每周一天暫停手邊的所有工作，好好休息。安息日讓我們有時間可以關心自己，並享受上帝的祝福；讓我們有一天可以放下工作和事工的責任。較具挑戰的部分是職務上的交接，不過，我們可藉由良善的規劃和事前的溝通來確保每個人都可以享有和樂的一天。因為安息日的目的不是為了製造更多的問題（馬可福音 2：27），而是希望最終可以找到工作和休息的平衡點，讓我們能定期充電、恢復活力，為那些需要我們照顧的人服務。主知道我們很容易一不小心就將工作放在第一位，因此為了我們著想，主將守安息日列為祂的基本誡命之一。安息日反映出造物主為我們設計的平衡。



【讀經】 出埃及記 20：8-11；馬可福音 6：30-34

請訂出一個休息日，在那一天放下工作和事工的責任，並盡量減少家務，確實的讓自己充電、回復精力。

【禱告】 親愛的天父，祢設立安息日讓我們能在祢的看護下休息。請幫我認  
知到它的重要性，並練習將這個古老的儀式加入我的生活中。阿們！

## A Noun or a Verb?

Jesus felt sorry [compassion] for them and touched their eyes. Instantly they could see! Then they followed him. (Matthew 20:34)

There is a lot of talk in my country (England) about “compassion,” particularly in relation to nursing and why people perceive that there is a lack of compassion in the profession. But what does compassion really mean? Most Bible translations use the English “compassion” (literally meaning, “to suffer alongside”) to translate several different words in the Bible – none of which has so simple a meaning.

In this quoted passage, the Greek word translated “moved with compassion” is *splagchnizomai*, which literally means ‘to be moved in one’s innards’ – either the bowels or the organs of the rib-cage<sup>3</sup>. It is an expression of the most visceral, physical response to the needs and suffering of others. When Jesus hears the pleas of the blind men to have their sight restored, he is moved to his guts. But when we see Jesus profoundly moved here, he does not stop with feelings. He acts, decisively and firmly, to address the need that he sees, and heals both men there and then. Compassion in the Bible is a verb, not a noun – like love, it only means something if it leads to decisive action.

In nursing, we are told to keep a professional distance, not to get involved. However, having true compassion means we need to be open to the pain and suffering of our patients, at any level, and be willing and able to be truly moved, and to respond decisively. Responding may mean sorting out displaced pillows to make someone comfortable, ensuring that appropriate analgesia is provided on schedule, or simply being present with a person in the most profound and inexpressible distress. If we are not moved and spurred to action by our patient’s need, how can we be truly compassionate?

Read: Matthew 9:35-38; 20:29-34; Luke 7:11-17

In what tangible ways might you respond compassionately to a patient, staff, or student in distress?

*Prayer, Lord Jesus, help us to not only empathize with your children, but guide us in acting with compassion. Amen.*

Steve Fouch  
CMF Head of Nursing Ministries  
Chair, NCFI European Committee

## 名詞還是動詞？

耶穌就動了慈心，把他們的眼睛一摸，他們立刻看見，就跟從了耶穌。（馬太福音 20：34）

在我的國家（英格蘭）有很多關於「同理心」的討論，特別是針對護理這個職業，以及為什麼大眾覺得護理人員通常缺乏同理心。究竟同理心代表的意義是什麼呢？大部分的聖經將好幾個不同的單詞翻譯成英文的「同理」這個詞（字面意思是「與對方一同受難」），但每個詞背後的含義都更為複雜。

在引述的句子裡，「同理的動作」被翻成希臘文後成為 *splagchnizomai*，字面上的意思就是「在他人的內臟中移動」——無論是腸腔還是肋骨內的器官。這表達了對他人的需求和痛苦，最內在、身體上的反應。當耶穌聽到盲人懇求恢復他們的視力時，他的內心便受到了感動。但我們看到，當耶穌深深地受到感動時，他並沒有在情緒產生後就停止。他果斷且堅定地採取行動，滿足當下的需求，即時的治癒了兩個盲人。同理心在聖經中是作為動詞使用，而非名詞；就像愛一樣，只有在背後接著出現果斷行動的時候，這個詞才真正帶有意義。

在執行護理工作時，我們都被告知要保持專業距離，不要投入太多的情感。但是，要能真正展現同理心，我們必須要在各個層面上對患者的痛苦和煎熬保持開放的態度，並願意感受這件事對我們造成的影響，最後果斷地做出回應。我們的回應有可能是調整枕頭的位置，讓病人感到舒適；確保按時提供適當的止痛藥；或僅是單純地陪伴正在承受著巨大且難以言喻痛苦的患者。如果我們不會被患者的需求所影響和激勵，我們怎樣才能算是具有同理心呢？



【讀經】 馬太福音 9：35-38、20：29-34；路加福音 7：11-17

面對正在受苦的病患、同事或學生，有何種可行的方式可以讓您以同理的態度回應他們？

【禱告】 主耶穌，請協助我們去同理祢的孩子們，並引導我們在做事的時候都帶著同理心。阿們！

## P Purpose & Plan

You are the great and powerful God, the LORD Almighty. You have all wisdom and do great and mighty miracles. (Jeremiah 32:18-19)

An acrostic is a form of writing in which the first letter of each line in the text spells out a word or a message. The next 13 reflections are an acrostic from the word **PERSEVERANCE(A)**. I pray each reflection strengthens your faithful walk with Jesus Christ.

During a turbulent time of Israel's history, the Lord told Jeremiah to buy property. This was an unusual request. Jeremiah had already told the king of Judah that Nebuchadnezzar, the king of Babylon, was on his way to capture and destroy Jerusalem.

Despite his doubt about the wisdom of God's plan, out of obedience to God, Jeremiah purchased the property. Then Jeremiah prayed. He started by praising God for his great providence as the Creator. "O Sovereign LORD! You have made the heavens and earth by your great power. Nothing is too hard for you! You are loving and kind to thousands" (32:17-18). Next, Jeremiah's prayer revealed what God had done in the past. "You performed miraculous signs and wonders in the land of Egypt—things still remembered to this day" (32:20).

The Lord answered Jeremiah's prayer and told him the purpose and plan for the land purchase—to communicate God's continued faithfulness to the Israelites (32:35-44). Even though calamity would come to the Israelites, God was still in control and had a plan for their future.

Just like Jerusalem, God has a plan for nursing and healthcare. At times we become discouraged and only see the current chaos or problems. When we struggle in our faith or are anxious about the future, we can come to God in prayer. We can remember his greatness, the prayers he has previously answered, and trust in his plans for nursing. God is the same yesterday, today, and tomorrow (Hebrews 13:8).

Read: Jeremiah 32:6-44

What concerns do you have for your ministry or work in nursing?  
How can your past experience(s) with God keep you focused on his purpose and plan?

Prayer: *Father God, I praise you for your great works in nursing. Help me to walk in faith today and tomorrow following your plans for nursing. Amen.*

## 目的和計劃

你施慈愛與千萬人，又將父親的罪孽報應在他後世子孫的懷中，是至大全能的神，萬軍之耶和華是你的名。謀事有大略，行事有大能，注目觀看世人一切的舉動，為要照各人所行的和他做事的結果報應他。

(耶利米書 32：18-19)

“Acrostic”是一種英文寫作型式，主要是以文中每行的第一個字母拼寫出一個單詞或一段句子。接下來的 13 次反思就會以這樣的型式撰寫，最後拼出 PERSEVERANCE(A) 這個字。我希望能藉由每一次的反思強化你對耶穌基督的信仰。

當以色列正處在歷史上非常動盪的時期時，主告訴耶利米去購置房產。這是一個很奇怪的要求，因為耶利米已經告訴猶大王，巴比倫王尼布甲尼撒正在前往佔領並摧毀耶路撒冷的路上。

雖然耶利米無法確定上帝的計劃是否真是明智的，但出於對上帝的順服，他還是買了房產，並開始禱告。他首先讚美上帝作為造物主的偉大天意。「主耶和華阿、你曾用大能和伸出來的膀臂創造天地、在你沒有難成的事，你施慈愛與千萬人」（32：17-18）。接著耶利米在禱告中重述了上帝過去所做的事。「在埃及地顯神蹟奇事、直到今日在以色列和別人中間也是如此、使自己得了名聲、正如今日一樣。」（32：20）

主回應了耶利米的禱告，並告訴他購買土地的目的和計劃——傳達上帝對以色列人的持續忠誠（32：35-44）。即使災難將發生在以色列人身上，上帝仍然掌握了一切，並對他們的未來保有計劃

就像耶路撒冷一樣，上帝對於護理和醫療保健同樣也有計劃。雖然有時我們會感到氣餒，並只看得見眼前的混亂或問題。但每當我們在信仰上遇到困境或對未來感到焦慮時，我們可以藉由禱告與上帝溝通。我們可以記住他的偉大，以及他之前對我們的禱告的回應，並相信他對護理的計劃，因為，耶穌基督昨日、今日、一直到永遠都是一樣的（希伯來書 13：8）。



【讀經】 耶利米書 32：6-44

你對於自己的事工或護理工作有什麼顧慮嗎？  
你過去與上帝的經歷可以如何幫助你專注於祂的目的和計劃？

【禱告】 父神，我讚美祢在護理方面的偉大成就。請幫助我今天跟明天都能帶著信心仰賴祢對護理的計劃。阿們！

## E Energy (Koach)

He [God] gives power to those who are tired and worn out. (Isaiah 40:29)

When we think of perseverance, we can't help but think of how fatigue and exhaustion interferes with all we want to do for Jesus. Nurses, as well as other healthcare professionals become weary from the physical demands of work. Repositioning patients, managing multiple tasks, and supervising staff can be tiring. We can also become drained from the emotional and mental work required to care for the suffering and dying. In addition to our roles as nurses, we are parents, spouses, and members of our communities and churches. These responsibilities and commitments add to our already drained body and mind. At times, we feel pushed beyond our limits of strength and endurance

Isaiah 40:29 states, "He [the Lord] gives power to those who are tired and worn out." Other words used for tired are weary, feeble, or faint. The original Hebrew word used here for "power" is *koach*, which translates as the strength, power, or might of humans and animals. *Koach* is also used to describe the power of angels and God<sup>4</sup>. Wow, the strength of angels—this sounds like a great strength to have! Most of the time when we see power or strength noted in the Bible, we limit it to spiritual power or strength for our faith. Yet, it can also speak of vigor or muscle strength.

Next time you are exhausted and needing a boost of strength, don't reach for caffeine. Instead, ask the Lord for his power and might (2 Samuel 22:33). Ask God not only to give you strength for your faith, but to give you energy to care for one more patient, teach one more class, and hold one more hand (Philippians 4:13).

Read: Isaiah 40:12-31

Which type of strength are you more likely to pray for: emotional, mental, spiritual, or physical? How are each of these strengths important to your perseverance?

Prayer: *Father God, teach me to depend on you for all the strength(s) I need to persevere. Amen.*

## 力量 (Koach)

疲乏的，他賜能力；軟弱的，他加力量。（以賽亞書 40：29）

當我們想到要持之以恆時，我們總是會想到疲勞和疲憊如何影響我們想要為耶穌做的事情。護士及其他醫療人員的工作量多到令人感到厭倦。調整床位、同時管理多項工作、管理員工都是很辛苦的工作。照顧生病或臨終的病人也會帶給我們心理和情緒上很大的負擔。除了護士的角色外，我們同時還是父母、伴侶以及社區和教會的成員。這些責任和承諾對我們的身體和情緒帶來更多的壓力，常令人感到力不從心。

以賽亞書 40：29 說：「疲乏的，他賜能力；軟弱的，他加力量」。希伯來文裡代表「力量」的詞是「koach」，意義是人類或動物的力量、能力或權力。Koach 同時也可用來描述天使和上帝的力量。天使的力量聽起來就是一個強大的能力。當我們在聖經中讀到有關能力或力量的內容時，我們常會將它想像成精神或是信仰上的力量，但這個力量同時也可能代表的是身體的力量或能量。

下次當你精疲力竭需要補充能量時，不要只想到喝咖啡，讓主給你力量，給你保障（撒母耳記下 22：33）。請神賜予你信仰的力量，並給你更多的力量讓你可以照顧更多的病人、多教一堂課、多握一雙手（腓立比書 4：13）。



【讀經】 以賽亞書 40：12-31

你是否會為情緒上、心理上、精神上或身體上的力量禱告？這些力量對你是否可以持之以恆的重要性是甚麼？

【禱告】 天父，請教導我如何藉著仰賴祢來獲得我需要堅持不懈的各種力量。  
阿們！

## R Resources

“For there are more on our side than on theirs!” (2 Kings 6:16)

Elisha, like many of the Old Testament prophets, had a price on his head. Elisha informed the King of Israel of the movements of the King of Syria (Aram), and so Israel found escape. Finally, the King of Syria discovered where Elisha was hiding and sent an army to surround the city.

Elisha's servant rose early in the morning, only to discover the Syrian army had them surrounded. He panicked. Elisha not only encouraged his servant, “For there are more on our side than on theirs” (2 Kings 6:16), he prayed for the Lord to open his servant's eyes, so that he too could see the Lord's army surrounding them.

The difference between Elisha and his servant was the ability to see the resources the Lord had provided. Elisha trusted the Lord and could see the army protecting him. He wasn't stressed about tomorrow or worried about next month. Like other prophets, Elisha lived from resource to resource, trusting God to provide.

As we persevere to stay faithful to the Lord's work, God has already provided all we need. Scripture, both Old and New Testaments, are rich in examples, illustrations, and words of truth that can encourage and strengthen us in ministry (Matthew 4:4). We also have an international fellowship of nurses praying for each individual nurse—that is both *you* and me! And, above all else, we have the living Christ dwelling in each of us, opening our eyes to the Lord's army surrounding us! (Luke 24:31, 36)

Read: 2 Kings 6:8-33

How are you encouraged by the image of Lord's army surrounding you?

Prayer: *Lord Jesus, many times I am spiritual blind to your rich resources. Open my eyes to your abundance and the army that protects me. Amen.*

## 資源

神人說：「不要懼怕！與我們同在的比與他們同在的更多。」

(列王記下 6：16)

像許多《舊約》先知一樣，以利沙是一個被懸賞通緝的要犯。以利沙向以色列國王通報了敘利亞國王（亞蘭）的動向，讓以色列得以逃脫。最終，敘利亞國王發現了以利沙躲藏的地方，並派遣軍隊包圍了這座城市。

以利沙的僕人一大早起來後便發現敘利亞軍隊將他們包圍了，他馬上慌了手腳。以利沙不僅鼓勵他的僕人：「不要懼怕！與我們同在的比與他們同在的更多。」（列王記下 6：16），他還求主張開僕人的眼睛，以便讓他也能看見主的軍隊是如何圍繞著他們。

以利沙和他的僕人不一樣的地方便是他能夠看到主所提供的資源。以利沙信靠耶和華，所以便可以看到主的軍隊在保護著他。所以他不會為了明天或為了下個月擔心。像其他先知一樣，以利沙在生活上仰賴上帝會為他提供一個接著一個的資源。

當我們堅持仰賴於主時，上帝便會提供我們所需要的一切。無論是舊約還是新約聖經，都有大量的案例、實績和真理的話語可以鼓勵和提升我們的事奉（馬太福音 4：4）。我們還擁有國際護理人員的團契，為你和我，以及裡面的每個人祈禱！最重要的是，基督活在我們每個人裏面，敞開我們的眼讓我們看見環繞在我們身邊的主的軍隊！（路加福音 24：31、36）

【讀經】 列王記下 6：8-33

被主的軍隊環繞的異象能帶給你怎樣的激勵？

【禱告】 主耶穌，很多時候我的靈盲目到無法看見祢的豐富資源。請讓我睜開眼睛，讓我看見祢的豐富，以及保護我的軍隊。阿們！

## S Song of the Suffering

My God, my God! Why have you forsaken me? Why do you remain so distant?  
Why do you ignore my cries for help? (Psalm 22:1)

Sometimes perseverance includes a season or period filled with pain, grief, and/or fear. These unwelcomed emotions and thoughts bind around heart and soul. We can pour out our hearts to God, disclosing our deepest aches and doubts. This honest reflection can occur through prayer, song, or meditation.

In Psalm 22, David openly shared his deepest feelings and thoughts with God: “Every day I call to you, my God, but you do not answer. Every night you hear my voice, but I find no relief” (v. 2). In anguish he described a loss of self-image, “I am a worm not a man” (v. 6). In a lowly state, mocked and despised, David moaned, “My strength has dried up like sunbaked clay. My tongue sticks to the roof of my mouth” (v. 15). Through the physical pain of depression David cried out, “All my bones are out of joint. My heart is like wax” (v. 14). David openly blamed God for his agony, “You have laid me in the dust and left me for dead” (v. 15).

Intermixed with personal anguish, David received affirmations from the Lord, “You have been my God from the moment I was born” (v. 10). As well, David received reminders of the Lord’s faithfulness to himself and others, “Praise the LORD...For he has not ignored the suffering of the needy. He has not turned and walked away. He has listened to their cries for help” (v. 23-24).

Like David, we can bring our deepest pain during dark moments of perseverance to God’s throne room. Our Father in heaven is already well-acquainted with our pain and suffering. Our Lord will sprinkle drops of sweet honey of himself, re-affirming the authenticity of his faithfulness for us (Psalm 119:103; Hebrews 13:5-6).

Read: Psalm 22

Do you feel comfortable sharing your intimate, deep thoughts and feelings with God? If not, explore personal/religious barriers that prevent you from following David’s example.

