

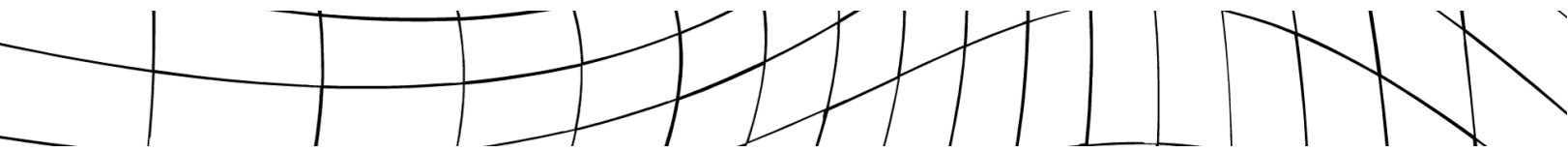
DAILY COURAGE

DEVOTIONAL FOR
HOSPITAL WORKERS

TABLE OF CONTENTS



| | |
|---|-----------|
| Introduction | 02 |
| Day 1 Finding Strength in Stressful Situations | 03 |
| Day 2 The Power of Community | 04 |
| Day 3 Dealing with Difficult Decisions | 05 |
| Day 4 Balancing Work and Personal Life | 06 |
| Day 5 Dealing with Trauma | 07 |
| Day 6 The Impact of Service | 09 |
| Day 7 Embracing Faith | 11 |
| Next Steps | 13 |



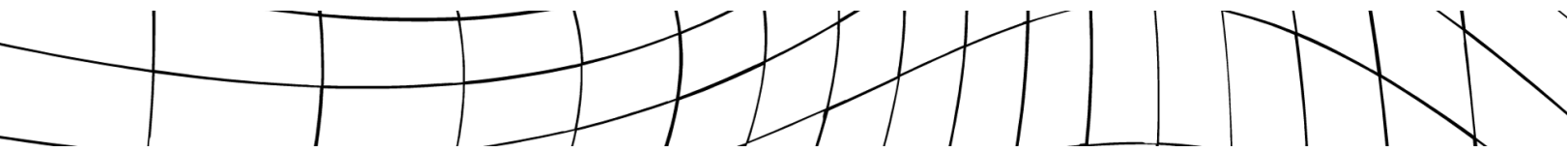
Introduction

We're thrilled that you've chosen to open this short devotional, for the simple reason that we believe it will be a blessing to you. The work that you do is hard: physically, emotionally, mentally, and spiritually. You're faced with unique challenges that many others will never experience at the level that you do. While we're not claiming to understand all of what you walk through, we do understand that it can, and very likely does, take a toll on you. It can drain you at times, and make you feel as if hope and strength are hard to come by. But, we also know that there is a God who desires nothing more than to show Himself to you, and as a result, fill you with more hope and strength than you could ever find anywhere else.

Over the next seven days, we pray that you experience God for who He truly is: Provider, Healer, Counselor, Father, Savior, Friend, and much more. We've written each day with you in mind, in hopes that you would see Jesus and His heart for you. Whether you're on the go, in between tasks, drinking a cup of coffee before you start your day, or winding down at night after you've poured out so much, our hope is that you are filled with an awareness of Jesus' love and care for you.

He sees you. He loves you. He wants to speak to you. So, we encourage you to take a few minutes each day and see what He might have to say.

We're praying for you on this journey!



Day 01

Finding Strength in Stressful Situations

“Give me seven seconds of pure effort - then you can rest!” The football coach reminded his team again and again, that a single play requires just seven seconds of “all you got” and then a break until the ball is snapped and it starts again. Seven seconds doesn’t sound like much, but it adds up, and by the end of the game players are exhausted and battered. As a healthcare professional, your day can go just like that. I’m sure that there are moments of downtime - but that next 7 seconds of pure adrenaline and effort can be right around the corner. And, those cycles add up in your life.

In the Bible, we read about how Jesus found the reserves of strength to deal with daily stress that taxed him to the limit. We read some of His story in Mark Chapter 1. He’d just spent an entire day, sunup to sundown, with people who needed His help. He traveled miles and miles - He was exhausted. This is what He did next:

“Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.” Mark 1:35 (NLT)

Stress adds up. When it hits, it hits hard. If you’re looking to find strength or peace in a stressful situation, you must prepare yourself correctly. For Jesus, this meant spending some quiet time in prayer, asking for strength and help, and talking to God, BEFORE the stress of the day hit.

