

# ***What will keep you going when times are tough post Graduation?***

*(Suitable for use within a group over approximately one hour, or for an individual's personal Bible reading)*

## ***Thinking about your future as a Health Practitioner***

It is inevitable that you will face many challenges post graduation. Some will be expected, others not so. Some challenges you will be able to deal with easily, others will exhaust and discourage you.

1. Identify separately 2 physical, 2 mental, 2 emotional and 2 spiritual difficulties you anticipate to encounter in your first year post graduation.
2. How does the reality of these potential struggles make you feel? (E.g. Anxious, tired, disappointed....?)
3. Of the difficulties you identified in Question 1, which three of these could be most harmful to your well being as a person? Why?
4. How might you cope with these potentially detrimental difficulties? Do you think knowing God can make a difference to your coping capacity?

## ***What does God have to say?***

God yearns to provide us with the tools to deal with the deep and difficult struggles you will face post graduation. The foundational building materials of these tools are: an understanding and appropriation of the Truth about GOD; and an understanding and appropriation of the Truth about YOU.

Read 2 Corinthians 8:9 and Psalm 23.

1. What truth do we learn about the triune Godhead in Psalm 23 and 2 Corinthians 8:9?
2. What truth do you learn about yourself from these Words of Scripture?
3. Identify any needs that you (together with all humans) have that are highlighted by the truth of these passages.
4. As an able health care student how do you attempt to meet these needs? How does it make you feel that God is capable (perhaps the only one truly capable) of meeting these needs?

## ***Putting it into practice***

Two Corinthians 8:9 and Psalm 23 show us that no matter how skilled you are, and/or how experienced you may be, you are a needy individual, in both the realms of creation and redemption. Post graduation you will feel particularly needy and vulnerable, as you will face many occasions when you lack the technical skills, knowledge and/or confidence to carry out the tasks that patients have entrusted to you, and that employers have paid you to do.

My prayer is that your felt-vulnerability will lead you to reflect on 2 Corinthians 8:9 and Psalm 23, and reaffirm the following:

- a. An understanding of your real need for redemption, and that because of Jesus death for you God has met this need. By receiving God's gift of redemption you will attain security and joy that will extend far beyond the trials (and successes) that your career in health care may bring.
- b. An understanding that God is with you in your struggles, and that he will never forsake you – no matter where you find yourself and no matter what you are doing.

1. How will you practically ensure that you maintain these truths about God and yourself in the forefront of your mind post graduation so that you will keep going physically, emotionally and spiritually when times are tough after you graduate? Consider especially how other Christians in your profession might function to assist you here?

# ***Bible Bites***

(Suitable to be completed over approximately 20-25 minutes by a group or an individual)

## **What will keep you going when times are tough post Graduation?**

### ***Thinking about your future as a Health Practitioner***

It is inevitable that you will face many challenges post graduation. Some will be expected, others not so. Some challenges you will be able to deal with easily, others will exhaust and discourage you.

1. Identify three difficulties you anticipate post graduation that could significantly harm your well being as a person (consider physical, mental, emotional and spiritual difficulties).
2. How might you cope with these potentially detrimental difficulties? Do you think knowing God can make a difference to your coping ability?

### ***What does God have to say?***

Read 2 Corinthians 8:9 and Psalm 23.

2 Corinthians 8:9, <sup>9</sup>For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that you through his poverty might become rich.'

Psalm 23, <sup>1</sup>The Lord is my shepherd, I shall not be in want.

<sup>2</sup>He makes me lie down in green pastures, he leads me beside quiet waters, <sup>3</sup>he restores my soul.

He guides me in paths of righteousness for his name's sake.

<sup>4</sup>Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

<sup>5</sup>You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

<sup>6</sup>Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

God yearns to provide us with the tools to deal with the deep and difficult struggles you will face post graduation. The foundational building materials of these tools are:  
an understanding and appropriation of the Truth about GOD; and  
an understanding and appropriation of the Truth about YOU.

1. Identify any needs you have that are highlighted by the truth of the passages.
2. As an able health care student how do you attempt to meet these needs? How does it make you feel that God is capable (perhaps the only one truly capable) of meeting these needs?

### ***Putting it into practice***

1. How will you practically ensure that you maintain these truths about God and yourself in the forefront of your mind post graduation so that you will keep going physically, emotionally and spiritually when times are tough after you graduate? Consider especially how other Christians in your profession might function to assist you here?