Prayer: *O Lord, help me come to you and honestly share my distress, disappointment, and despair so that I may gain strength to persevere. Amen.*

## 苦難之歌

我的神、我的神，為甚麼離棄我？為甚麼遠離不救我？  
不聽我唉哼的言語？（詩篇 22：1）

有時堅持代表著一段充滿著痛苦、悲傷、恐懼的季節或時期。這些不受歡迎的情緒和思想束縛著我們的心靈。我們可以向上帝傾訴自己的心，透露我們最深的痛苦和懷疑。這種真誠的反思可以透過祈禱、唱歌或冥想的形式發生。

在詩篇 22 篇中，大衛公開的與上帝分享了他最深刻的感受和想法：「我的神啊，我白日呼求，你不應允，夜間呼求，並不住聲」（22：2）。在苦痛中，他描述了自我形象的喪失：「但我是蟲，不是人」（22：6）。在低潮的時候，在被嘲弄和鄙視的時候，大衛抱怨道：「我的精力枯乾，如同瓦片；我的舌頭貼在我牙床上」（22：15）。當憂鬱帶來極大的生理痛苦時，大衛哭喊著：「我如水被倒出來；我的骨頭都脫了節；我心在我裡面如蠟鎔化」（22：14）。大衛公開譴責上帝對他造成的痛苦，「你將我安置在死地的塵土中」（22：15）。

在與痛苦糾纏的過程中，大衛得到了主的肯定，「從我出生的那一刻起，你就一直是我的上帝」（22：10）。同樣的，大衛也被提醒，上帝對自己和其他人的忠誠，「讚美耶和華...因為他沒有藐視憎惡受苦的人，也沒有向他掩面，那受苦之人呼籲的時候，他就垂聽」（22：23-24）。

像大衛一樣，我們可以在堅持的過程中遇到低潮時，將最深的痛苦帶到上帝的寶座前。我們在天上的父已經清楚理解了我們的痛苦和苦難。我們的主會撒下自己甜美的蜜，重申他對我們的忠誠的真實性（詩篇 119：103；希伯來書 13：5-6）。

【讀經】 詩篇 22 篇

您對於與上帝分享您的最私密、深刻的想法和感覺是否感到自在？如果不是，請探索一下，到底是那些私人或宗教的障礙讓你無法效法大衛的作法。

【禱告】 上帝啊，請幫助我來到祢身邊，誠實地分享我的痛苦、失望和絕望，讓我有力量可以堅持下去。阿們！

## E Equipped Abundantly

[God said], “I want the people of Israel to build me a sacred residence where I can live among them. You must make this Tabernacle and its furnishings exactly according to the plans I will show you.” (Exodus 25:8-9)

The explicit instructions the Lord gave to Moses for building the tabernacle in Exodus chapters 25-40 are amazing! The tabernacle was truly an engineering feat that was not only functional and ornately beautiful, it was transportable. Moses received clear, specific architectural plans, and acquired all the supplies from the Israelites (Exodus 25:1-9, 35:21). In response to a “stirring in their heart,” the women brought their jewelry, fine linen and yarn, as well as their skills in sewing and spinning (Exodus 35:20-25). And, the men brought animal skins, precious gems, metal, and acacia wood.

For the intricate, elaborate work required, the Lord filled Bezalel “with the Spirit of God, giving him great wisdom, ability, and expertise in all kinds of crafts” (v. 31). Bezalel was uniquely gifted in carving wood, working with gold, and cutting and setting gemstones. Both Bezalel and Oholiab were given the ability to teach others the skills of master craftsmen and designers (35:30-35).

The Lord provided for every minute detail needed for the completion of the tabernacle: plans, supplies, experts, teachers, builders, and others. Just as the Lord equipped the Israelites, the Lord will equip us with everything we need in nursing.

So, what do you need at this very moment? Do you need money for school, clinic supplies, and/or housing? Do you need specific support and direction for your ministry, job, or career? Many times our needs guide our hearts and spirits to take a step in faith for Christ. Maybe your needs are more personal and faith-related, such as trust, patience, courage, or hope! What is essential for you to continue persevering for Christ in nursing?

Our God is a God of specifics, and he promises to equip us with all we need to do his work (Ephesians 4:11-12; Philippians 4:19). He will not only provide what we need, but he may surprise us with an abundance. Moses commanded the people to stop bringing more gifts! “You have already given more than enough!” (Exodus 36:6-7). Hallelujah!

Read: Exodus 25:1-9, 31:1-11, 35:20—36:7

Write down your specific needs; pray for them daily for 30 days.

Prayer: *Thank you, Lord, for equipping me for nursing. Help me to see your abundance—Hallelujah! Amen.*

## 完善的配備

又當為我造聖所，使我可以住在他們中間。製造帳幕和其中的一切器具都要照我所指示你的樣式。（出埃及記 25：8-9）

上帝在出埃及記第 25 至 40 章中，驚人的提供摩西非常清楚的指示去建造帳幕！帳幕是一項工程上的壯舉，不僅兼具美觀及功能性，而且便於攜帶。摩西得到明確而具體的建築計劃，並從以色列人那裡獲得了所有物資（出埃及記 25：1-9、35：21）。為了回應她們「內心的激動」，婦女們帶來了珠寶、細亞麻布和紗線，同時善用她們縫紉和紡紗的技巧（出埃及記 35：20-25）。男人們則帶來了獸皮、稀有的寶石、金屬和相思木。

因為這項工程需要很多精細和複雜的工作，耶和華「以神的靈充滿了比撒列，使他有智慧、聰明、知識、能作各樣的工」（出埃及記 35：31）。比撒列在木材雕刻、製作金製品、寶石切割和鑲嵌等方面皆獨具天賦。比撒列和亞何利亞伯都被賜有向其他工匠和設計師傳授技術的天分（35：30-35）。

主提供了完成帳幕所需的每一個細節：計劃、物資、專家、老師、建築工人等。正如耶和華裝備以色列人一樣，耶和華必使我們具備護理所需要的一切。

那麼，您此刻需要的是什麼？您需要上學的學費、診所用品、和／或房租嗎？在您的事工、工作或職業生涯上，您需要更多明確的支持和指引嗎？很多時候，我們的需求會引導我們在心裡和精神上對基督的信仰上邁出一步。也許您的需求更多是與個人和信仰相關，例如信任、耐心、勇氣或希望！對您來說，要繼續為基督堅持護理，最重要的是什麼？

我們的上帝是一位明確的上帝，他承諾會為我們配備完成他的工作所需的一切（以弗所書 4：11-12；腓立比書 4：19）。他不僅會提供我們所需的東西，而且常會以提供超出我們所需的讓我們感到驚奇。摩西要求人們不要再帶更多禮物！你已經付出夠多了，「而且有餘」！（出埃及記 36：6-7）。哈利路亞！



【讀經】 出埃及記 25：1-9、31：1-11、35：20—36：7

寫下您的特定需求，每天禱告，共祈禱 30 天。

【禱告】 謝謝上帝為我配備了護理這項技能。請讓我看見祢的富餘——哈利路亞！阿們。



## V Victory Promised

Hebron still belongs to descendants of Caleb son of Jephunneh the Kenizzite because he wholeheartedly followed the LORD, the God of Israel. (Joshua 14:14)

At the edge of the Promised Land, Moses sent a leader from each of the 12 tribes (Numbers 13). For forty days the group of young men spied on their future home: Would it be habitable? What were the people like? Upon their return, the representatives brought pomegranates, figs, and grapes, along with a detailed report to Moses and the Israelites. They shared how Canaan was full of “milk and honey” but they were doubtful and fearful because they had seen the powerful “giants” and the walled cities (v. 28-29, 33). Caleb and Joshua disagreed with their fellow representatives (Numbers 13:30; 14:6). Caleb boldly reported, “Let’s go.... We can certainly conquer it!” (Numbers 13:30). Unfortunately, the other representatives spread discouraging words and fear, which persuaded the Israelites to refuse to move forward and take possession of their Promised Land.

Forty years later, after all the original spies had died, except Caleb and Joshua, it was once again time to take the land. At 85, Caleb was just as confident and ready for battle, “Now, as you can see, the LORD has kept me alive... So give me the hill country that the LORD promised me” (Joshua 14:10-12). He had patiently waited for this moment. Yet, Caleb knew victory wouldn’t be found in his courage. Victory was in the Lord, “If the LORD is with me, I will drive them out of the land, just as the LORD said” (v. 12).

As we struggle with persevering in nursing, Caleb provides an excellent example: a) stay faithful and patient while enduring challenges; b) refuse to get bitter and angry at life’s delaying circumstances; and c) maintain focus on God’s promise of victory. Don’t let discouragement and fear lead us to abandon our resolve for victory in nursing!

Read: Numbers 13; Joshua 14

What does victory look like for your ministry/work in nursing?  
What struggles/barriers make you doubt God’s promise?

Prayer: *Oh Lord, keep me steadfast on your promises and thank you for allowing me the privilege of sharing in your victory. Amen.*

## 應許的勝利

所以希伯崙作了基尼洗族耶孚尼的兒子迦勒的產業，直到今日，  
因為他專心跟從耶和華以色列的神。（約書亞記 14：14）

在應許之地的邊緣，摩西從 12 個支派中各打發了一位首領（民數記 13 章）。這群年輕人在未來的家園探查了四十天：這裡適合居住嗎？那邊的人是強是弱、是多是少？返回後，代表們帶回了石榴、無花果和葡萄，並向摩西和以色列人作了詳盡的報告。他們分享迦南是如何「流奶與蜜」，但他們卻充滿懷疑和恐懼，因為他們看到了強壯的「巨人」和堅固寬大的圍牆（13：28-29、33）。迦勒和約書亞不同意其他首領的意見（13：30、14：6）。迦勒大膽地報導：「我們立刻上去…我們足能得勝！」（民數記 13：30）。不幸的是，其他首領藉由散佈令人退卻的言論和恐懼，說服了以色列人拒絕前進，並不去爭取其應許之地。

四十年後，在除了迦勒和約書亞，所有原始首領都死了之後，又是一次奪取土地的機會。85 歲的迦勒，同樣充滿信心，隨時準備戰鬥，「現在你看，耶和華照他所應許的，使我存活…求你將耶和華那日應許我的這山地給我。」（約書亞記 14：10-12）。雖然他為了這一刻已經耐心地等待了很久，但是，迦勒知道勝利並不存在於他的勇氣中，勝利是在主裡，「或者耶和華照他所應許的與我同在，我就把他們趕出去」（14：12）。

當我們在堅持護理工作中遇到掙扎的時候，迦勒為我們提供了一個很好的示範：（1）在面對挑戰時保持忠誠和耐心；（2）拒絕因生活延誤而感到痛苦和憤怒；（3）專注於上帝應許的勝利，不要讓灰心和恐懼阻止我們在護理方面取得勝利的決心！



【讀經】民數記 13 章；約書亞記 14 章

對於您的護理工作和教會的事奉，勝利是以怎麼樣方式呈現？  
哪些掙扎或障礙會使您懷疑上帝的應許？

【禱告】主啊，請讓我堅定的相信祢的諾言，並感謝祢給予我分享勝利的特權。阿們！

## E Enthusiasm

At last the wall was completed to half its original height around the entire city, for the people had worked very hard. (Nehemiah 4:6).

Nehemiah was a Jewish man who worked as a cupbearer for the King of Persia around 450 B.C.. He had heard that his fellow Jews, who had returned to Jerusalem, were in great trouble, and without any defense as their beloved city was in ruins. The news broke Nehemiah's heart. So, he fasted and prayed to God. Through a series of events, the Lord led Nehemiah to go to Jerusalem and rebuild the wall surrounding the city, so that, once again the wall would provide protection for his kinsmen residing in the city (Nehemiah 1:1—2:8).

Sanballat and Tobiah were in opposition to rebuilding the wall and ridiculed Nehemiah and the workers. As the leader, Nehemiah knew discouragement and ridicule would chip away at the workers' resolve to complete the wall. Typical for Nehemiah, he prayed to God. The result was a renewed resolve and enthusiasm of the workforce (Nehemiah 4:6-15). Nehemiah and the workers continued to face opposition to the rebuilding efforts. Instead of becoming discouraged, side-tracked, or fearful, Nehemiah strived for excellence, completing the wall in 52 days! (Nehemiah 6:15).

Nehemiah is a great example for nursing<sup>5</sup>. He faced opposition to God's purpose, yet stayed focused and determined. It is easy to get discouraged and disheartened when we bump against opposition. Nehemiah provides a great example of communicating with God through prayer and depending on him to keep us dedicated to his purpose.

Read: Nehemiah 1:1—2:10, 4:1-6

Are you currently discouraged/disheartened?

How might Nehemiah's experience bring a new resolve and passion for nursing/ life?

Prayer: *Father God, I confess that at times I feel discouraged, especially when I face opposition. Help me look to you for a renewed focus that is filled with a fervor for you! Amen.*

## 熱情

這樣，我們修造城牆，城牆就都連絡，高至一半，  
因為百姓專心作工。（尼希米記 4：6）

尼希米是一位猶太人，他在公元前 450 年左右擔任波斯國王的酒政。他聽說那些返回耶路撒冷的猶太同胞遇到了嚴重的災難，而且沒有任何抵禦的方式，因為他們心愛的城市已經化為廢墟。這消息使尼希米非常難過。因此，他以禁食的方式向上帝祈禱。藉由一連串的事件，主引導尼希米回到耶路撒冷，重建了城市的圍牆，讓城牆為人民提供保護（尼希米記 1：1—2：8）。

參巴拉和多比雅反對重建城牆，並嘲笑尼希米和他的工人。作為領導人，尼希米知道，批評和嘲笑會削弱工人完成城牆的決心。尼希米按照習慣先向上帝祈禱，工人因此重新獲得了決心和熱情（尼希米記 4：6-15）。之後，尼希米和工人們仍繼續面對重建工作的反對，但尼希米沒有因此而灰心、偏離目標或感到恐懼。他持續追求卓越，在 52 天內就完成了城牆！（尼希米記 6：15）。

尼希米是一個很好的典範。他在面對反抗上帝旨意的人時，始終保持專注和堅定。當我們遇到反對的聲音時，很容易感到灰心喪氣。尼希米提供了一個很好的範例，讓我們通過禱告與上帝溝通，並依靠祂使我們能專注於祂的目的。

【讀經】 尼希米記 1：1—2：10、4：1-6

您目前感到灰心或沮喪嗎？

尼希米的經歷能如何為護理及生活帶來新的決心和熱情？

【禱告】 天父，我承認有時候我會感到沮喪，尤其是當我面對反對時。幫助我尋找一個新目標，讓我可以再次充滿熱情。阿們！

## R Rally Partners

[Nehemiah said], “The work is very spread out, and we are widely separated from each other along the wall.” (Nehemiah 4:19)

At every turn, Nehemiah faced opposition to rebuilding the wall. There were times the workers were so intimidated and frightened they carried their swords and shields while they worked. They even took their weapons to get water and when they slept (Nehemiah 4:23). Nehemiah could see that they were not only afraid, but they needed support to complete the task.

Nehemiah assigned guards, equipped more workers with weapons, and divided workers into two shifts. This way, the workers could defend themselves while completing the wall. Yes, the workers’ morale still lagged and they struggled to complete their assigned sections (v. 12) So, Nehemiah posted a trumpet player who would sound an alarm not only as a warning, but as a rally shout! When the workers heard the blast of the trumpet, they were to gather together and shout, “Our God will fight for us!” (Nehemiah 4:20).

This shout of praise not only created a sense of security for the workers, it took their minds off the fear of the enemy, the hard work of building the wall, and the isolation of the individual worker. It helped them join as rally partners. Together they would remember and focus on Yahweh—the One who goes before them, the One who finds solutions, and the One who connected them with each other (Deuteronomy 1:30).

At this moment you may feel alone, overwhelmed by difficulties, or burdened by overwork, but God provides rally partners in nursing. Christian nurses can come alongside one another and give a shout of praise! At the same time, we each can be a rally partner for someone else. Together, we can encourage one another with a shout of praise!

Read: Nehemiah 4

What specific shout do you need to hear from a rally partner?

How could you be a rally partner for your nursing unit, clinic, or ministry?

Prayer: *Thank you, Jesus, for your shouts of encouragement that you bring into my ministry! You are truly my Rally Partner! Amen.*

## 互助夥伴

我對貴冑、官長、和其餘的人說，這工程浩大，  
我們在城牆上相離甚遠。（尼希米記 4：19）

在每個階段，尼希米都不斷地遇到有人反對重建城牆。有時候，工人緊張害怕到需要帶著劍和盾才能工作。甚至在睡覺或取水時都要隨身帶著武器（尼希米記 4：23）。尼希米看到他們不只是感到害怕，同時還需要更多的協助才能完成任務。

因此，尼希米請了警衛，為更多的工人提供武器，並將工人分為兩班。這樣，工人便可以在完成城牆的同時保護自己。但工人們的士氣仍然低落，而且對完成指定的工作感到困難（尼希米記 4：12）。因此，尼希米請來了一個喇叭手，不僅可以吹奏喇叭做為警報，還可提供音樂來鼓舞士氣！每當工人們聽到喇叭的聲音時，便聚集在一起大喊：「我們的神必為我們爭戰！」（尼希米記 4：20）。

這種讚美之聲不僅為工人創造了一種安全感，而且也讓他們擺脫了對敵人的恐懼、修建城牆的辛勞以及身為工人的孤立感。喇叭聲幫助他們成為互助夥伴。當他們在一起時便能提醒彼此專注於耶和華——在他們面前行的那一位、找到解答的那一位，以及將他們彼此聯繫起來的那一位（申命記 1：30）。

此時此刻，您可能會感到孤單、不堪重負或工作過度，但上帝讓我們護理工作中能找到互助夥伴。基督徒護理人員應該定期聚會，給予對方讚美。同時，我們應該積極成為其他人的互助夥伴。因為在一起，我們可以互相讚揚，互相鼓勵！



【讀經】 尼希米記 4 章

您需要從互助夥伴那裡聽到什麼具體的呼喊？

您如何成為護理部門、診所或教會的互助夥伴？

【禱告】 謝謝耶穌，感謝祢在我事工過程中提供的鼓勵！祢是我真正的互助夥伴。阿們！

## A Adversity's Purpose

I went away full, but the LORD has brought me home empty.  
Why should you call me Naomi when the LORD has caused me to suffer and the  
Almighty has sent such tragedy? (Ruth 1:21)

Many Christians are familiar with the story of Ruth, found in the book with the same name. The story is of a wonderful Jewish courtship between Ruth and her kinsman redeemer, Boaz. Yet, the prologue to their love story is the adversity experienced by Naomi.