Thought of the Day

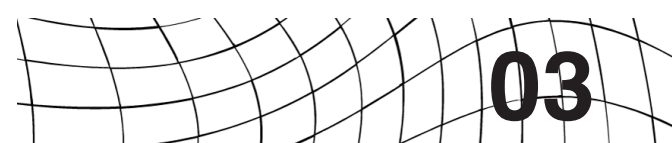
There is a God who wants to help carry my daily burdens.

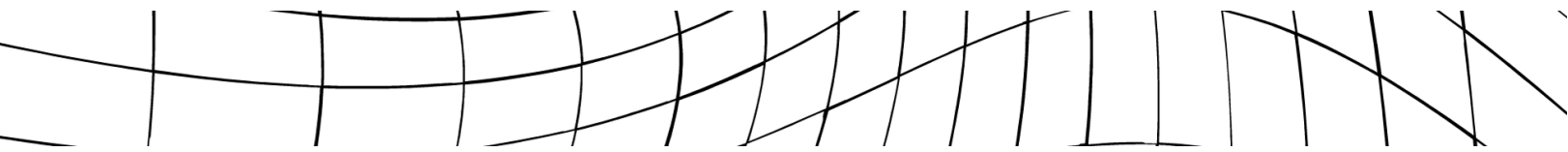
Challenge Questions

- Who is it that you are sharing the daily challenges of your life with?
- Where in your schedule can you find 15 quiet minutes to reflect and look forward to the coming day?
- Where do you draw strength during a stressful situation?

Prayer

“God, you know my life is stressful. I need your help to help me carry that stress and find peace. Please grant me confidence that you’re with me, and give me peace and strength today.”





Day 02

The Power of Community

A draft horse is an amazing animal. These animals are capable of incredible feats of strength, pulling an average of 8,000 pounds for a single animal! If you were to hitch two of the horses together, you might think that they'd be capable of pulling 16,000 pounds - but you'd be wrong. Together, two horses are capable of pulling more than 24,000 pounds - an unbelievable three times the amount that one can pull alone! Simply put, there is a multiplying effect to working together, in unison. In your daily work, you already know the importance of helping out and having the support of your colleagues. You also know how hard it can be when the unity of the team is broken.

In the Bible, Ecclesiastes 4:12 (written by King Solomon around 935 B.C.) describes this phenomenon. *"A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."*

Our culture might promote the idea of a lone-wolf being a strong wolf, but the reality is that being alone is a dangerous place to be. We need community. We need strong relationships with our co-workers, but we also need strong communities outside of work to help us grow in our lives, our relationships with family and friends, and in our relationship with God.

Thought of the Day

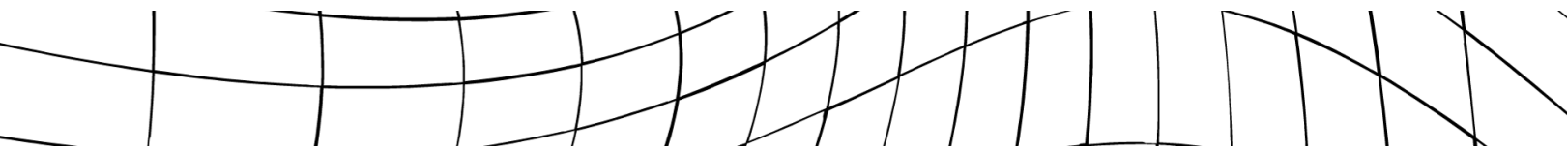
I need to be a part of a community that I can support and will support my growth.

Challenge Questions

- How can I promote a strong community at work?
- Do I have people encouraging me to grow in my relationships at home, and in my spiritual life?
- How is it that God might want to use me to help someone else in their growth today?

Prayer

"God, I need your help in all things. I'm thankful for people to live life alongside of. Help me to find and connect with others who will encourage me to be the person you want me to be, and help me to grow in my relationship with you."



Day 03

Dealing with Difficult Decisions

“Is it wrong for a man to steal bread to feed his starving family?” This question, posed to a high school class, brought about a great theoretical discussion on ethics. But, making ethical choices isn’t just a theoretical exercise for classrooms! In your line of work, you are in a position of great trust. People trust you to have their best interests at heart and to uphold the highest ethical standards. That’s a lot of pressure and requires quite a bit of wisdom.

