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A Season of Re-Creation

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A Season of Re-Creation

The process of reflecting on various experiences is important as we grow in grace and maturity. It helps us remember the good, the bad, and the ugly – providing a blueprint for the next stages in life. For many of the dedicated Faith Community Nurses, I believe our reflective thoughts go, immediately, to this past year. Reliving and evaluating the trauma that was front and center because of the coronavirus pandemic, you may have initial thoughts and feelings of fear, panic, and isolation. For me, it was the first time in my life when I felt as if I was a prisoner in my own home. This period of darkness and uncertainty seemed to linger. I kept thinking about what I was going to do as a pastor and teacher. How would I continue to minister with this new normal?

Then the Lord reminded me that our lives are multifaceted and that we are more than conquerors. We all are three-part beings: spirit, soul, and body. Our souls – which are comprised of our mind, will, and emotions – play a huge part in our world view and how we handle tests and trials. I believe that, as Faith Community Nurses who were faced with many challenges this past year, our thoughts went immediately to how to handle caring for our families, faith community, and friends. Reflecting on this, my initial thoughts went to Genesis 1:1: *In the beginning, God created...* Then, as I looked at Genesis 1:2, I realized that creation is a step-by-step process. I began to pray about how we, as Faith Community Nurses, could begin the process of creating a new way to be of service despite being unable to physically touch those with whom we interact.

As Faith Community Nurses, we put our hearts and hands to the task because it is more than physical care; it is a ministry that God had entrusted to us. Through prayer and reflection, the first thing I realized is that I cannot care for others if I am broken or confused. In order to be

my best self, I needed to cease focusing on the past and how things used to be done. I also needed to make a decision to come out of the dark place and begin my new journey through the evolving nursing practice, research, and education.

Over the past year, I have relied on God's word and the gentle voice of the Holy Spirit to help me process and undertake next steps. Two of my favorite scriptures are:

For God has not given us a spirit of fear but of power and of love and of a sound mind.

(II Timothy 1:7 NKJV)

Trust God from the bottom of your heart; don't try to figure out everything on your own.

Listen for God's voice in everything you do, everywhere you go; He's the one who will keep you on track. (Proverbs 3:5-6 MSG)

As I prayed, I was reminded that God is still in control, and this season of change did not take Him by surprise. So, instead of meditating on the past and staying in the place of uncertainty, the Holy Spirit told me this is my time to re-create who I am as a nurse with a calling. As Faith Community Nurses, I believe we should all endeavor to persevere through the trial by using this unprecedented time as an opportunity to create ourselves anew.

We should never lose our ability to receive a vision from God. He is in the re-creation business – leading and directing our every step because His word is an ever-present help in a time of trouble and providing a lamp unto our feet and light unto our path. Faith Community Nurses are men and women of resilience who have learned how to endure and not lose hope in our ability to move forward and continue to provide for those who suffer from physical, mental, and emotional disorders even in the middle of a global pandemic. This is a time of creativity – a time to rediscover our purpose. Compassion and empathy in practice is at the very core of our

caring ministry. God has provided us with spiritual gifts designed to be tools to reach people in every realm of their human existence.

As we move forward, remember that “iron sharpens iron” (Proverbs 27:17 NIV). We need to stay connected and support one another as we focus on our purpose. Now unto Him who is able to do more than we could ever ask or think! God bless you all during your journey of re-creation.

References:

The Holy Bible (New King James Version (NKJV), New International Version (NIV), and the Message translations)

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Rev. Dr. Esther Brown is a Faith Community Nurses International (FCNI) Board member and Chair of the Resource Development Committee. She is also a pastor and teacher and the Founder of Stained Glass Ministry.