In a span of 10 years, Naomi had lost her husband and two sons. She then made a long journey back to her home in Judea. She arrived in her home town of Bethlehem and was greeted by old friends. Her response is filled with despondency and hopelessness, “Don’t call me Naomi [which means *pleasant*]... Instead call me Mara” [which means *bitter*] (v. 20). Years before, she and her family had left a famine-ridden Bethlehem with the hope of a growing family and prosperity. To return as a widow, and without sons, was seen as a destiny of shame and poverty. Picking-up fallen grain became her only means of food. Even though Naomi was bitter, depressed, and devastated, she persevered.

Like Naomi, our lives can be full of hardships, death, and suffering. We live in a fallen world filled with evil; pain and suffering are part of our human experience. Even as children of God, we are not immune to global misery. It is important to keep in mind that the Lord doesn’t cause pain and suffering, yet he accomplishes his purpose through adversity.

We may not always know God’s purpose in our distress. Naomi didn’t know during those dark periods that the Saviour of the world would come through her! Through the union of her distant relative, Boaz, with the widow of her dead son, Ruth, a son, Obed, was born. Obed was the grandfather of King David. Twenty-eight generations later, Jesus Christ was born of this lineage (Ruth 4:16; Matthew 1:5-16).

Not only does God care about our pain and suffering, his mighty purpose is being worked out through it (Romans 8:28-29). We have no idea what purpose is being worked out through our adversity (Job 36:15; Jeremiah 29:11). Yet, we do know we will experience Jesus in a new, faith-building way (Romans 5:3-4).

Read: Ruth 1, 4

Are you currently experiencing adversity? If so, how can God’s promise of building your faith bring you comfort and hope?

Prayer: *Father God, I know that you cause everything to work together for the good of those who love you. Help me to open my heart and seek you when I feel the farthest away. Amen*

## 逆境的目的

我滿滿地出去，耶和華使我空空地回來。耶和華降禍與我；  
全能者使我受苦。既是這樣，你們為何還叫我拿俄米呢？（路得記 1：21）

許多基督徒都熟悉與聖經路得記同名的路得的故事。這個故事是關於路得和波阿斯——救贖她的親屬，兩人之間一段美妙的猶太羅曼史。然而，他們愛情故事是從拿俄米經歷的逆境展開序幕。

在 10 年的時間裡，拿俄米失去了丈夫和兩個兒子。經過漫長的旅程，她回到了她在猶大地的家。她抵達家鄉伯利恆後，便受到老朋友的歡迎。她的回答充滿了沮喪和絕望，「不要叫我拿俄米（代表愉快）…要叫我瑪拉（代表苦楚）」（路得記 1：20）。多年前，她和她的家人離開了鬧飢荒的伯利恆，期望能讓家門興盛。現在她以一個寡婦的身分返鄉，身邊也沒有兒子，自然會讓人覺得她的命運就是恥辱和貧窮的。拾起掉落的穀物成了她唯一的食物來源。但即使拿俄米感到痛苦、沮喪和受打擊，她還是堅持不懈。

像拿俄米一樣，我們的生活常常充滿辛苦、死亡和痛苦。我們生活在一個充滿邪惡的墮落世界中；痛苦和苦難是我們身為人類必須經歷的一部分。即使作為上帝的兒女，我們也無法免於遭受共同的苦難。我們必須要記住的是，主並不會製造痛苦和苦難，但祂會透過逆境展現自己的旨意。

我們沒辦法總是了解到上帝想要在苦難中傳達的旨意。拿俄米在最低潮的時刻並不知道世界的救主會出現！通過遠房親戚波阿斯，及死去的兒子的遺孀路得的結合，一個兒子俄備得出生了。俄備得是大衛的祖父。二十八代後，耶穌基督就是從這個族譜裡誕生（路得記 4：16；馬太福音 1：5-16）。

上帝不僅關心我們的痛苦和苦難，祂的宏偉目的正透過這些得以實現（羅馬書 8：28-29）。我們並不知道透過各個逆境要實現的目的是甚麼（約伯記 36：15；耶利米書 29：11）。但是，我們可以明確的知道我們將以一種全新的、建立信仰的方式體驗耶穌（羅馬書 5：3-4）。



【讀經】路得記 1：4

您目前正在經歷逆境嗎？如果是的話，上帝對建立信仰的諾言，如何能給您帶來安慰和希望？

【禱告】天父，我知道祢會為愛祢的人做任何事。當我感到離祢最遙遠的時候，請幫助我敞開心，讓我去尋找祢。阿們！

## N Navigating Presence

The LORD guided them by a pillar of cloud during the day and a pillar of fire at night. (Exodus 13:21)

God performed many amazing and dramatic miracles for the Israelites during their great Exodus out of Egypt. He guided their every step across the wilderness through his continued presence as a visible cloud and pillar of fire. Whether it was day or night, stormy or calm, the Israelites just looked forward to find the Lord's presence directing their steps.

There is a richness of knowledge demonstrated in this amazing relationship between God and his people. We have the same guiding presence to navigate our lives: Jesus Christ through the indwelling Holy Spirit. Just as the cloud guided the Israelites through the rough, difficult desert life, Jesus goes before us, guiding and lighting our path. At times our pillar of fire confuses our enemies, just as it did for the Israelites' enemies (Exodus 14:24). Later, when the Israelites built the Tabernacle, they witnessed the cloud come and rest on the Tabernacle, signifying Yahweh's active presence and blessing.

At times, we face both spiritual and human opposition to our obedience to the Lord. No matter how seemingly dark and alone we may feel, Jesus lights the darkness and provides all we need to remain steadfast through our trials and tribulations (Exodus 14:19; Deuteronomy 1:33). Even when we are at our worst and feel alienated from God, he is truly only a word away from us. We just need to look to Jesus to find our light (John 1:4; 2 Corinthians 4:6). His presence will continuously lead and guide us through our desert experiences.

Read: Exodus 40:34-38; Deuteronomy 1:29-33

What characteristic(s) of the Lord's continued presence do you currently need? Write them out as a prayer request to the Lord.

Prayer: *Father God, I desperately need your navigation during times of difficulty. Open my heart to your Presence, which lights my way. Amen.*

## 檢視神的同在

日間，耶和華在雲柱中領他們的路；夜間，在火柱中光照他們，使他們日夜都可以行走。（出埃及記 13：21）

在以色列人逃離埃及的過程中，上帝為以色列人展現了許多驚人並具戲劇性的奇蹟。神透過視線裡的雲和火柱，展現祂持續的同在，帶領著他們走過曠野的每一步。無論是白天還是黑夜，暴風雨或無風無浪，以色列人都藉由尋找主同在來指揮他們的腳步。

上帝與他的子民之間這種奇妙的關係顯示出豐富的知識。我們也有同樣的臨在來指引我們的生活：在靈裡的耶穌基督。如同雲彩指引以色列人度過艱難捱的沙漠生活，耶穌走在我們面前，指引並點亮我們的道路。有時，我們的火柱使我們的敵人感到困惑，就像以色列人的敵人受到影響一樣（出埃及記 14：24）。後來，當以色列人建造帳幕時，他們目睹了雲彩移動到帳幕的上方，這象徵著耶和華總是與我們同在並給予我們祝福。

有時，我們在服從上帝上會面臨到心靈和他人的反對。不管我們看起來多麼黑暗和孤獨，耶穌都會照亮黑暗，並提供我們所需要的一切，讓我們在試煉和磨難中保持堅定（出埃及記 14：19；申命記 1：33）。即使當我們處在最糟的情況裡，並感到與上帝疏遠時，他也總是在離我們一句話之遠的地方。我們只需要仰望耶穌就能找到我們的光亮（約翰福音 1：4；哥林多後書 4：6）。祂的同在將不斷領導和指引我們走出沙漠。

【讀經】 出埃及記 40：34-38；申命記 1：29-33

您目前需要看到哪些事情來證明主持續與我們同在？將它們寫出來，作為您對主的祈禱請求。

【禱告】 天父，在困難的時候我需要祢的指引。讓我對祢的同在敞開心胸，並點亮了我的道路。阿們！

## C Courage

He prayed three times a day, just as he had always done, giving thanks to his God.  
(Daniel 6:10)

One of the necessary attributes needed to persevere is courage. Courage is bravery in continuing against adversity, being resolute, staying faithful to our calling; being determined; continuing amidst physical pain and suffering, as well as fearlessly witnessing for Christ in hostile environments. To most of us, courage looks too big and too bold to embrace, yet the Lord builds our courage slowly, persistently, as we walk along our journey.

An Old Testament example of courage is Daniel. He lived a life built on courage. Any perusal of his life demonstrates Daniel's steps in courage, starting as a young man. As a young man, he was on guard against practices in Babylon that were contradictory to his faith (1:8-16). Daniel stepped out bravely to trust God's revelation to him and was able to accurately reveal and interpret Nebuchadnezzar's dream. This not only saved his life, it saved all the wise leaders from death (2:1-49). Daniel's courage was most severely tested when he defiantly continued his prayer practices, open and seen by all. He didn't allow the fear of death to change his commitment and obedience to God (6:1-28). He willingly faced death, resigning himself to death, if need be (6:19-21).

As we persevere for Christ at work, at home, and in our communities, our faithful brother, Daniel, encourages us with his life's testimony. He stood strong for what he believed and the Lord used him for mighty things. He was a counselor to kings, a wise leader, and a prophet. His dreams, visions, and discussions with the angel Gabriel left us with words anticipating the return of Christ. Daniel lived out instruction to persevere with courage; he was firm in his faith, strong against opposition, and persistent in prayer (1 Corinthians 16:13; Romans 12:12).

Read: Daniel 1; 2, 6

What events in Daniel's life fills you with courage to persevere?

Prayer: *Thank you, Lord, for the testimony of Daniel and other saints who provide me with holy examples of courage. Help me to be brave and steadfast in living a faithful life. Amen.*

## 勇氣

但以理知道這禁令蓋了玉璽，就到自己家裏  
(他樓上的窗戶開向耶路撒冷)，一日三次，雙膝跪在他 神面前，  
禱告感謝，與素常一樣。(但以理書 6:10)

堅持不懈的必要條件之一就是勇氣。勇氣讓我們能勇敢地繼續面對逆境，保持堅定，忠於我們的天命，下定決心，在身體的痛苦和苦難中繼續前進，並在惡劣的環境中無畏地為基督作見證。對我們大多數人來說，勇氣太沉重而且直白，讓人無法接受，但是當我們沿著旅程前進時，主會慢慢的、持續地建立起我們的勇氣。

但以理是舊約中勇氣的一個例子。他憑著勇氣過生活。他從小開始，人生的每個細節都展現出他勇敢的步伐。但以理年輕時，他在巴比倫王面前侍立，雖然這和他的信仰互相抵觸(1:8-16)。但以理勇敢地相信上帝對他的啟示，讓他能夠精準地揭示和解釋尼布甲尼撒王的夢。這不僅救了他的性命，還挽救了所有賢明領導人的性命(2:1-49)。但以理的勇氣受到最困難的考驗是當他堅持不懈地繼續為所有人公開祈禱，他不允許自己因為死亡的恐懼改變對上帝的承諾和服從(6:1-28)。他願意面對死亡，在必要時可以為自己的信念而死(6:19-21)。

當我們持續不懈的在工作、家庭和社區中為基督努力，我們忠實的兄弟但以理用他一生的見證來鼓勵我們。他堅持捍衛自己所相信的，而主則用他來做大事。他成為國王的顧問、明智的領袖和先知。他的夢想、願景，以及與天使加百列討論的內容，給我們留下了基督復臨的預言。但以理成功活出要勇敢堅持的指示。他堅定自己的信念，堅決反對異議，並堅持不懈地禱告(哥林多前書 16:13; 羅馬書 12:12)。



【讀經】 但以理書 1:2、6

但以理一生中有哪些事件可使您充滿勇氣的堅持下去？

【禱告】 謝謝上帝，感謝但以理和其他聖徒的見證，為我提供了勇氣的範例。  
幫助我勇敢和堅定地過著信仰的生活。阿們！

## E Eternal Nursing Crown

“As for you, go your way until the end. You will rest, and then at the end of the days, you will rise again to receive the inheritance set aside for you.” (Daniel 12:13)

The previous reflection allowed us to witness courage in Daniel’s life. We also noticed how God affirmed Daniel’s faithfulness with a promised inheritance. Daniel’s reward for his enduring, obedient life is the same as ours—eternal life with the King of Kings, and Lord of Lords.

“Look, the home of God is now among his people. He will live with them, and they will be his people! God himself will be with them” (Revelation 21:3). This is the new kingdom Jesus promised the disciples, a place where we will dwell with the all the saints, including Daniel (Matthew 26:29, Revelation 1:6, 5:9-10).

Jesus, along with the writers of the New Testament, also encourages us with the promise of rewards or crowns (Matthew 5:12; 1 Corinthians 3:8). In fact, Scripture clearly teaches a reward or crown for those who stand firm during trials and temptations (James 1:12).

I have always wondered if our nursing crown will look different. Will it have an empathetic heart or a symbol of comforting hands? I doubt our crown will have much “bling.” Most Christian nurses are humble and gracious and wouldn’t want anything too bright or showy. I imagine that our crown would be simple and functional, though. Similar to the nursing caps of our past, they could be clean, pressed, and worn with dignity and honor.

However our crown looks, we have the assurance that we have done well and completed the work Christ has given us. “I have fought a good fight, I have finished the race, and I have remained faithful. And now the prize awaits me—the crown of righteousness that the Lord, the righteous Judge, will give me on that great day of his return. And the prize is not just for me but for all who eagerly look forward to his glorious return” (2 Timothy 4:7-8).

At that time, as faithful servants we will lay our crowns at the feet of our Jesus, knowing all we are, and everything we did came from him (Revelation 4:10-11).

Read: Hebrews 10:35-38--11

Hebrews 11 lists faithful believers, for example: “It is by faith that Noah/Abraham”. Then, the verses list their actions built an ark/obeyed (vv. 7, 8). Add your name to the list of faithful Christians, by filling in the blanks: It is by faith, \_\_\_\_\_ [insert your name] and then list your role/duties/etc. in nursing \_\_\_\_\_.

Prayer: *Father God, it is easy to get discouraged and forget that you have promised me more than I can imagine. Not that I want to focus on my reward, Lord, but encourage me through recognizing my service to you with my nursing talents. Amen.*

## 永遠護理的冠冕

且去等候結局，因為你必安歇。到了末期，你必起來，享受你的福分。

(但以理書 12：13)

在先前的反思中，除了見證了但以理的勇氣，也察覺神以應許的產業肯定他的堅定，若我們和但以理一樣，一生都順服神，我們便會得到與他一樣的賞賜，那就是與萬王之王、萬主之主一起永生的生命。

「我聽見有大聲音從寶座出來說、看哪、神的帳幕在人間，祂要與人同住、他們要作祂的子民、神要親自與他們同在、作他們的神。」(啟示錄 21：3)，這是耶穌應許給門徒，與所有聖徒同住的新天國，包括但以理在內(馬太福音 26：29；啟示錄 1：6、5：9-10)。

耶穌和新約的作者也以應許的賞賜來鼓勵我們(馬太福音 5：12；哥林多前書 3：8)，事實上，聖經明明地教導我們，會給那些在試探和誘惑時仍堅定自己的人賞賜(雅各書 1：12)。

我一直知道我們護士的賞賜會不同？是有同理心或代表安慰的手呢？我不相信神給我們的賞賜是「閃亮華麗」的，大部分的基督徒護士謙遜、寬容和不求光鮮的回報，所以我想神的賞賜該是簡單又實用的，類似我們過去的護士帽，必須是乾淨、平整和保持尊嚴和榮耀。

不管我們的賞賜為何，我們要保證完成並且做好神要我們做的事。「那美好的仗我已經打過了，當跑的路我已經跑盡了，所信的道我已經守住了。從此以後，有公義的冠冕為我存留，就是按著公義審判的主到了那日要賜給我的；不但賜給我，也賜給凡愛慕祂顯現的人。」(提摩太後書 4：7-8)。

在那時，作為堅定的僕人，我們將把神給我們的恩賜獻給耶穌，因祂知道我們是誰，而我們的一切都來自於祂(啟示錄 4：10-11)。



【讀經】希伯來書 10：35-38；11

希伯來書 11 章列出了有信心的信徒，例如：“挪亞／亞伯拉罕就是憑著信心”。然後，經文列出他們的行為，建立了方舟／服從的(7、8 節)。通過填寫空格將您的姓名添加到有信心的基督徒列表中：出於信心，\_\_\_\_\_ [插入您的姓名]，然後列出您的角色／職責／等。在護理中\_\_\_\_\_。

【禱告】天父，我很容易灰心，忘記祢對我的承諾超出了我的想像。主啊，不是我想專注於獎賞，而是經由我的護理才能肯定我對祢的服務，而且鼓勵我。阿們！

## Adoration

I came naked from my mother's womb, and I will be naked when I leave. The LORD gave me what I had, and the LORD has taken it away. Praise the name of the LORD! (Job 1:21)

Job received a trio of tragic news about his ranch. Through three successive messengers Job learns that all his livestock, ranch hands, and shepherds are dead (1:15-17). Even as Job grappled with this profound tragedy, a fourth messenger brings horrific details of how a wind storm destroyed a house, and subsequently killed all his children (1:18-20). As an expression of profound grief, Job tears his robe and shaves his head. His despair rises as praise and solidarity to Yahweh, "The LORD gave me what I had, and the LORD has taken it away. Praise the name of the LORD!" (Job 1:21).