“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.” James 1:5 (NLT)

God is the source of wisdom and the source of morality. The Bible gives us an incredible promise that if we just take the time to ask God for wisdom in a given situation, He will give it to us. We also have the Bible, which is God’s wisdom available to anyone who would read it. Read or listen to the Bible daily, and you’ll be better prepared to face difficult decisions. If you find yourself facing a tough ethical dilemma, take a minute and ask God for the wisdom to handle it how He would want you to.

Thought of the Day

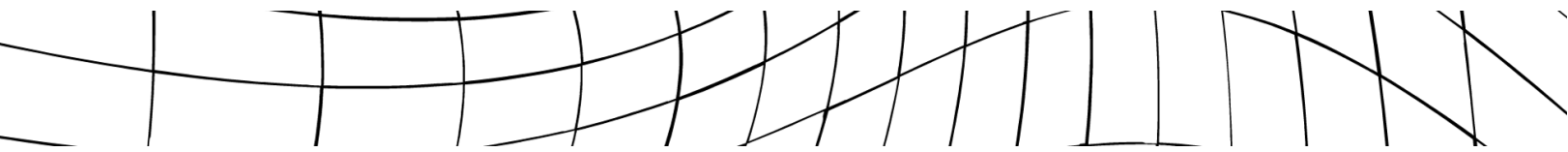
God is the source of wisdom and if I ask Him for it, He will give it to me.

Challenge Questions

- Where do I gain wisdom for life’s tough decisions?
- Where is it that I currently need to ask God for some wisdom?
- Is there anyone I can go to and ask for help with a difficult ethical question?

Prayer

“God, you say that you want us to seek your wisdom. So, I’m here and I’m asking you today to help me make wise choices. Protect me from unethical choices and give me wisdom for all areas in my life.”



Day 04

Balancing Work and Personal Life

Imagine being a tightrope walker, carefully balancing on a thin line, stretched high above. Your balance is impeccable, and every step you take demonstrates your skill. Just as you maintain equilibrium on this precarious path, you, too, often find yourself walking a tightrope when it comes to balancing your demanding work and personal life. The act of maintaining this equilibrium is a daily challenge, requiring focus, agility, and resilience. Just as a skilled tightrope walker can navigate great heights, you too can master the art of balancing work and personal life in your demanding profession.

“Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it, you shall not do any work.” Exodus 20:9-10 (NIV)

In the hustle and bustle of a medical profession, it’s easy to forget the importance of rest and maintaining a healthy work-life balance. The Scripture reminds us of the significance of rest, setting aside time for ourselves, our families, and for God. In healthcare, taking time to rejuvenate is not just a luxury; it’s a necessity for both physical and mental well-being.

Thought of the Day

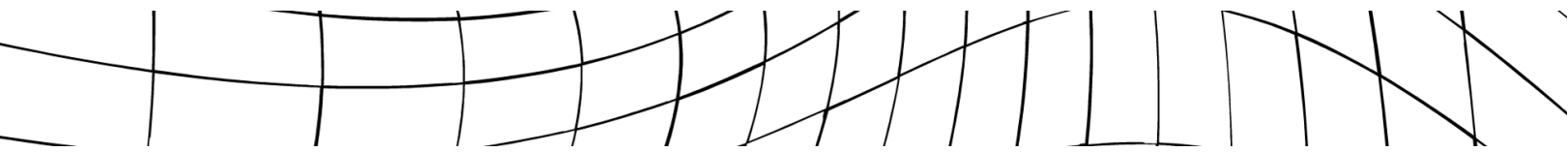
Your dedication is commendable, but remember that maintaining balance is vital. Strive for equilibrium in your life by setting boundaries, prioritizing self-care, and cherishing moments with loved ones.

Challenge Questions

- Are you setting clear boundaries between your work and personal life?
- What self-care practices can you implement to reduce cumulative stress?
- How can you make more intentional time for your loved ones, even in your demanding profession?

Prayer

“God, I come before you seeking guidance and strength to balance the demands of my profession with my personal life. Help me set boundaries, prioritize self-care, and treasure the moments spent loved ones. Grant me wisdom to manage my time and stress effectively. May I find rest in you, just as I find purpose in my work. In Jesus’ name, I pray. Amen.”