As Job is reeling with grief, he develops a horrible skin condition, boils that erupt from his head to his toes. Amidst the ashes of his previous life, Job scratches his sores with a piece of broken pottery and continues to proclaim: "Should we accept only good things from the hand of God and never anything bad?" (Job 2:10).

At each junction of loss, devastation, and suffering, Job resolved to praise God. He didn't seek to answer the why's or to discover the how's of his tragedy. Nor did he expect, as a righteous man of God, special favour. Instead, he adored and honored God as the sovereign "I AM" (Exodus 3:14; John 8:58).

It is hard to imagine how we can adore God when we are overwhelmed with devastation, suffering, and death. Yet we can, for we choose to praise God (2 Corinthians 11:24-31). It doesn't mean we skip the grieving or the mourning. Instead our pain and distress is united with the sovereignty of God (2 Corinthians 4:8-12; 1 Chronicles 29:15).

Read: 2 Corinthians 4:8-12

Do you have a praise song, Bible passage, or verse that encourages your faith during difficult times? If not, seek the Lord and search scripture for encouraging verse(s).

Prayer: "O LORD, your greatness, power, glory, victory, and majesty fills my existence. O LORD, Everything in the heavens and on earth is yours and I adore you as the one who is over all things." Amen. (1 Chronicles 29:11)

## 崇拜

說：我赤身出於母胎，也必赤身歸回；賞賜的是耶和華，收取的也是耶和華。耶和華的名是應當稱頌的。（約伯記 1：21）

約伯透過三個報信的，聽到三個牧場的壞消息，那就是他牧場所有的牲畜、牧羊人和僕人都死了（約伯記 1：15-17），正當他盡力解決這個極度的悲劇時，第四個報信的來告訴他有狂風從曠野颳來，毀了房屋，而他所有的兒女也都死了（約伯記 1：18-20），聽到這個極度悲傷的消息後，約伯便起來，撕裂外袍，剃了頭，伏在地上拜，說：「我赤身出於母胎，也必赤身歸回。賞賜的是耶和華，收取的也是耶和華。耶和華的名是應當稱頌的。」（約伯記 1：21）。

在撫平悲傷的同時，約伯自己從腳掌到頭頂的皮膚長了毒瘡，就坐在爐灰中，拿瓦片刮身體，並繼續表示道：「難道我們從神手裡得福，不也受禍嗎？」（約伯記 2：10）。

在每個失去、毀滅和苦難中，約伯以堅定的信念讚美主。他沒有設法解答悲劇發生的理由或發現解答悲劇的方法，也不期待主會因他是義人，而有特殊的待遇，取而代之的是，他崇拜尊榮那「自有永有」的主（出埃及記 3：14；約翰福音 8：58）。

很難想像，在經歷如此大的毀滅、苦難和死亡時，怎還能崇拜主，但我們可以，因為我們選擇稱頌祂（哥林多後書 11：24-31），這不代表我們不會悲傷或哀悼，我們只是將我們的痛苦與憂慮與主耶穌基督的主權結合在一起（哥林多後書 4：8-12；歷代志上 29：15）。



【讀經】哥林多後書 4：8-12

您是否有讚美詩歌，聖經段落或經文鼓勵在困難時期給您信心？如果沒有，請尋求主並蒐尋可以鼓勵你的經文。

【禱告】耶和華啊，祢的偉大、力量、榮耀、勝利和威嚴允許了我的存在。耶和華啊，天上地下的一切都是祢的，我崇拜祢，祢是萬事萬物的神。阿們！（歷代志上 29：11）



## Shoes for Chicken Little

For shoes, put on the peace that comes from the Good News, so that you will be fully prepared. (Ephesians 6:15)

An important part of every nursing uniform or attire is shoes. Shoes need to be comfortable, durable, and easy to clean. As Christians, our nursing shoes have an additional component. They are especially fitted with the gospel of peace, the message of Christ (Matthew 10:5-13). Jesus did not come to judge, nor cause war or conflict (John 12:47). Instead, he brought healing, peace, and forgiveness. This peaceful message is a special attribute of our nursing shoes (Acts 10:36).

One way we secure peace to our nursing shoes is by not allowing our minds and hearts to be absorbed by stress, anxiety, or fear. These emotions and responses come from our anxiety or from a spirit of fear, not the Holy Spirit (2 Timothy 1:7). Satan can capitalize on such emotions when looking for ways to distort our message or work.

I am reminded of a children's story/folk tale entitled *Chicken Little*<sup>6</sup>. It is about a chicken, who after having something fall on her head, runs in a panic yelling, "The sky is falling!" She runs to all her animal friends, Henny Penny, Turkey Lurkey, Goosey Loosey and others. Together they go to warn the king. Depending on the version, the animals either hide in a cave never warning the king, or they are able to warn the king, who then explains to Chicken Little and her friends about the large acorns falling from the trees.

Obviously, Chicken Little and her friends forgot their peaceful shoes and the promises of Christ (Philippians 4:7).

Read: Matthew 6:25-34

Reflect on how anxiety, stress, worry, and/or fear may have misdirected your life away from the peace of Christ.

*Prayer: May the Lord of peace himself always give you his peace no matter what happens. Amen. (2 Thessalonians 3:16)*

## 小小雞的鞋子

又用平安的福音當作預備走路的鞋穿在腳上。(以弗所書 6:15)

護士制服或服裝最重要的部分是鞋子，這雙鞋需要是舒適、耐穿和好清理的，對於基督徒來說，我們的護士鞋還需有另一個元件，就是配備有平安的福音，基督的信息（馬太福音 10:5-13），耶穌來不是為了審判，製造戰爭或衝突（約翰福音 12:47）。祂來是為了醫治我們、給我們平安和饒恕我們，這個平安的信息就是我們護士鞋的特別屬性（使徒行傳 10:36）。

確保我們護士鞋平安的方法是不讓我們的身心憂慮、焦躁和害怕，因為這些情緒和反應不是來自於聖靈，而是來自於恐懼的靈（提摩太後書 1:7）。撒旦會放大這情緒，伺機扭曲神的信息或工作。

這讓我想起了一個名為小小雞的兒童故事／寓言，這故事是關於一隻雞被一個東西打到頭，痛苦的大叫：「天空掉下來了」，他跑去找火雞、鵝等等所有的動物朋友，一起去向國王發出警告，有個版本的說法是動物都躲起來了，沒有人向國王發出警告，另一個則是說他們向國王發出警告了，但國王告訴小小雞和她的朋友：小小雞只是被樹上的大果子打到而已。

顯然，小小雞和她的朋友們忘了他們平安的鞋和基督的應許！（腓利比書 4:7）。



【讀經】 馬太福音 6:25-34

思考一下，焦慮、擔心和恐懼會如何使你的生命，偏離了基督的平安。

【禱告】 無論發生什麼事情，願賜平安的主親自把祂的平安賜給你們。阿們！  
(帖撒羅尼迦後書 3:16)

## Looking for the One

They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity—all the while praising God and enjoying the goodwill of all people. (Acts 2:46-47)

When I was new nurse working in a hospital, I was shocked at the negativity that some of the nurses had towards their patients and their profession. I was excited to be a nurse and knew that the Lord had brought me through many personal trials in order to graduate and become an RN. There were very few Christians on the unit. I lacked fellow believers to guide and support me (Luke 8:4-8).

So, I prayed. I prayed against acquiring a bitter, complaining attitude (Ephesians 4:31). I prayed to keep a passion for nursing and the heart for patients that God had given me. Then one day, while reading a periodical, I saw an advertisement for a local Nurses Christian Fellowship (NCF) group in my area. I knew this was an answer to prayer. I immediately called the number and connected with other Christian nurses. This was over 23 years ago. Filling my need and answering my prayers, as well as the NCF groups' prayer, Jesus introduced me to NCF USA. I am now part of Nurses Christian Fellowship International and am connected to all of you—nurses who love Jesus and love nursing!

I tell this story to remind each of us that there are nurses everywhere who need fellowship and support to maintain their faith and passion for Christian nursing. They may feel discouraged and challenged to live out their love of Christ in their workplace. Jesus taught us to leave the 99 who are okay and seek out the one needing help (Matthew 18:12-14). We need to pray *and* actively seek out those out who need encouragement. Whether it is looking personally, locally, or nationally, seek out a sister or brother who needs YOU! Of course, if you are not connected to a fellowship of Christian nurses/healthcare providers, go to [www.NCFI.org](http://www.NCFI.org) for more information.

Read: Matthew 18:12-14; Luke 8:4-8

Reflect on ways you can actively connect with other nurses to provide fellowship, prayer, and support.

Prayer: *Father, I thank you for connecting me to you. Help me connect with Christian nurses so that I may feast in fellowship with your supportive church. Amen.*

## 尋找那一位

他們天天同心合意恆切的在殿裡，且在家中擘餅，存著歡喜、誠實的心用飯，讚美神，得眾民的喜愛。主將得救的人天天加給他們。(使徒行傳 2:46-47)

我剛到醫院當護士時，一些護士對病人和工作的消極態度，讓我覺得很震驚，因為我很興奮能成為一名護士，並知道在讀護理和成為專業護士的過程，天父幫助我度過很多的試驗，我的工作單位的基督徒很少，沒有信徒可以指引和幫助我（路加福音 8:4-8）。

所以我禱告，禱告對護士的工作和對待病人的心不要有痛苦和抱怨的態度（以弗所書 4:31），要常保主給我的熱情。有一天，我在期刊上看到一個有關我工作區域的基督徒護士團契（NCF）的廣告，我知道神回應我的禱告了，我立刻打到那裏去，與其他基督徒護士連結，23年過去了，主滿足我的需要，回應我的禱告，也回應了基督徒護士團契的禱告，耶穌把我介紹給美國基督徒護士團契，我現在是國際基督徒護士團契的一分子，與這些愛耶穌和愛護理的你們連結。

我說這個故事是要提醒這裡的每個人，需要團契和幫助來維持他們對基督徒護理熱情的護士到處都是，在他們的工作單位，要活出基督的愛會有挑戰和阻礙，耶穌教導我們撇下那九十九隻好的，去尋找那一隻需要幫忙的（馬太福音 18:12-14），我們需要禱告和主動去尋找那些需要被鼓勵的人，不論是本人直接去找、在地找或全國去找，去尋找需要你的弟兄姊妹！當然，如果你還不是基督徒護士／基督徒醫療服務提供者團契，請到 [www.NCFI.org](http://www.NCFI.org) 去尋找更多資訊。

【讀經】 馬太福音 18:12-14；路加福音 8:4-8

思考一下，你可以主動連結其他護士，提供團契、禱告和支援的方法。

【禱告】 父啊，我感謝祢將我與祢聯結在一起。幫助我與基督徒護士建立聯繫，以便我能與祢支持的教會團契與他們相識。阿們！

## Revolutionary Nursing

Be happy about it! Be very glad! For a great reward awaits you in heaven. And remember, the ancient prophets were persecuted in the same way. (Matthew 5:12)

In the Sermon on the Mount (Matthew 5:3-12), Jesus gives an autobiography of his earthly life and he sets out the constitution of the Kingdom of God. He shows why Christians differ from non-Christians. This is not a law to be kept or imitated, but a new life to be lived. Jesus didn't give us an ethical code, but gave his life for us and shows us what a Christian life should be like. He gives us the Holy Spirit to enable us to experience a new life: Christ in us is the hope of glory (Colossians 1:27).

Nurses have to cope with caring for sick people who do not always appreciate the care they receive. Nurses have to cope with their own sorrows, grief, competition from colleagues, misunderstanding from patients and relatives, not to mention their own family problems. Nurses may have sacrificed everything for their patient's care and have no one to care for them. The teaching contained here, if accepted, gives us the strength to overcome disappointments, discrimination, rejection, and loneliness. Christian nurses are called by God to bring the presence of Jesus in nursing. Let us do this by living revolutionary lives, being completely satisfied for the glory of God.

Read: Matthew 5:3-12

Reflect on each teaching point in the Sermon on the Mount; choose one or two points to commit to revitalizing your nursing practice to be revolutionary like Jesus Christ.

Prayer: *Jesus, you called me to step beyond contemporary nursing to practice nursing in bold new ways. Amen.*

By Marion Deleen,  
NCF Spain

## 革命性照護

應當歡喜快樂，因為你們在天上的賞賜是大的。在你們以前的先知，人也是這樣逼迫他們。(馬太福音 5:12)

在登山寶訓中(馬太福音 5:3-12)，耶穌說了自己在地上的生活，並且設立了天國的憲法，祂解釋了基督徒和非基督徒不同之處，這不是要保存或模仿的律法，這是要我們活出的新生命，耶穌不是要給我們道德規章，是要以身作則，教導我們如何活出基督徒的樣貌，祂賜給我們聖靈，讓我們能夠體驗「基督在我們心裡成了有榮耀的盼望」(歌羅西書 1:27)的新生活。

護士必須處理那些不滿意其照顧方式的病人，要處理自己的悲傷、難過、同事間的競爭以及病人與家屬的誤解，還要處理自己家裡的問題，他們為照顧病人犧牲所有，卻沒有人對他們噓寒問暖，若是接受了這裡的教導，便有克服沮喪、歧視、拒絕和寂寞感的力量，基督徒護士是基督呼召透過照護活出基督的一群人，讓我們以此革命性的生活，榮耀我們的主。



【讀經】馬太福音 5:3-12

回想一下登山寶訓中的每個教導，選擇 1-2 條能振興護理專業，並做出似耶穌基督革命性的工作。

【禱告】耶穌，祢叫我超越現代護理，以大膽的新方式執行護理。阿們！

馬里恩·德琳 (Marion Deleen)  
NCF 西班牙

## Job Well Done!

As we pray to our God and Father about you, we think of your faithful work, your loving deeds, and the enduring hope you have because of our Lord Jesus Christ.  
(1 Thessalonians 1:3)

These were the words of Apostle Paul to the believers in Thessalonica. Paul commended his Christian brothers and sisters for their faithfulness to the gospel message. Not only did Paul say, “Good job,” to the believers, he also made a proclamation before God: “God as my witness, the Thessalonians are great Christians!” Paul recognized the believers’ commitment to living out the teachings of Christ Jesus. They had faithfully served one another and Christ through acts of grace and charity (1 Thessalonians 4:9). In addition, their lives were an example to other Christians despite the persecution they endured (1:6-7, 2:14).

NCFI leaders, staff, fellow nurses and I want to express the same acclamation to you as Christian nurses committed to serving Jesus Christ. God knows of your work of faith in staying strong in Christ; your labour of love for patients and families, as well as for your fellow colleagues. NCFI commends your leadership and dedication to the national and regional fellowships. The work of these ministries builds up the body of Christ. NCFI also recognizes the steadfastness of your hope, developing from yesterday, providing strength for today, and guiding you in confidence for tomorrow.

The leaders and staff at NCFI remember you in their hearts and prayers, and proclaim to our God that you are a great Christian nurse. Job well done!

Read: 1 Thessalonians 1

Take time to say “Good job!” to a fellow nurse in person, via email, Twitter, or Facebook!

Prayer: *Father God, all of NCFI recognizes the great faithful work of Christian nurses worldwide, who depend on you to guide and encourage them for today and tomorrow! Amen.*

## 做得很好！

在神我們的父面前，不住的記念你們因信心所做的工夫，因愛心所受的勞苦，因盼望我們主耶穌基督所存的忍耐。（帖撒羅尼迦前書 1：3）

使徒保羅對帖撒羅尼迦的信徒說了以下的話，保羅表揚了他的基督徒弟兄姊妹對福音信息的信心，保羅不只對信徒說：「做得好」，也在神面前宣講：「主為我做見證，帖撒羅尼迦人是很好的基督徒！」保羅承認信徒活出了耶穌基督的教導，他們蒙了神的教訓，用聖潔尊貴，愛神的同時也彼此相愛（帖撒羅尼迦前書 4：9），而且，帖撒羅尼迦人在大難之中，仍堅定信仰的生活，成為其他信主之人的榜樣（1：6-7、2：14）。

國際護福的領導人、員工、團契護士和我想要向你表達，如同委身耶穌基督的基督徒護士般相同的歡迎，主知道妳們在工作要靠主剛強的信念、對病人、家庭和同事們的甘願付出，國際護福表揚你們對國家和區域團契的領導能力和奉獻，這些事奉工作造就了基督的身體，也承認你們昨天開展、今天提供力量，和帶領你能更有信心邁向明天的堅定盼望。

國際護福的領袖和員工會在心中和禱告中記得你，並且向主說你是個很好的基督徒護士，幹得出色。



【讀經】帖撒羅尼迦前書 1 章

花點時間通過電子郵件，line 或臉書親自與護理人員說“做的很好！”

【禱告】天父，國際護福全體成員都認可全世界基督徒護士偉大忠實的工作，他們依靠祢來指導和鼓勵他們今天和明天。阿們！

## Faith to Rest

The disciples were absolutely terrified. “Who is this man?” they asked each other. “Even the wind and waves obey him!” (Mark 4:41)

A boat is traveling across the sea, when the wind and waves begin to toss the boat. Most of the people onboard are fearful. With each wave, the boat catches more and more water. One passenger is asleep on a cushion. The storm rages; the boat fills with water. Afraid they will be swallowed up by the sea, the passengers are in a panic, except for the lone passenger sleeping peacefully (Mark 4:35-41).