Day 05

Dealing with Trauma

Imagine a ship navigating through a turbulent sea. As the waves crash against the vessel, it faces the immense pressure of the storm. It's dark, there are multiple areas on the vessel that need attention all at once, and the crew must work tirelessly to keep it afloat. Similarly, doctors and nurses find themselves in a relentless cycle of witnessing trauma, constantly witnessing pain, making critical decisions, and bearing the emotional burden of their patients' suffering. This layered, cumulative stress, like relentless waves, can erode their well-being and potentially lead to deep trauma. Yet, there's hope for healing and resilience when they seek support and guidance to navigate these challenging waters.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18 (NIV)

In the face of the relentless storm that is the healthcare profession, much like the turbulent sea, it's crucial to acknowledge the toll of witnessing trauma and the layers of cumulative stress. The scripture reminds us that God is close to the brokenhearted and saves those who are crushed in spirit, offering a beacon of hope and solace in the midst of such trials. Just as biblical figures overcame their traumas through faith and resilience, you too can find healing and restoration. Seeking professional help is not a sign of weakness but a courageous step towards healing, akin to a ship's crew depending on experienced navigators and a multitude of instruments and tools to navigate safely through challenging waters. Additionally, our church community is a safe place where you can find support, understanding, and Biblical guidance to navigate this thing we call life.

Thought of the Day

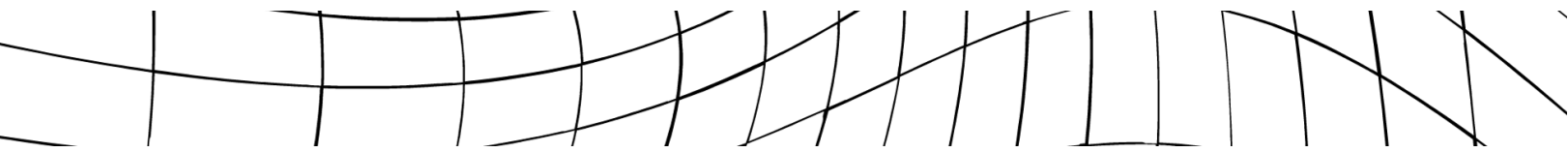
In the face of trauma, remember that you are not alone.

Challenge Questions

- Have you recognized the toll that witnessing trauma and experiencing cumulative stress mental/spiritual health or well-being?
- Are you open to seeking professional help and support, just as a ship's crew would rely on experienced navigators during a stormy sea voyage?
- How can you actively engage with your faith community as a source of support and healing while navigating the relentless storm of trauma?

Prayer

“God, I find myself in the midst of this relentless storm, bearing witness to trauma and enduring layers of cumulative stress. I pray that I may find solace in the knowledge that you are close to the brokenhearted. I pray that you would show me the area of my life where I might need to seek help. Help me recognize how trauma has affected my life and grant me the courage to seek professional help and support, just as a ship’s crew relies on experienced navigators during a tumultuous sea voyage. May my faith community be a sanctuary for my healing, and may I find strength and inspiration in your presence as I navigate this relentless storm of trauma. In Jesus’ name, I pray. Amen.”



Day 06

The Impact of Service

Imagine you are a light in the midst of a dark and stormy night, a beacon of hope and safety in the hospital’s vast sea of challenges. Your role is to guide patients and their families through the treacherous waters of illness and uncertainty, ensuring they find their way to healing and comfort. Just as a lighthouse’s beam of light pierces through the darkness, healthcare professionals serve as beacons of safety and reassurance within the hospital walls. Your service, like that guiding light, has the power to lead people away from despair and towards recovery.

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.” Philippians 2:3-4 (NIV)

As a healthcare professional, your calling is to serve and heal, often placing the needs of patients above your own. Philippians reminds us of the importance of humility and valuing the interests of others. Your commitment to caring for your patients is a reflection of this principle. Every act of service, no matter how small, has a meaningful impact on those you care for. Your dedication to the well-being of others is a testament to your selflessness.

Thought of the Day

Today, I embrace my role as a beacon of safety and hope in the hospital, recognizing the profound impact my service has on patients and their families.