Our nursing boat is often rocked by storms. Our storms may be in the form of a change in funding, challenges to patient care, or not enough staff. We can quickly feel overwhelmed by the winds of change and find ourselves treading in the rising water of uncertainty. In fact, nursing and healthcare frequently experience some type of storm. The key to navigating our rocky nursing boat is in our response.

Do we frightfully pray to Jesus, “Don’t you care that my unit is in shambles?” or “Why do we never have enough staff, supplies, etc.?” We may think we are resting assuredly on our healthcare ship, when in actuality we are not trusting. When we are busy bailing water or running in panic, it is hard to hear the Lord say, “Why are you afraid? Do you still have no faith?” (Mark 4:40).

Jesus rested in confidence on the storm-rocked boat; we can rest in him. Jesus cares about healthcare, nursing, and our patients. He will continue to guide and provide for you, me, and our patients. We may get a little wet from the splashing water, but we can trust in Jesus and rest in God’s promises. God will calm the storm or he will calm us.

Read: Mark 4:35-41

What challenges or storms have rocked your healthcare boat? Do you sense Jesus rebuking you or providing words of assurance? What do you hear him saying to you during this stormy season?

Prayer: *Jesus, it is easy for me to worry about the challenges in healthcare, instead of trusting you. Help my faith, and set my heart and mind, to trust in you. Amen.*

## 一心堅信等待

他們就大大的懼怕，彼此說：這到底是誰，  
連風和海也聽從他了。（馬可福音 4：41）

一艘在海上旅遊的船，遇到了風浪，船上的人都懼怕，船裡的水隨著海浪打入，變得越來越多，一個乘客在船尾上睡覺，風浪突然轉劇，甚至船要滿了水，乘客們都因害怕被吞沒而恐慌，只有一個乘客睡得很安穩（馬可福音 4：35-41）。

護士的船也常常會被風暴驚嚇，我們的風暴是資助形式的改變，病人照顧方式的挑戰或人手不足，並能很快感受到風向壓倒性的轉變，發現自己步行在不確定的水面上，事實上，護理和醫療保健常常會經歷數種風暴，而導航我們驚嚇的護理船的關鍵是我們的應對方式。

我們是很懼怕地向耶穌禱告：「我的單位亂七八糟，你不顧嗎？」還是「為何我們單位的員工、耗材等等總是不夠？」我們有時認為在醫療保健船上肯定是安心的，但實際上我們並不信任它，當我們忙碌於往外舀水或慌亂時，我們就很難聽到主對我們說：為什麼膽怯，你們還沒有信心嗎？（馬可福音 4：40）。

耶穌自信地在搖動的船尾睡覺，我們可以就祂得安息，耶穌關心醫療保健、護士和病人，祂會繼續指引和供應你、我和病人們，我們還是會被潑溼，但我們可以相信耶穌，並且安息在主的應許中，主能平靜風暴或使我們安靜。

【讀經】馬可福音 4：35-41

你的醫療保健船有遇到過什麼挑戰和風暴？你有感受到耶穌訓斥你或上帝給你的話語？在風暴時，上帝對你說了什麼？

【禱告】耶穌，我很容易擔心醫療保健方面的挑戰，而不是單單信任祢。請幫助我的信念，並堅定我的心意，一心相信祢。阿們！

## Path to Humility

He was a devout, God-fearing man, as was everyone in his household. He gave generously to the poor and prayed regularly to God. (Acts 10:2)

The gentleman mentioned in the above Scripture is Cornelius (Acts 10). As a centurion, he was responsible for a legion of professional Roman soldiers numbering in the hundreds. He was a wealthy man of honor and position within the Roman government, his community, and his family. Regardless of his social and family status, all were aware that Cornelius was humble before God.

As a Roman citizen and warrior, Cornelius would not have considered himself as one of “God’s chosen people.” He approached God with a “sinner’s heart,” in need of mercy and undeserving of grace (Luke 18:13-14). Yahweh responded to his sincere heart and yearning spirit (Psalm 51:17). Cornelius, grateful for the acceptance and blessings of God, generously blessed others. From his wealth, Cornelius gave to the poor and provided for those around him. Cornelius’ relationship with his servants, soldiers, and family was one of sincere service. The Lord honored this humble man by bringing the Good News through the Apostle Peter. Cornelius meekly accepted this miraculous event, submitting himself to God’s will through a Jewish fisherman.

Like Cornelius, our path to humility begins by recognizing our true position before our most holy God. Bowed in gratefulness, we submit to God in reverence and lowliness of spirit (Matthew 5:3). Through a selfless spirit, we graciously give and serve our patients and colleagues, awed by the privilege we have been given. At the same time, we ensure pride, ego, and ambition are excised from our person (Philippians 2:1-11). True humility is an outward expression of an inward submission to God, which reflects Christ our Lord.

Read: Philippians 2:1-11; Acts 10

Spend time in prayer reflecting on how you can embrace humility, personally and professionally.

Prayer: *O Lord, help me to love justice, live mercifully, and to walk humbly with you, reflecting your Son to all. Amen. (Micah 6:8)*

## 謙遜的行動

他是個虔誠人，他和全家都敬畏神，多多賙濟百姓，常常禱告神。  
(使徒行傳 10：2)

這段經文談到的是哥尼流（使徒行傳 10），他是一名百夫長，是羅馬軍團中領導一個百人隊的職業軍官，在羅馬政府、社區和家族中都是個光榮的有錢人，不論他的社會和家庭身份如何，哥尼流和全家都敬畏神。

身為一名羅馬人和戰士，哥尼流不認為自己是「神所揀選的人」，並以需要主開恩憐憫「罪人的心」接近主（路加福音 18：13-14）。耶和華回應了他敬虔的心和渴慕的靈，哥尼流對於主的接納和賜福充滿感激，也不吝給他人祝福，並會用他的財富賙濟他周圍的貧苦人，哥尼流也是以真誠對待他的僕人、士兵和家人。主透過使徒彼得帶來耶穌基督和平的福音，榮耀這位敬虔的義人，哥尼流謙和地接納這個神奇的事件，並且透過猶太人漁夫順服神的旨意。

我們謙遜的行動要像哥尼流，在至尊主面前先認清自己的定位，屈膝感謝主，敬畏順服主以及有謙卑的靈（馬太福音 5：3），透過無私的靈，我們能慷慨地給予和服事我們的病人和同事，敬畏從神來的特權；同時，確保將驕傲、老我和野心完全從身體剔出（腓立比書 2：1-11），真正的謙卑是心裡順服主，並且向外表達出來，活出似基督樣式的人。



【讀經】 腓立比書 2：1-11；使徒行傳 10 章

花些時間在體現如何接受謙遜、自我和專業的禱告上。

【禱告】 上帝啊，請幫助我熱愛正義，仁慈地生活，並謙卑地與祢同行，活出基督樣式。阿們！（彌迦書 6：8）

## Spiritual Nutrition

[Jesus said] “People do not live by bread alone, but by every word that comes from the mouth of God.” (Matthew 4:4)

When I reflect on the building blocks of nutrition for physical health, I am reminded of the importance of the building blocks for spiritual health. For example, in thinking of the protein found in fish, chicken, and beans that build muscle for physical strength, my thoughts turned to the building blocks of spiritual health. Just as malnourished patients lack healthy protein, we are spiritually malnourished without the living Messiah. Jesus is life; he provides the necessary strength for our spiritual foundation and life (John 1:3-4).

Starches, found in bread and rice, provide us with energy. In the same way, Scripture is our spiritual bread; it sustains our stamina throughout the day. We need to nourish our faith daily, through the reading and studying of God’s Word (Deuteronomy 8:3; Matthew 6:11).

Vegetables supply the nutrients for each cell in our bodies. Many of us have diets that lack an adequate intake of vegetables. Similarly, I couldn’t help but compare prayer to our intake of vegetables. Although prayer is vital for our faith, we seem to fall short on our servings, i.e., amount of time and thought we spend in prayer (Luke 5:16; 1 Thessalonians 5:17).

Another nutrient important to our faith is found in praise and worship. I think of this as fruit. When we lift our voices in song, exalting the goodness and excellence of our gracious Heavenly Father, we experience the sweetness of his presence. This sweetness is rich in nutrients, and we can hunger for more and more! (Hebrews 13:15)

Not unlike our physical body, which requires a balanced diet, our spirit needs a steady diet of essential nutrients. Eat from the bounty of the Lord’s table, feasting on all the sustenance he provides, both physically and spiritually (Psalm 23:5; Matthew 22:1-2).

Read: Individual verses quoted above.

Reflect on your spiritual diet? Is there an essential component or two missing? What changes can you make to feast on all the Lord has provided?

Prayer: *Father God, thank you for all the sustenance you have blessed me with. May I come to your table more often and feast in your presence. Amen.*

## 靈性營養

耶穌卻回答說：經上記著說：人活著，不是單靠食物，乃是靠神口裡所出的一切話。（馬太福音 4：4）

在思考使身體健康的構成營養素時，我聯想到使精神健康的重要基石，例如，蛋白質可在魚、雞和豆類中找到，能建構肌肉，使身體有力量，我的想法轉到了使靈性健康的基石，就像缺蛋白質的營養不良病患，若靈裡沒有彌賽亞，也會營養不良，耶穌是生命，祂是提供我們精神健康基礎和生命的力量（約翰福音 1：3-4）。

澱粉可在麵包和米中找到，能提供身體能量，同樣地，聖經是我們的靈糧，能常保我們一天精力滿滿，我們需要每天讀神的話語，滋養我們的信仰（申命記 8：3；馬太福音 6：11）。

蔬菜為身體的細胞提供營養，我們大多數的人在減肥時，都沒有攝取足夠的蔬菜而我也免不了會把禱告和我們攝取的蔬菜拿來做比較，雖然禱告對於我們的信仰很重要，但我們似乎達不到我們該有的次數和思維（路加福音 5：16；帖撒羅尼迦前書 5：17）。

我們也能在敬拜讚美中找到另一個對我們信仰很重要的養分，我想這是果子，當我們高聲向祂歌唱，稱頌讚美天父的良善和卓越時，我們體驗祂存在的芳香，這是我們能渴望更多，充滿養分的芳香（希伯來書 13：15）。

不像我們的身體需要均衡飲食，我們的靈需要穩定的攝取必需的營養素，吃主的筵席，盡情享受神所供應的身體和精神上的糧食（詩篇 23：5；馬太福音 22：1-2）。



【讀經】 上面引用的個別經文。

反思您的靈糧？是否缺少一個或兩個重要組成部分？你要做怎樣的改變，才能享用主所準備的筵席？

【禱告】 天父，感謝你為我提供的一切支持。請允許我更多地光臨你的餐桌，並享受你所供應的身體和精神上的盛宴。阿們！

## A Banner of Thankfulness

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. (1 Thessalonians 5:16-18)

One of the true marks of maturity for a Christian is the ability to be thankful in all circumstances. This isn't a meaningless chant. Being thankful in all circumstances is truly finding something for which to thank God. This thankfulness is seen in a terminally ill child thanking God for loving parents; a woman who has been abused thanking Jesus for her children; a person with schizophrenia thanking God for modern medications; a death-row prisoner thanking God for a fellow brother or sister in the Lord. These are examples of people expressing gratitude to God (1 Peter 1:6; Romans 5:1-5).

One way to spur a personal attitude of gratefulness is to recognize God for each and every providence. The writer of Psalm 136 narrates an excellent template for recognizing God's intercessory hand in our lives. The psalmist starts by calling all to, "Give thanks to the Lord," and then he lists various reasons why the reader should be thankful: "[God] is good..., God of gods..., does great wonders..., made the heavens..." (vs. 1-9). Depending on the translation, a repetitive refrain concludes each stanza with God's "steadfast love endures forever" or "loving kindness endures forever." This refrain declares the heavenly Father's covenant, compassionate care for his children, as part of an intimate relationship.

The psalmist continues with a history lesson of how the Lord intervened in the lives of the Israelites. The Lord's intercessory hand demonstrated his covenant relationship with the Israelites by parting the Red Sea and remembering their weaknesses (vs. 13, 23).

This Lord is our Lord. He wrote, and continues to write, our personal historical narrative. When we struggle to find something to be thankful for, we can pause and thank the Creator. He has provided for our existence the necessities of air and water for life. Through a brief history lesson we can offer thanks for the continued hope that strengthens our faith.

Read: Psalm 136

Fill in the following blank: "Give thanks to the Lord for \_\_\_\_\_."  
Describe how the Lord has demonstrated his "steadfast love" for you personally.

Prayer: *O Lord, I praise your name which means: "compassionate and gracious, slow to anger, abounding in love and faithfulness." Amen. (Psalm 86:15)*

## 感恩的信仰

要常常喜樂，不住的禱告，凡事謝恩；因為這是神在基督耶穌裡向你們所定的旨意。（帖撒羅尼迦前書 5：16-18）

成熟的基督徒的一個印記就是無時無刻都感謝主，這不是無意義的反覆說的語詞，而能無時無刻感謝是衷心找到謝謝主的事情，並可在以下情況認識到這種感恩：一個病入膏肓的病童為愛他的父母感謝主；一個被家暴的婦女，為她的兒子感謝耶穌，一名思覺失調症的人為有現代醫治藥物感謝主；一個被判死刑的人為信主的兄弟姊妹感謝主，這些都是對主表達感謝的例子。

一個帶動個人感激行為的方式是接受主和天意，而詩篇 136 篇作者的敘述是我們生命接受主代禱的最佳範本，詩篇作者每節都以「稱謝神」開頭，然後列出讀者要稱謝的原因，如：「因他本為善...、萬神之神...、獨行大奇事、用智慧造天的...」（1-9 節），每節並以「因他的慈愛永遠長存」作為結尾，每節相同的結尾宣告天父與兒女的立約和貼心照護，是最親密的關係。

詩篇作者繼續把主介入以色列人生活的歷史一課寫入詩中，而分裂紅海和記得以色列人的軟弱等等主的介入，顯示了祂與以色列人之間立約的關係（13、23 節）

這個主是我們的主，直到現在，祂還持續寫著我們與祂之間的歷史敘事，當我們努力尋找感恩的事時，我們停下來，感謝造物主，提供我們生命中需要的空氣和水，透過一段簡短歷史一課，我們可以為持續有鞏固信仰的盼望感謝主。



【讀經】詩篇 136 篇

填寫以下空白：“感謝主\_\_\_\_\_。”說明主如何親自向你展現祂的“堅定的愛”。

【禱告】但是祢，主啊，“祢是慈悲憐憫的上帝，祢不輕易發怒，充滿慈愛和信實”。阿們！（詩篇 86：15）



## Critical Reminders

[Jesus said] “But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.” (John 14:26)

As a nursing instructor, I provide my students critical reminders for safe patient care in the hospital. For example: “Wash your hands,” “Put the side-rails up,” “Verify the patient’s name,” and other important prompts. As the students advance to their next nursing courses, I hope they will remember these essential points. I am reaffirmed in my teaching when they approach me in the hall and say, “Carrie, when I was with a patient this week, I remembered what you said. It was like your voice was in my head, reminding me of those critical points from my first semester.” We laugh as I enjoy our discussion. In the back of my mind, I am hoping the voice they hear is my “good voice” and not the “crazy teacher” voice.

These experiences remind me of Jesus’ final lecture to his disciples in John 14—17. He was about to leave and knew it was imperative to provide his critical reminders: “I am in the Father and the Father is in me” (14:10-11); “Remain in me and I will remain in you” (15:1-4); “I have loved you even as the Father has loved me. Remain in my love” (15:9) and others.

In addition to his critical points, Jesus knew the disciples would need personal assistance. As they faced persecution and endured trials, the disciples needed supernatural help, so, Jesus provided the disciples with a Counselor or Advisor—the Holy Spirit (14:15-17). All of Jesus’ teachings, his exemplary living, and his insight into God the Father are embodied in the Holy Spirit. The Helper is eternal and continues to communicate spiritual wisdom and growing knowledge of vital truth to all Christians. We have the New Testament as our critical reminders, and through the indwelling of the Holy Spirit, Jesus ensured his continued presence throughout eternity (John 14:18-20).

Read: John 14:16-18, 26, 15:26, 16:5-15

Think back to some critical reminders you have received from the Holy Spirit. How have they influenced your personal faith and/or nursing care?