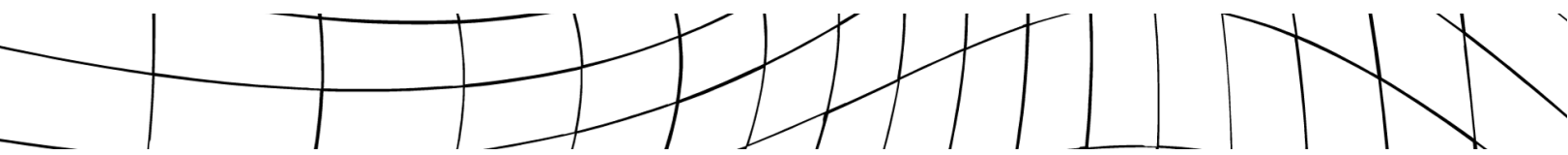
Challenge Questions

- How has my service as a healthcare professional positively impacted patients and their families?
- What is my sense of purpose and calling in this profession, and how can I continue to fulfill it with humility and dedication?
- In what ways can I further prioritize the interests and well-being of my patients in my daily service?

Prayer

“Lord, as I stand in the line of duty today within the hospital walls, I humbly come before you, seeking your guidance and strength. Help me recognize the positive impact my service has on patients and their families. Instill in me

a deep sense of purpose and calling in this profession, reminding me of the importance of humility and selflessness. Grant me the wisdom to prioritize the interests and well-being of my patients in my daily service. Watch over me and my fellow healthcare professionals as we provide care, healing, and comfort. May your presence be a guiding light in the darkest of moments, and may I continue to serve with compassion, integrity, and dedication. In Jesus’ name, I pray. Amen.”



Day 07

Embracing Faith

Imagine embarking on a cross-country road trip along Route 66. At the starting point, you meet someone named Mark who is also set to take the journey. Mark shares that he wouldn't think of making this trip without his trusted companion. You're a bit puzzled, as you believe you're perfectly capable of completing the entire journey solo but you wish him luck and continue on your way.

As you progress along the route, you find yourself constantly running low on fuel, dealing with car troubles, and encountering unexpected road closures, detours, and questionable characters. When you finally reach your destination, you wouldn't call it a great trip. It's something most people do, and you're tired, a little worn out, and unsure if you'd want to repeat it, even though you completed it decently.

Suddenly, you come across Mark, who appears relaxed, energized, and rejuvenated while sharing stories of his fantastic trip with others. You're taken aback because he looks so put together. He asks about your trip experience. You recount the typical challenges everyone faces — long and arduous with numerous problems, expenses, and even physical discomfort from all the driving. When you ask about Mark's trip, he describes it as truly wonderful. This surprises you, as everyone you know seemed to have the same challenging experience as you. You press him for the secret, and he reveals it was his companion — an extraordinary presence that provided guidance, direction, and even took over the driving when necessary. The companion allowed Mark to rest, enjoy the journey's moments, and get through the hazards that preoccupied your focus while driving. Mark explains how the companion guided him away from sketchy situations and warned him about damaged roads. One time he even fixed the car but the best was when they had a flat tire, and the companion pushed the car the last mile when Mark had no more strength to continue.

You're astonished, for you had always believed that relying on others signified weakness, never realizing how a companion could enhance your journey and be there for you. You inquire about how to obtain a companion like Mark's for your next trip, and he shares that it's quite simple—you just have to ask.

“I trust in the Lord with all my heart and lean not on my own understanding; in all my ways I submit to Him, and He makes my paths straight.”

Proverbs 3:5-6 (NIV)

This scripture reminds us of the value of faith and guidance. Just as Mark’s companion provided direction and support during his journey, our trust in the Lord and submission to His guidance can make our life paths straight, even when we face unexpected challenges and uncertainties. While we may often rely on our own understanding and self-sufficiency, this story illustrates the profound impact of turning to God for guidance, wisdom, strength and rest. It’s a reminder that we don’t have to navigate life’s journey alone.

Thought of the Day

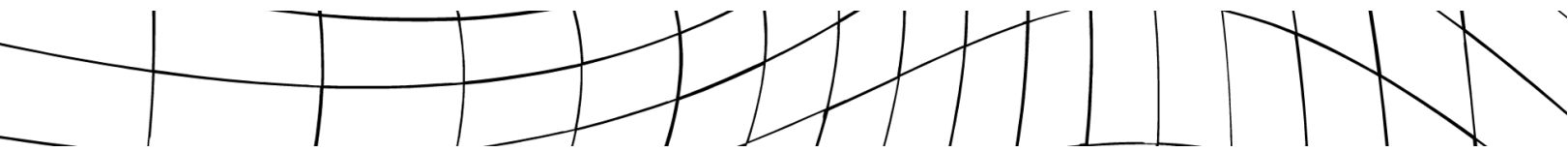
Reflect on the role of faith in your life. While energy may run low and the demands may seem endless, faith in God endures forever. It’s the extra edge that propels us forward, allowing us to trust in a power greater than ourselves.

Challenge Questions

- How has your faith impacted your journey as a healthcare professional, and how can you nurture it further?
- In what ways can you trust in a power greater than yourself to provide you with the extra edge needed to navigate your daily challenges in healthcare?
- Consider moments when you’ve felt overwhelmed, discouraged, or stressed in your profession. How can you surrender these feelings to God, finding strength in Isaiah 41:10, *“So do not fear, for I am with you...”*?

Prayer

“Heavenly Father, I humbly ask you to show me how to embrace you as my hope and guidance in my daily life. In moments of uncertainty and challenge, I trust in Your power to sustain me. May my faith be an extra edge that propels me forward with confidence, knowing that through you, I find healing and strength. As I exemplify Jesus Christ in my work, may I continue to draw hope from you, finding reassurance and coping through moments of prayer and gratitude. In Jesus’ name, I pray. Amen.”



Next Steps

Have you trusted Jesus as your Lord and Savior?

After reading this devotional, you might find yourself pondering questions like, “Who is God? Do I truly know Him? It seems like He has something significant to offer.” Perhaps past experiences with church or religion have left you feeling burnt, but there’s an unmistakable tug on your heart, urging you to explore a deeper, more meaningful connection. Rest assured, there is indeed more to discover. Our aim at Covenant Church is to help you uncover the truth about who God is, not shaped by our opinions or even your own, but rooted in the unerring truth of God’s Word.

1. God’s Plan — Peace and Life

God loves you and wants you to experience His peace and life. The Bible says, *“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”* John 3:16

2. Our Problem — Separation

Being at peace with God is not automatic, because by nature you are separated from God. The Bible says, *“For all have sinned and fall short of the glory of God.”* Romans 3:23

3. God’s Remedy — The Cross

God’s love bridges the gap of separation between God and you. When Jesus Christ died on the cross and rose from the grave, He paid the penalty for your sins. The Bible says, *“He personally carried the load of our sins in his own body when he died on the cross.”* 1 Peter 2:24 (TLB)

4. Our Response — Receive Christ

You cross the bridge into God’s family when you receive Christ by personal invitation. The Bible says, *“But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name.”* John 1:12

To receive Christ you need to do four things:

- 1. **Admit** your spiritual need. “I am a sinner.”
- 2. **Repent** and be willing to turn from your sin.
- 3. **Believe** that Jesus Christ died for you on the cross.
- 4. **Receive** through prayer, Jesus Christ into your heart and life.

Christ says, *“Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in.”* (Revelation 3:20) Furthermore, the Bible says, *“Whoever calls upon the name of the Lord will be saved.”* (Romans 10:13)

What to Pray: “Dear Lord Jesus, I know that I am a sinner and need your forgiveness. I believe that you died for my sins. I want to turn from my sins. I now invite you to come into my heart and life. I want to trust and follow you as Lord and Savior. In Jesus’ name, Amen.”¹

Did you just pray that prayer?

We are delighted that you’ve taken the step to embrace Jesus Christ as your Savior and commit to serving Him as your Lord. Today marks a momentous occasion in your life, and we encourage you to share it with someone! You might have many questions, such as what it means to make Jesus “Lord” of your life, what changes you may need to make, why you don’t feel any different, or why you do feel different.

We are eager to pray for you and assist you in nurturing your relationship with Jesus Christ. Please complete the form at decision.church to share your decision with us, allowing us to connect with you and intercede on your behalf. If you have any questions about the next steps in your new-found journey, know that we are here to support you. For more information about Covenant Church find us at covenantchurch.us.

We also encourage you to engage in regular conversations with God through prayer, cultivate the habit of daily Bible reading, and seek out a Bible-teaching church — we would love for you to join us at Covenant! These practices will foster your spiritual growth and deepen your connection with God. We eagerly look forward to witnessing the remarkable work that God will undertake in your life!

1 From Billy Graham’s [Steps to Peace with God](#)