Prayer: *Thank you Jesus, for the promised Holy Spirit in our lives, communicating your teachings to us. Amen.*

## 重要的提醒

但保惠師，就是父因我的名所要差來的聖靈，他要將一切的事指教你們，並且要叫你們想起我對你們所說的一切話。（約翰福音 14：26）

作為一個護理老師，我給學生一些在醫院裡安全照護病人的提醒，這些重要的提示包括有「洗手」、「拉起側欄」、「確認病人的名字」等等，我希望學生上下堂護理課時，能記得這些關鍵點，當那些學生在大廳接近我，我重申我的教導，他們跟我說：「凱莉，這週我在照顧一個病人時，我記得妳說的那些關鍵點，而且妳提醒的聲音自第一學期開始，就深印在我腦海中了」。我們有個愉快的討論，在我腦海中，我希望他們聽到的聲音是我的「好意見」，而不是「瘋狂老師」的聲音。

這些經驗令我想起約翰福音書 14-17 章耶穌對門徒最後一次的講道，他將要離開，並且給了重要的提醒「我在父裡面，父在我裡面」（14：10-11）；「常在我裡面的，我也常在他裡面」（15：1-4）；「我愛你們，正如父愛我一樣」（15：9）等等勢在必行的關鍵提醒。

除了關鍵點，耶穌知道門徒需要個人協助，當他們面對迫害和忍受試驗時，門徒需要超自然的幫助，因此，耶穌賜給門徒一個保惠師或訓慰師——聖靈（14：15-17），耶穌所有的教導，祂現實的生活和對神的洞見都體現在聖靈裡，這位永存的保惠師會繼續以屬靈的智慧和不斷增長知識的重要真理，與所有基督徒溝通，還有新約給重要的提醒，耶穌賜我們聖靈住在我們裡面，讓我們在永生裏，還能繼續與主同在（約翰福音 14：18-20）。



【讀經】 約翰 14：16-18、26；15：26；16：5-15

試著回想聖靈給你的一些重要的提醒，他們如何影響你的個人信仰和／或護理？

【禱告】 謝謝耶穌，允許聖靈住在我們生命中，將祢的教導指示我們。阿們！

## Unspoken Prayers

The smoke of the incense, mixed with the prayers of God's holy people, ascended up to God from the altar where the angel had poured them out. (Revelation 8:4)

The clinic on the edge of the village reaches out to the underserved. With very little staffing, the nurse completes the intake forms, assesses symptoms, and provides education, while listening to a new mom concerned about her malnourished toddler. A young teenager is seen for abuse. A husband is treated for a chronic disease, in hopes he will still be able to provide for his family. Later, to benefit the most patients, the nurse rations out the limited supply of medications.

The day is long, and the sun sets as the nurse rides the dilapidated bus through the crime-ridden city to home. Disquiet permeates the night. The bus riders are anxious about personal safety and/or coping with grief. Some are disgruntled, others neglected. The nurse's thoughts flit from tight finances, preparations for the flu season, and contemplation on the needs of the clinic's patients.

Once home, the nurse wearily prepares dinner, helps with homework, and coordinates the following day's schedule. Finally, with the moon high in the star-bright sky, the nurse stops and sighs, "O Lord, where do I begin?" Before the prayer ascends to heaven, the Lord responds, "I am here, my devoted child." Unbeknownst to the nurse, the Lord has delivered, protected, answered, and rescued throughout the seemingly endless day. His answers have quietly cared for patients, opened the hearts of those with money, and brought wisdom to the nurse's mind.

Our spoken and unspoken prayers ascend to the throne of God where, unassumingly the Holy Spirit intercedes in our lives, working out the Lord's will for both us and our patients (Romans 8:27). Praise the Lord for his miraculous, discreet care.

Read: Matthew 7:7-11

Review a recent work day. Where can you sense that the Lord intervened to answer your unspoken prayers?

Prayer: *Lord, help me to trust in the Holy Spirit's intercessions in my work as a nurse, and open my eyes to the hidden answers to my prayers. Amen.*

## 默禱

那香的煙和眾聖徒的祈禱從天使的手中一同升到神面前。(啟示錄 8:4)

村落的邊境有家診所接觸得不到充分服務的人，靠著微乎其微的人員配備，護士聆聽關心營養不良的寶寶的新手媽媽，被家暴的青年，為供家人生活所需而接受慢性病治療的丈夫的同時，完成諮詢表、評估症狀以及教育他們。而後，護士按定量配給有限的藥量，使多數的病人都能得到藥。

日落西山，漫長的一天過去，護士們坐著破舊的公車，穿過充滿犯罪行為的城市回家，這是個充滿不安的夜晚，公車乘客擔心著自己的安危，並且／或者應付他們的悲痛，一些心懷不滿，一些被忽視，而護士們腦中閃過的是緊張的資金、流感季節的準備和盤算診所病人的需要。

一到家，護士疲憊的準備晚餐，幫忙作家事和協調隔天的行程，直到月亮高掛星空，護士始停下來，歎息說道：「主呀！我要從哪裡開始呢？」，主在禱告上達天堂前，回應護士說：「我在這裡，我忠心的孩子」。主在看似沒有盡頭的一天，已保護、回答和救助了護士，祂安靜地與護士同在，和她一起照護病人，敞開那些有錢人的心，並且給她智慧。

我們的有聲禱告和默禱，都會上達神的寶座，而聖靈照着神的旨意替我們和病人祈求（羅馬書 8:27），榮耀讚美神的神奇和考慮周到的照顧。



【讀經】 馬太福音 7:7-11

回想一下最近幾天的工作，你在哪些地方感受到主回應了你的默禱？

【禱告】 主啊，請幫助我相信聖靈在我作為護士的工作中所做的調解，並睜開眼睛對祈禱的隱性回答表示敬意。阿們！

## Secured in Faithfulness

He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. (Psalm 91:4)

Have you ever seen an adult bird tuck a baby bird under its wings? The adult bird has the advantage of being larger and more mature. It has acquired life-learning wisdom and is alert to the surrounding dangers. The baby chick rests securely, tucked closely for warmth and comfort. It is weak and vulnerable, dependent upon its parent for sustenance. The hatchling has no knowledge of anything beyond the warmth and safety of the parent. This is true security.

Through the simple, intimate life of a bird, we are taught about God's protection—his faithfulness. Some Bibles translate *truth* to mean stability, firmness, and reliability. At first we may be confused by the use of word *truth* in relation to *faithfulness*. Actually, the Lord's truth is the basis for our strength and security. The divine teachings of the Bible, and the authenticity of Jesus Christ, are truth, and an expression of the faithfulness of God.

Romans 3:3-4 reminds us of the indescribable law at work with God's faithfulness—it isn't dependent upon us as believers. Whether we believe in it or not, God's faithfulness does not change. As children of the Creator, our challenge is to be like the baby bird, resting securely under our Father's wings. Are we secure and content, trusting our Protector's faithfulness? Or are we panicking, constantly peeking between the feathers to make sure all is okay? The choice is ours.

Read: Psalm 91

As you read through Psalm 91, reflect on the various ways the Lord intervenes for you. (e.g. rescue, etc.).

Prayer: *Father God, help me not to peek nor panic as your faithfulness secures my life under the covering of your wings. Amen*

## 信實下的平安

他必用自己的翎毛遮蔽你；你要投靠在他的翅膀底下；  
他的誠實是大小的盾牌。（詩篇 91：4）

你曾經看過成鳥將雛鳥藏入牠的羽翼下嗎？成鳥有體型較大和較成熟的優勢，也有生活體悟的智慧和對危險的警覺性，能給安置於其羽翼下的雛鳥安全、溫暖及舒適感，雛鳥脆弱、依賴父母的供給，活在父母溫暖安全的孵化，這是真正的保護。

我們以小鳥簡單又親密的生活，教導神的保護——他的信實，有些聖經把 truth 翻譯成穩固、堅定和可靠的意思，我們開始時會以為“truth”與信實有關聯，實際上，主的真理是我們力量和安全感的基礎，聖經神聖的教導和耶穌基督的權柄就是真理和神信實的表達。

羅馬書第三章 3-4 節提醒我們，神的信實是難以形容的律法，不是倚賴我們這些信徒，不管我們相信與否，神的信實是不變的，作為造物者的兒女，我們的挑戰是如雛鳥般投靠安歇在天父的羽翼下，我們要安心、滿足和相信我們保護者的信實呢？或是我們要恐慌，並不時在羽翼間窺看，以保平安呢？這個選擇權在於我們。



【讀經】詩篇 91 篇

當您讀通詩篇 91 時，請反思主為您處理的各種方式。（例如救援等）

【禱告】父神，求祢幫助我，讓我不要偷看或驚慌，因為祢的信實在祢的翅膀掩護下確保了我的生命。阿們！

## 24/7 Protection

Do not be afraid of the terrors of the night, nor the arrow that flies in the day. Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday.  
(Psalm 91:5-6)

What is your greatest fear? Is it your loved one experiencing illness and suffering? Is it the threat of living with unrelieved pain or a terminal diagnosis? What about the unknown of aging: does the prospect of disability, confusion, or dementia frighten you? Do you dread the torture or violence of wickedness encroaching into your community? Maybe your anxiety or distress is more along the lines of staying faithful. Perhaps you fear denouncing Christ if persecuted, or falling into sin, or being overwhelmed by evil? These examples are enough to send even the most devout running fearfully for protection.

In the previous reflection in Psalm 91, we explored God's faithfulness. This powerful psalm also reminds us of the extent of the Lord's protective hand. At first read, we may assume nothing bad will happen to us. That, however, is not the purpose of the psalm, nor is it true. We live in an evil world with disease, tragedy, and death. Our confidence does not rest in nothing happening to us or our families. Instead, we are assured that nothing is beyond the reach of God (Psalm 139:7-12). No sin or evil will prevent the faithful hand of our Lord from guiding us. There may come a time in each of our lives when we quake in fear, run in panic, and hide in terror. The Most High and Almighty will be with us there. We have a 24/7 security system, with the Lord ensuring international and eternal coverage. This coverage is mediated and delivered through the promises of our glorious Saviour, ensuring that even death should not cause us to worry (1 Corinthians 15:26, 55; Romans 6:8).

Read: Romans 8:31-39

What causes you the most fear? How can the passage in Romans be an antidote for your personal fear(s)?

Prayer: *Father God, help me to rest in your 24/7 eternal protection, ensuring I will someday dwell with you and your Son. Amen.*

## 保護

你必不怕黑夜的驚駭，或是白日飛的箭，也不怕黑夜行的瘟疫，或是午間滅人的毒病。（詩篇 91：5-6）

你最大的恐懼是什麼呢？你愛的人正在生病和受苦嗎？生活遭受無法緩解的疼痛或絕症的威脅嗎？你怎麼看未知的老化、失能、混亂或失智的可能性使你害怕嗎？你害怕邪惡暴力和虐待侵害你的社區嗎？或許你有類似終生效忠於神的憂慮或苦惱，或許你害怕被迫害時譴責神，會落入罪中或讓撒旦有機可趁？以上的例子即便是最虔誠的，也足以讓他們感到害怕，並且尋求保護。

在之前詩篇 91 篇的反思中，我們探討神的信實，在這篇強有力的詩中，也提示我們：主保護手的範圍，在詩的起頭就說，壞事必不會臨到我們，然而，這首詩的目的不在於此，而那也不是真的，因為我們住在有著疾病、悲劇和死亡的邪惡世界，我們的信心不在於我們自己或家人都沒事，而是我們確信沒有什麼是神所不能及的（詩篇 139：7-12），罪和邪惡都不能阻止信實的神指引我們，我們可能會一時的害怕、一時恐慌或因恐懼一時躲藏，但至高無上的主會與我們同在，祂是全年無休的保全系統，是永遠和世界的覆庇，這個覆庇是藉由我們榮耀救世主的應許調解和給予的，並保證我們即便死了，也無需擔心（哥林多前書 15：26、55；羅馬書 6：8）。



【讀經】羅馬書 8：31-39

是什麼最讓你恐懼？羅馬書中的這段經文如何成為你個人恐懼的解藥？

【禱告】天父，請幫助我在祢的每日 24 小時每週 7 天的永恆保護中休息，確保有一天我會與祢和祢的兒子同住。阿們！

## Choose Joy

[Jesus said] “I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!” (John 15:11).

It was a typical day in a medical unit of a hospital. One of my patients was an older adult in her 70s, with a history of diabetes and bilateral amputation of her legs, secondary to peripheral vascular disease. She had been admitted during the night with pneumonia and was doing well with antibiotics and oxygen. As I entered her room, a boisterous voice called to me, “Good morning! Are you my nurse today?”

I stopped in my tracks, not quite sure what to think. “Yes, I am. I am Carrie. You sound like you are doing well.”

“I am doing wonderful,” she exclaimed, moving herself independently from the hospital bed to her wheel chair.

“Here, let me help you,” I said while putting my stuff down and rushing to her side.

“No, no. I am fine,” she said, brushing me off. “I do this all the time.” As she repositioned herself, she casually replied. “I may not have legs, but that hasn’t stopped me from getting around.”

At first, I was surprised by her bold statement. As the day went by, I noticed how well she moved and cared for herself. Her independence was impressive, yet, most amazing was her joyful attitude, which never swayed. Later in the afternoon, she shared how since she had lost her second leg, she had chosen joy. She had been adamant in refusing to allow despair and depression to rule her life.

Later, as I reflected on my patient’s attitude, I realized she could have been angry or fearful. She could have been demanding and expecting sympathy or special services related to her circumstances. Instead, she had embraced the “joy of the Lord.” She had chosen to live life to the fullest—minus a couple of body parts.

Read: Philippians 1:3-30

Reflect on this definition of joy: “Christian joy is no mere gaiety that knows no gloom, but is the result of the triumph of faith over adverse and trying circumstances, which, instead of hindering, actually enhance it.”

Prayer: *Jesus, the joy you give is not measured through circumstances, nor in comparison with the world’s happiness. Help me look beyond my human experiences to find you—Joy! Amen.*

## 選擇喜樂

這些事我已經對你們說了，是要叫我的喜樂存在你們心裡，並叫你們的喜樂可以滿足。（約翰福音 15：11）

這是醫院的普通病房，我的一個 70 歲女性老年病人，有糖尿病病史、雙側截肢、還有周邊動脈疾病，她晚上因肺炎入院接受治療，經打抗生素和給氧氣，情況良好，當我進她的病房時，一個喧鬧的聲音呼喚我說：「早安，你是今天照顧我的護士嗎？」

我停下我的腳步，無法確定自己在想什麼，說道：「是的，我是凱莉，你好像情況不錯」。她邊將自己從床上移到輪椅上，邊大聲說道：「我情況極好」。

我放下東西急忙到她的身邊，說：「讓我來幫你」。

她對我置之不理，並說道：「不用，我常做，可以的」。她調整自己的位置，若無其事地回答說：「我雖沒有腳，但還是到處趴趴走」。

起初，我很驚訝於她大膽的聲明，隨著一天的過去，我注意到她真是遊刃有餘，而且把自己照顧得很好，我對她的獨立印象深刻，更了不起的是她不變的喜樂態度，那天下午她跟我分享在失去第二隻腳，她選擇喜樂度日的過程，並且堅定地拒絕絕望和沮喪掌控她的生活。

之後，我思考她的態度，我了解到她本來可以生氣或害怕、可以變得苛刻或可以期待得到同情或可以因她的情況，得到特殊待遇，但她沒有，她接受「神的喜樂」，選擇以截去幾個身體部分，獲得豐富的生命。



【讀經】 腓立比書 1：3-30

思考一下喜樂的定義：「基督徒的喜樂不僅僅是不知愁雲的歡樂，而是在不利和難捱情況之上信心的寶座，也就是以增強它代替把它當作阻礙。」

【禱告】 耶穌，祢所給予的喜樂不是通過環境來衡量，也不是與世界的幸福相比。幫助我超越人類的經驗去尋找祢——喜樂！阿們。

The harvesters are paid good wages, and the fruit they harvest is people brought to eternal life. What joy awaits both the planter and the harvester alike! You know the saying, 'One plants and another harvests.' And it's true. (John 4:36-37)

One of the exciting things about nursing is seeing the students and young nurses entering our profession. They burst into the hospitals, clinics, and facilities with fresh energy and innovations. This is especially true for the next generation (NG) of Christian nurses. They not only love Jesus and are passionate about serving him, they are dedicated to empowering one another for excellence. With the heart of an older sibling and a seasoned professional, I want to encourage these young nurses. They are the future of nursing. Using 2 Timothy, here is a personal blessing to the NG nurses:

*I spiritually lay my hands on you and anoint your work in nursing as holy. I encourage you to nurture your spiritual gifts through prayer and discernment, while holding onto to the wise teachings you have received (2 Timothy 1:6, 3:14-17). Take time to fuse your nursing knowledge with the faith and love found in our Lord, Jesus Christ. Through the strength of the Holy Spirit, guard the gospel entrusted to you, staying clear of ministry disputes or fruitless arguments (1:13, 2:23-24). As challenges come along, stay committed to the plans the Lord has for you. Depend upon Jesus' faithfulness to sustain you, both personally and professionally. Amen.*

As older siblings in Christ, we commit to the following support: We will pray for you and the work of the Holy Spirit. We will endeavor to unite us as one body (3:17). We gladly share our expertise and knowledge to build up the body of Christ and the nursing profession (3:10). We also pledge to live exemplary lives, full of purpose and endurance. Lastly, we will be persistent in faith and good works that produces an abundant harvest. A harvest that is ready to be reaped by you, our NG of nurses (John 4:38).

Read: 2 Timothy 2

To both NG nurses and older siblings: find new ways to reach across generations and connect for a bountiful eternal harvest.

Prayer: *Father God, since you are the master Harvester, guide us in collaborating together so we can be effective labourers in your Kingdom, producing abundant crops that fill the cisterns of heaven! Amen*

## 下一代

收割的人得工價，積蓄五穀到永生，叫撒種的和收割的一同快樂。俗語說：那人撒種，這人收割，這話可見是真的。(約翰福音 4:36-37)

護理界一個令人興奮的事，是看到學生與年輕護士進入這一行業，他們以清心能量和新概念闖進醫院、診所和設施，在下一代基督徒護士中特別真實，他們不只愛耶穌，對主有熱情，也致力於增強他人自信，使他們變得卓越。我要以一個年長的姊妹和經驗豐富的專業人士的心情，鼓勵這些年輕護士，他們是護理的未來，我要以哥林多後書祝福下一代的護士：

為此我提醒你，使你將神藉我按手所給你的恩賜再如火挑旺起來。但你所學習的，所確信的，要存在心裡；因為你知道是跟誰學的，並且知道你是從小明白聖經，這聖經能使你因信基督耶穌，有得救的智慧。聖經都是神所默示的（或作：凡神所默示的聖經），於教訓、督責、使人歸正、教導人學義都是有益的，叫屬神的人得以完全，預備行各樣的善事。（提摩太後書 1:6、3:14-17）。你從我聽的那純正話語的規模，要用在基督耶穌裡的信心和愛心，常常守著。惟有那愚拙無學問的辯論，總要棄絕，因為知道這等事是起爭競的。然而主的僕人不可爭競，只要溫溫和和的待眾人，善於教導，存心忍耐。（1:13、2:23-24）。隨著挑戰的來臨，請繼續持守在主為你制定的計劃中。忠誠的依靠耶穌來維持你的個人和專業發展。阿們！

作為在基督裡的年長的姊妹，我們將自己委身於下列的供應中：我們會為你與聖靈的工作禱告，也會努力使我們合成一體（3:17），我們樂意和妳們分享我們的專門技術和知識，建造基督的身體和護理的專業（3:10），我們也保證會過充滿決心和耐力的楷模日子，最後，我們會堅持在信心和慈善行為上得到豐收，莊稼已經熟了，可以收割了，就是我們下一代的護士（約翰福音 4:38）。

給下一代的護士和年長的弟兄姊妹：尋找接觸和連結不同世代的新方法，得到永遠的豐收。



【讀經】 提摩太後書 2 章

對於下一代護士和年長的兄弟姐妹：找到跨代傳承並獲得豐盛永恆收穫的新方法。

【禱告】 父神，因為祢是主要的收割者，請引導我們一起合作，使我們可以在祢的國度成為有效能的工人，生產出充沛的活水，充滿天國的水箱。阿們！

## But, Lord!?

“But Lord,” exclaimed Ananias, “I’ve heard about the terrible things this man has done to the believers in Jerusalem!”(Acts 9:13)

Many may know the story of the Apostle Paul, who was previously called Saul. Ananias a “disciple of the Lord” was instrumental in Paul’s conversion to Christianity. The Lord came to Ananias in a vision, directing him to go and present the gospel to Saul. Previously, Saul had violently persecuted Christians. So when Ananias received this personal directive from God, he argued essentially saying, “Excuse me, Lord, do you know who this Paul is?” Ananias trembled with fear. He was unsure if the Lord was really saying, “Go to Saul.”

Fear is a powerful deterrent in our obedience to God. Most of us will probably not be directed by God to talk with someone frightening or to go someplace fearful. On the other hand, we may be directed to take on an unfamiliar role in nursing or provide care for patients different from ourselves. It is almost assured that God will, at some point, ask us to do or say something that is troublesome or uncomfortable (Matthew 10:26-31).

The Lord responded to Ananias’ fear by saying, “Go, because this man (Saul) is my chosen instrument to carry my name before Gentiles and kings and the people of Israel” (Acts 9:15). Hence, Ananias followed the Lord’s instructions and met with Saul, baptizing him. Saul received love and forgiveness through Ananias.

The Lord will call on us and we will be frightened. We may even be tempted to respond, “But, Lord?” Depend on the Lord to guide, strengthen, and most importantly, work through you for his glory.

Read: Acts 9:1-19

Has there been a time when fear, insecurity, or doubt prevented you from obeying God’s directive?

Prayer: *Jesus, I come to you with an obedient heart, committed to doing your will. Help me overcome my fears and give me resolve to live out your directives. Amen*

## 但，主！？

亞拿尼亞回答說：主啊，我聽見許多人說：  
這人怎樣在耶路撒冷多多苦害你的聖徒。（使徒行傳9：13）

許多人知道之前名為掃羅的使徒保羅的故事。亞拿尼亞是「主的門徒」，是保羅轉向基督教的工具，主在異象中叫亞拿尼亞去找掃羅，跟他傳福音，掃羅之前威嚇苦害基督徒，因此，當亞拿尼亞聽到神指示他要做的事時，他因害怕而顫抖，並與神爭議說：「對不起，主呀！你知道掃羅是誰嗎？」他不确定神說的真是他要他「去找掃羅」。

害怕是遏止我們服從上帝強有力的因素，大部分的我們不可能直接受到神的差遣去和令人恐懼的人說話，或去令人恐懼的地方，但在另一方面，我們會在護士的工作上，被派去做不熟悉的任務，或照顧與我們不同的病人，這幾乎證明神的意願，有時祂要我們去做或說的事會使我們不舒服或很棘手（馬太福音10：26-31）。

主回應亞拿尼亞的害怕，說：「你只管去。他是我所揀選的器皿，要在外邦人和君王並以色列人面前，宣揚我的名。」（使徒行傳9：15）；因此，亞拿尼亞按著神的指示，見到掃羅，為他受洗，而掃羅透過亞拿尼亞得到神的愛和救贖。

我們會害怕主的呼召，甚至會大喊，「但，主…！」；相信神的指引、堅固，最重要的是，讓祂的榮耀在你裡面作工。



【讀經】使徒行傳9：1-19

你曾經因為害怕、不安全感和懷疑，使你沒有順服神的指示嗎？

【禱告】耶穌，我懷著順服的心來到祢身邊，承諾照著祢的旨意行。幫助我克服恐懼，讓我下定決心執行祢的指示。阿們！

## Who Am I?

Sin is crouching at the door, eager to control you. But you must subdue it and be its master. (Genesis 4:7)

See if you can identify the following human attribute...I am a vector-borne parasite that is transmitted from one host to another. Like a pathogen, once I gain access to the human host, a simple deceitful thought or idea blights the mind. Any logical knowledge and intelligible reasoning that is in contrast to me is distorted. Once infected, my victims only think and gain knowledge contributing to my reproduction.

I also invade the soft, tender heart, removing kind and gracious attitudes toward others, especially those of different social, economic, religious, or ethnic groups. This putrid, infected, contaminated heart vivaciously spreads venom, even assaulting innocent children. As a multiple organ systemic pathogen, I especially feast on the soul or spirit. Here, I relish in doing the most damage. For in the soul, inner thoughts, exterior actions, and cherished relationships develop. With the soul contaminated, I oust the indwelling Spirit, preventing mercy and love from diluting my growing loath and rank. In time, I will invade and gain control of all organs. Gradually, I direct the eyes to focus, the ears to listen, and the mouth to spew forth further acts of abomination and animosity.

Once I have successfully conquered the host, I easily spread to spouses, children, and relatives. Like a pandemic, my outbreak will contaminate neighbors and friends, communities and nations. Unaware to the original host, I am in complete control of the human and will reside until death. Who am I?

I am hate—a simple, four-letter word that wreaks havoc on individuals, groups, communities, and societies. Even a little bit of malice wounds each individual, as well as others.

The only cure to hatred is love. The selfless action of God's love is the only enemy of hate—not knowledge, not money, nor spiritual enlightenment. Love is a chemotherapy of sorts that can remove hate and bring all those infected within the beautiful mercy of Christ.

Read: Proverbs 6:16-19; 1 John 3 & 4

Contrast the seven human characteristics the Lord hates with the love of God discussed in 1 John.

Prayer: *Father God, it is so easy to get sucked into insidious attitudes that are hateful. Cleanse and guide me into living a life purified by your love. Amen.*

## 我是誰？

你若行得好，豈不蒙悅納？你若行得不好，罪就伏在門前。  
他必戀慕你，你卻要制伏他。（創世記 4：7）

看看你是否能辨認出以下人的屬性...，我是從一個宿主傳給另一宿主的蟲媒寄生蟲，就像一個病原，有次我獲得進入人體內，一個狡詐的想法和點子閃過我腦中，任何與我相反的邏輯知識和可理解的推理，對我來說都是扭曲的，一旦被感染，我的受害者就只會想著如何幫助我再生的知識。

我也會侵害柔軟又敏感的心，去除它對其他器官友善和仁慈的態度，尤其是那些有著不同社會、經濟、宗教或民族的，這個腐爛、感染和被污染的心愉快地散布毒液、甚至還會攻擊孩童，作為多器官系統性帶原，我盡情享用靈魂，我喜歡毀壞靈魂、內在思維、外在行為和珍貴關係的發展，靈魂被污染後，我會把聖靈趕走、免去憐憫和愛，滋長厭惡和極惡；並侵害和控制所有的器官，然後逐步指揮眼睛的視覺、耳的聽覺，然後從嘴巴噴出厭惡和敵意的表現。

當我成功地征服了宿主，我就可以輕易的得到宿主的妻子、孩子和親戚，大流行之後，我就可以在鄰居、朋友、社區和國家爆發，在宿主不知道的情況下，完全掌控人類直到死去，我是誰？

我是「恨」，短短一個字，卻可讓個人、團體、社區和社會，那怕只是個人和他人小小的惡意傷害，都會造成嚴重破壞。

只有愛才能治癒恨，恨的剋星不是錢、不是知識、不是精神啟示，是神無私的愛，愛是揀選來除去恨的，而其他的惡會在基督的憐憫裡一一被變好。



【讀經】 箴言 6：16-19；約翰一書 3、4 章

將主討厭的七個人格特徵與約翰一書中討論的上帝之愛進行對比。

【禱告】 父神，陷入令人討厭的陰險態度很容易。懇求淨化並引導我過著因您的愛而純淨的生活。阿們！



## Seed of Influence

Jesus said, “[The kingdom of God] is like a tiny mustard seed that a man planted in a garden; it grows and becomes a tree, and the birds make nests in its branches.”  
(Luke 13:19)

Most nurses entering the nursing profession do not say, “I want to be a nurse manager or charge nurse?” Instead, nurses enter the profession to care for patients. Even when the opportunity for advancement is presented, many times, nurses refuse. They seemingly run away from anything that looks like administrative or managerial duties. Many nurses don’t want to trade patient care for employee evaluations, budget meetings, and strategic plans. This seems to be even more common among Christian nurses. For with a servant’s heart, their only desire is to care for their patients. On the other hand, leadership positions are a great way for Christian nurses to impact those within units, hospitals, schools, and institutions.

As managers and administrators, nurses can be the presence of Christ beyond their interactions with individual patients and staff. Nurses can create policies that reflect Christian excellence in patient care. The wisdom of biblical stewardship can be integrated into budget meetings. As a supportive, compassionate manager, staff evaluations can reflect the heart of Christ. Leadership is not necessarily a place of power, nor does it distance nurses from the favored place of patient care. It is a position of influence for quality performance.

Comparable to planting small seeds, Christian nurses can cultivate their staff into fruit bearing trees. As nurses step-up to leadership positions, the Holy Spirit works through them to produce caring environments within hospitals, clinics and colleges, and this contributes to the transformation of the healthcare systems. Much is accomplished through the planting of individual seeds.

Read: 2 Corinthians 9:6-13

Have you hesitated to move into a leadership role? If so, discuss your concerns. On the other hand, if you are currently in a leadership role, reflect on how your influence represents Christ in your work place.

Prayer: *Holy Spirit, open my heart to how I can influence those within my unit, clinic, or institution as a nursing leader. Amen.*

## 影響力的種子

好像一粒芥菜種，有人拿去種在園子裡，長大成樹，  
天上的飛鳥宿在他的枝上。（路加福音 13：19）

大部分的護士進入護理行業不會說：「我想成為一個護理長」。他們進入護理行業是為了照顧病人，即使很多有升遷的機會，護士多會拒絕，讓人感覺她們好似在逃避行政或主管職務，許多護士想照顧病人，不想做員工評估、預算會議和戰略計畫，這種情況似乎常見於基督徒護士之中，因著一顆僕人的心，他們只想照顧病人。反之，領袖的位置對基督徒護士來說是讓他們在單位、醫院、學校和機構中發揮影響力的好方式。

作為一個主管和管理者，護士可透過與病人和員工的互動，將基督分享給他們，他們可以建構能體現基督徒卓越的病人照護政策，並可把聖經中忠心管家的理念融入預算會議中。對一個給予幫助又富有同情心的主管來說，員工評估能體現基督的心，護士的領導沒必要待在掌握大權的地方，也不會拉遠護士與病人照護地方的距離，它是影響表現品質的位置。

以撒種相比，基督徒護士可以培育員工成為果實纍纍的樹，當護士做到管理的職位，聖靈會與他們同工，將醫院、診所、大學營造成關懷的環境，這有助醫療系統的轉型，這些成就都是從單一的小種子開始。



【讀經】 哥林多後書 9：6-13

您是否猶豫要擔任領導的角色？如果是這樣，請討論您的擔憂。另一方面，如果您目前擔任領導職務，請反思您的影響力如何代表您在工作場所中的基督。

【禱告】 主啊，讓我敞開心，讓我能影響我所領導的單位、診所或機構內的人。阿們！

## A Powerful Encounter

“Who do you say I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.” (Matthew 16:15-16)

With burning hatred, Saul traveled to Damascus seeking to imprison and destroy the radical disciples of the Way. During his journey, God miraculously intervened and blinded Saul, while interrogating him with, “Why are you persecuting me!” Dazed and confused, Saul spent three days in holy darkness, stunned by his encounter with the Christ (Acts 9:1-9).

Biblical scholars are confident that Saul had met Jesus before. Even though Scripture does not tell us, Saul was probably well-acquainted with the labeled “trouble maker” called Jesus. It is also quite possible Saul had witnessed Jesus perform miracles and had heard his teachings. Nonetheless, Saul’s heart had remained resistant to this so-called Messiah, rejecting Jesus’ claim as Israel’s fulfilled hope. It took a drastic, post-resurrection encounter with the *all powerful* (Revelation 1:8), to expose Saul’s heart to the true identity of Israel’s Savior. The result was not only Saul’s salvation, but a new man emerged. Saul, now Paul, was a transformed disciple, instrumental in bringing the Gospel to the Gentiles scattered throughout the Roman Empire.

We all have family, friends, and even colleagues who have closed their hearts to the true identity of Jesus. Like Saul, they may know Jesus, but are blind to the grace and love found in the Savior (2 Corinthians 4:4). Let’s stay steadfast in prayer and love for those who need a powerful encounter with the living Christ. Let’s pray that they will see beyond the man or the myth, in order to experience the true Messiah.

Read: Matthew 16:13-19; Acts 9:1-9

Spend time specifically praying for friends, family members, and colleagues who need a powerful encounter with Jesus!

Prayer: *I praise and thank you, Jesus for revealing yourself to me. Help me to proclaim your truth to others through both word and deed. Amen.*

## 強而有力的經歷

耶穌說：你們說我是誰？西門彼得回答說：你是基督，是永生神的兒子。  
(馬太福音 16：15-16)

掃羅懷著燃燒的恨意到大馬士革，若是找著信奉上帝的人，無論男女，都捆綁帶到耶路撒冷。行路間，主干預其中，詢問掃羅為何要逼迫祂時，掃羅的眼睛瞎了，迷茫的掃羅三日不能看見，並且對自己遇見主的經過感到錯愕。

即使經文中沒有提到，但是聖經學者相信掃羅以前見過耶穌，掃羅可能熟識耶穌，只是以「麻煩製造者」稱耶穌，而掃羅也很有可能見過耶穌行神蹟和聽過他的教導，儘管如此，掃羅的心還是堅持相信，耶穌不是以色列的希望，彌賽亞才是，經過萬能的主復活後的經歷（啟示錄 1：8），掃羅的心全然認識了以色列的救主，掃羅最後不只被救贖，還成為一個全新的人，掃羅成為保羅，成為一個更新的門徒，並成為把福音帶到外邦人和羅馬國王面前的器皿。

我們都有家人、朋友，甚至同事，可以透過貼近他們的心，讓他們真正認識耶穌，就像掃羅，他們或許認識耶穌，但對救主裡面的愛和喜樂的了解如同是個瞎子（哥林多後書 4：4），讓我們愛那些需要堅定且強烈經歷的人並且持續為他們禱告，可以看透祂何其奧秘，並能經歷真正的彌賽亞。



【讀經】 馬太福音 16：13-19；使徒行傳 9：1-9

花時間專門為需要與耶穌強有力相遇的朋友、家人和同事祈禱！

【禱告】 我讚美並感謝祢，耶穌向我展示了自己。幫助我通過言語和行為向他人宣揚祢的真理。阿們！

## In the Trenches

Remember that Christians all over the world are going through the same kind of suffering you are. (1 Peter 5:9)

I am unsure how many people are familiar with the expression or metaphor “in the trenches.” It is a reference from World War I when front-line soldiers lived and fought in deep ditches or trenches. These were the men who crossed the fields to battle one-on-one with the enemy. They were dirty and bloody, malnourished, wounded and sick; yet their bravery and determination was a successful tactic for the war.

This same reference can be applied to Christians around the world who wage war against spiritual forces of darkness: “For we are not fighting against people made of flesh and blood, but against the evil rulers and authorities of the unseen world, against those mighty powers of darkness who rule this world, and against wicked spirits in the heavenly realms” (Ephesians 6:12).

All Christians are soldiers in a spiritual war. At times, the fight feels like trench warfare, with individual scimmages and tactical maneuvers. Some of us may feel bloody and dirty from the hand-to-hand combat. Maybe some are in the infirmary being patched back together by our pastors, Bible study leaders, and prayer warriors. And I am sure, many Christians are exhausted and malnourished, feeling alone in the trenches, looking for reinforcements.

Next time you feel spiritually bruised and tattered, hold fast for you are not alone. Across the border, beyond the continent, and around the globe, millions of our brothers and sisters fight the same war. We are in the trenches standing firm together in victory through the unity of the Holy Spirit (Ephesians 4:4).

Read: 2 Corinthians 11:23-33

How are you encouraged by knowing Christians around the world are also persevering for Christ? Make a plan to pray for our fellow comrades around the world.

Prayer: *Father God, thank you for the reminder that I am not alone in the trenches. Remind me to pray for my comrades who are also battle weary. Amen.*

## 壕溝之戰

你们要用堅固的信心抵擋他，因為知道你們在世上的眾弟兄也是經歷這樣的苦難。（彼得前書 5：9）

我不確定多少人熟悉在壕溝的隱喻或所要表達的是什麼，這是出自於第一次世界大戰的前線兵，他們在壕溝裡生活打戰，是越過田野與敵人面對面交手的人，雖然全身充滿泥濘和鮮血、營養不良、帶傷又帶病，但他們的勇氣和決心，是讓戰爭得勝的關鍵。

同樣的故事也可運用在全世界的基督徒為爭取靈魂，對抗黑暗權勢的鬥爭，「因我們並不是與屬血氣的爭戰，乃是與那些執政的，掌權的，管轄這幽暗世界的，以及天空屬靈氣的惡魔爭戰。」（以弗所書 6：12）。

所有的基督徒是屬靈爭戰的戰士，有時，這種爭戰感覺很像個人混戰搭配軍事戰術的壕溝之戰、我們有些人可能是肉搏戰，會覺得滿身泥濘和鮮血，一些人或許是與牧師、靈修領袖和禱告勇士一起修補醫護室，當然，許多基督徒在壕溝中可能會覺得疲憊、營養不良或孤單，尋找增援。

下次當你覺得精神上受挫和破爛時，堅守壕溝這樣你就不會覺得寂寞，能突破邊界、超越大陸和遍及全世界，數百萬的弟兄姊妹都在相同的爭戰中戰鬥著，我們一起在壕溝裡，與聖靈一起打場屬靈的聖戰。



【讀經】 哥林多後書 11：23-33

知道世界各地的基督徒也都為基督堅持不懈時，您如何感到鼓舞？請制定計劃為世界各地的同伴祈禱。

【禱告】 父神，感謝祢提醒我，我不是一個人在戰壕溝中。提醒我為同樣疲倦的戰友祈禱。 阿們！

## Missteps for Opportunity

Great is his [God's] faithfulness; his mercies begin afresh each morning.  
(Lamentations 3:23)

A nursing student receives an unsatisfactory grade in a nursing course. Heart broken, he is unable to continue the program. A new graduate fails the licensing exam in nursing. Devastated, she is forced to hold off her plans to start a new job. Another nurse is overwhelmed and stressed at the demands and skills required for a busy trauma unit, and is let-go from his dream position. He returns to the job market, dejected and disappointed.

Each example reminds us that there is the potential for failure in nursing. Yet, failures or missteps are opportunities for personal growth and transformational faith. For through these experiences we see the Lord's hand and wisdom, guiding us to previously unseen doors (Proverbs 16:9).

Let's take the above examples and add potential opportunities:

The nursing student who is unable to complete the current program applies to a different program. Here the student connects with a nursing colleague that mentors and assists the student, fulfilling his dream to become a missionary nurse to underserved countries. The graduate who failed the licensing exam, takes the exam again and is successful, thus learning a valuable lesson in perseverance, humility, and wisdom that serves her well as she attends graduate school for a degree in nursing education. The nurse who couldn't keep up with the demands of a trauma unit, discovers his real dream of a serving as a Family Nurse Practitioner. In this setting, he can demonstrate patience, compassion, and communication to provide excellent nursing care to diverse families.

Many times we want to focus on our failures, when these missteps can be opportunities to grow and be used by God in unique ways. Next time you are stumbling on your nursing journey, look for where the Father's hand is transforming you into a new person (2 Corinthians 5:17).

Read: Acts 28:11-31

The above reading is on Paul's life as a prisoner in Rome. How might have Paul's perceptions been as a "prisoner" compared to God's plan for success as a writer/preacher under house arrest?

Prayer: *Father, we see failures and missteps in our lives as negative, where you see opportunities to work out Your will in our lives. Give us faith to see You amidst all our steps. Amen*

## 有差錯的機會

每早晨，這都是新的；你的誠實極其廣大！（耶利米哀歌 3：23）

護理系學生在護理課得到不滿意的分數，心碎了，他無法繼續課程；一個剛畢業的大學生沒有考上護士執照，被毀了，必須延遲他的計畫，開始找新的工作；另一個護士面對創傷單位需求和技能的要求，在不堪重負的壓力下，他放下自己喜歡的職務，垂頭喪氣的重新找工作。

每個例子都提醒我們護士有失敗的可能性，但不管是失敗或有差錯，都是個人成長和信仰再提升的機會，因為我們可以透過這些經歷感受到上帝指引我們的腳步（箴言 16：9）。

讓我們為上述的例子加些潛在機會：

無法完成這次課程的護理系學生，申請不同的課程，與那名學生連結的護士同事指導和協助他，實現在醫療服務不足國家成為宣教護士的夢想；沒有考上護士執照的剛畢業的大學生，又去考了一次護士執照，結果考上了，並在堅持、謙遜和智慧上學到寶貴的一課，之後讀了護理碩士班；沒在創傷單位繼續工作的護士，找到自己真正的夢想，就是要當居家護理師，如此一來，他就可以在不同的家庭護理關懷並與病人溝通了。

許多時候我們會放大自己失敗的地方，但主會以獨特的方式使用這些差錯，使我們成長。



【讀經】使徒行傳 28：11-31

以上內容是關於保羅在羅馬的囚徒生活。與神在軟禁中成功地成為作家／傳道人的計劃相比，保羅的看法如何被視為“囚徒”？

【禱告】父啊，我們認為生活中的失敗和失誤是負面的，祢會在其中看到鍛煉自己意志的機會。讓我們有信心在我們所有的步驟中見到祢。  
阿們！

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## About the Author

If you read the preface, then you know that I gave my life to Christ as an adult. I was raised Mormon amidst a chaotic and troubled home life. I faced many personal difficulties as a young girl, an emotional mess of adolescence, and a rough start to adulthood. As I struggled to deal with my painful childhood, raise my two daughters, and navigate a troubled marriage, I began searching for something to heal to my past, bring significance to my life, and guide my future. I explored various spiritual philosophies and religious claims. While working at a restaurant and taking prerequisites for nursing, a bar tender invited me to a Christian church. As a Mormon, I had always known God, but didn't know about Jesus.

Fast-forward two years. One day in February, as I sat in the pastor's office (who happened to be an ex-Mormon), the pastor told me about this beautiful gift that God gives us—his Son. I imagined a large box wrapped with beautiful, colorful paper decorated with an enormous bow. I didn't need to do anything but accept and open the gift. I opened this amazing gift—and found my redeemer Jesus, the living Christ. To say it radically transformed my life, is an understatement. Jesus rocked my world and life has never been the same.

I faced challenging times as a new Christian, *but* Jesus kept me on the right path, healed my past, and guided my future. I am a living testimony of Jesus' complete healing, enduring strength, and guiding grace. My life verse or parable is Luke 5:24-25 where Jesus heals the paralytic, "And at once he rose up before them and took up the mat he had been lying on and went home, glorifying God." Like this man, Jesus gave me a new life and guided me in learning to walk differently, while leaving the pain of my past behind (my mat). I became a nurse...and now I teach nursing at the same school where I met Jesus!

Twenty-six years later, the Lord has remained faithful to his promises and directs my path. My prayer is to spend my life glorifying God through the joy and grace he continues to give me.

When I am not teaching, nor writing I am enjoying trail running, hiking, and 5 grandchildren!

## Education & Experience

I am Associate Professor of Nursing at Ohlone College in California, USA where I teach two-year nursing students. I have a Masters in Nursing, with emphasis on administration/education; Advanced Certification in adult medical/surgical nursing. My experience includes 24 years in adult/elder acute care, 5 years in hospice/home care, and 14 years in academics.

## 關於作者

若你讀了前言，就會知道我將我的一生都獻給了基督，我自小在摩門教混亂又麻煩的家庭生活中長大，年輕時我經歷了許多困難，青春期時有情緒的問題，以及開始過得很不順的成年時期，在我應付自己痛苦的孩提生活的同時，我要扶養我的兩個女兒和一段問題婚姻，我開始尋找可以撫平我過去傷痛，讓我的生活變得特別並且指引我未來的有價值的事，我探索各種心靈哲學和宗教主張，我邊讀護士先修班，邊在餐廳工作，餐廳的一位調酒師邀請我去教會，身為一個摩門教徒，我一直知道這世上有神，但不知道耶穌。

兩年後在2月的某一天，我坐在牧師（前摩門教徒）的辦公室，牧師告訴我神將祂的兒子，這個美麗的禮物給了我們，我想像著一個包有彩色包裝紙和美麗的巨大紙蝴蝶結的大禮盒，他繼續說道，我不必做什麼只要打開禮物接受祂，於是我打開了這個了不起的大禮物，發現了我的救世主耶穌，活的基督，祂徹底更新了我的生活，很輕描淡寫，耶穌震動了我的世界和生活，使我變得不再一樣。

剛成為基督徒的我面對了很多的挑戰，但耶穌總領我到正確的路徑，醫治釋放我的過去和指引我的未來，我是被耶穌完全癒合、被耶穌持久鞏固和以恩典引導我的活見證，我的生命經文或比喻是在路加福音書第五章24-25節，這是耶穌醫治癱子的章節：「但要叫你們知道人子在地上有赦罪的權柄，就對癱子說，我吩咐你起來，拿你的褥子回家去吧。」那人當眾人面前，立刻起來，拿着他所躺臥的褥子回家去，歸榮耀與神。我就很像這個癱子，耶穌給我新的生活，指引我學習走不同的路，並且讓我把過去的痛苦忘在腦後（我的墊子），我成為護士，並在我遇見耶穌的學校，教護理課程。

26年後，主仍堅守他的應許，引導我的路徑，我的禱告是一生以神持續給我的喜樂和恩典榮耀主。

當我沒有教書和寫作時，我跑步、健行和當5個孫子的祖母。

## 教育與經驗

我是美國加利福尼亞州奧洛尼學院的護理副教授，在那裡我教兩年制的護理學生。我擁有護理學碩士學位，主修是管理／教育；成人醫療／外科護理。我的經驗包括成人／老年人急性護理24年，臨終關懷／家庭護理5年和學者14年。

## About the Translator

Thanks to the guidance of the Holy Spirit. The bilingual Chinese and English versions of CARES were born from the PACEA conference held in Taiwan in 2018. Carrie shared her book with all the participants. My spirit was nourished and encouraged after reading it. Her words motivated me to translate this book to Chinese, she wrote, 'Look for the upcoming edition with the bilingual of English and Chinese!' I hope that Chinese Christian nurses can read this book and learn to incorporate faith in nursing. Min-rung Lee, editor-in-chief of the journal of Nurses Evangelical Fellowship of Taiwan (NEFtw), was invited to discuss with the author Carrie about publishing a bilingual version in both Chinese and English.

Thanks to the guidance of the Holy Spirit and the support of NEFtw, the Chinese and English bilingual version of CARES was released in March 2020. We can read it at the 2020 NCFI Conference. Let us cross the language barrier and experience God's presence together. Amen

## Education & Experience

Translator Li-fen Wu is a Professor of Nursing at Taichung University of Science and Technology in Taiwan. She holds a Ph.D. in Gerontological and Geriatric nursing from the University of Illinois at Chicago with 24 years of adult/elderly clinical care and 20 years of teaching experience. She is also a pastor at the Chinese Christian Medical Mission now.

## 關於翻譯者

感謝聖靈的引導，CARES 中英文雙語版的產生，是 2018 年在台灣舉辦的 PACEA 大會中，Carrie 將她所寫的書分享與會的弟兄姊妹。個人展讀之後覺得靈裡被滋潤並受到很大鼓勵，讀到她在序言中說：希望即將發行中英文雙語版！這句話激發我將這書翻譯成中文的動機，我盼望華人基督徒也能一起分享這本書的榮美，並且學習將信仰融入護理中。於是邀請台灣護理人員福音協會的雜誌總編輯李敏榕姊妹，一起和作者 Carrie 討論出版中英文雙語版的可能性。

感謝聖靈的引導及護福的支持，CARES 中英文雙語版於 2020 年 3 月發行，在 2020 年 NCFI 大會時與全球弟兄姊妹們見面。讓我們跨越語文的攔阻，一起經歷神的同在。

## 教育與經驗

翻譯者吳麗芬是台灣臺中科技大學護理系教授，擁有美國伊利諾大學護理哲學博士學位，主修老人照護。擁有成人／老人臨床照護 24 年和教學 20 年經驗，目前擔任路加傳道會牧師。



From left to right: Min-Rung Lee (Chinese editor), Li-fen Wu (Chinese translator), Carrie Dameron (Author)

由左至右：中文主編李敏榕、中文翻譯吳麗芬、英文原作者 Carrie Dameron

## About the Chinese Editor

The Chinese New Year in early 2020 was not peaceful, as people around the world were facing the disturbing outbreak of a new coronavirus (COVID-19). I used the holidays to start the Chinese editing work for CARES. When revising the Chinese translation, I carefully read each devotion sketch written by Carrie, and I was very grateful! This book instills hope, adds strength and confidence to daily work, it also teaches Christian caregivers to learn to rely on God in the face of adversity, disease, and disaster, and experience His faithfulness and protection.

Thank God for calling me to be a nurse and missionary, I participated in the Nurses Evangelical Fellowship of Taiwan (NEFtw) in 1982, I was engaged in clinical nursing and teaching at that time. Since 2007, I have been an editor of NEFtw Journal. To date, NEFtw has accompanied my nursing career until retirement. “Spiritual Care” has enriched my life, and enabled me to spend 25 years with my pastor husband and shepherd the church. I can accompany discouraged sheep, saddened families, and lead them to meet love and know Jesus!

At this moment, the Holy Spirit inspired Rev. Wu and me to work with God. I give deepest thanks to Carrie for authorizing this book for publication in the Chinese and English bilingual version. I hope this book will become a blessing for Chinese Christian caregivers. Let us work together, love Him! Glory Him!

## Education & Experience

Chinese editor-in-chief, Min-Rung Lee graduated from the Department of Nursing with 22 years of care experience in family/community care. She was the publication division leader of the Taiwan Nurses Association(TWNA) and served as managing editor of three nursing Journals, The Journal of Nursing, The Journal of Nursing Research (JNR), and Journal of Nursing & Healthcare Research for 17 years. She has been the managing editor of NEFtw Journal for 14 years.

## 關於中文主編

2020年初的中國新年特別不平靜，因全球正面臨新型冠狀病毒（COVID-19）肆虐，人心惶惶不安。我利用假期著手「CARES: Reflections for Nurses」《天父心·護理情》的中文書編輯工作，修訂中譯稿時細讀 Carrie 撰寫的每一篇靈修小品，滿心感恩雀躍！本書不僅可以成為基督徒護理人員的甘霖，使每日工作加添力量與信心，更可在遭遇逆境、疾病與災難時學習倚靠神，經歷祂的信實與保護。

感謝 神呼召我成為護士和文字宣教士，1982年「中華民國護士福音團契（簡稱“護福”）」成立時我就參與其中，那時我從事臨床護理與教學工作；2007年起我擔任台灣「護福期刊」的編輯事工迄今，“護福”陪伴我的護理職涯成長直到退休。「靈性護理」更是豐富了我的人生，使我配搭牧師丈夫牧養教會的25年間，能陪伴哀傷的羊、靠近困頓的家庭，帶領他們遇見愛並認識耶穌！

這時刻，聖靈感動吳麗芬牧師和我～與神同工，感謝 Carrie 無償授權本書，使能順利完成 CARES 的中英文雙語版發行，甚願本書成為華人基督徒護理人員的祝福，讓我們攜手同奔那擺在前頭的路程，愛祂！榮耀祂！

## 教育與經驗

中文主編李敏榕護理學系畢業，擁有家庭／社區護理等照護經驗22年，曾任「台灣護理學會」出版組組長，擔任護理雜誌、The Journal of Nursing Research (JNR)、護理暨健康照護研究三本期刊總編輯17年。現任台灣護理人員福音協會「護福期刊」總編輯迄今14年。



## Final Note

I am excited to have partnered with Nurses Christian Fellowship International (NCFI) for **CARES**. If you have been encouraged by the reflections, then consider making a donation to NCFI at [www.ncfi.org](http://www.ncfi.org)

Send me a “hi” or “like” or “comment”

## 最後說明

我很高興與國際基督徒護士團契（NCFI）合作進行 CARES。如果您對這些反思感到被鼓舞，請考慮在 [www.ncfi.org](http://www.ncfi.org) 網站向 NCFI 捐款。

給我一個“嗨”或“讚”或“評論”

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