

Nursing: The Balance of Mind, Body, and Spirit

2017 Nurses Week Bible Discussion



Nurses highly value and embrace an integrated, holistic perspective of persons and the dynamic relationship between mind, body, and spirit in health and wellness. The mind (encompassing the will, emotions, and intellectual capacity), the physical body, and the spirit are deeply interconnected and have great influence over each other.

If nurses are to fulfill their roles as compassionate, competent, and consistent caregivers, it is essential that they first care for themselves—in mind, body and spirit. As Christians, we recognize that the very core of our being, the foundation of our health, is our spiritual relationship with God through Jesus Christ.

Think About It

Take a moment to consider the well-being of nurses in general. What do you think are the major influences on the well-being of nurses? What aspects of nursing negatively or positively impact their holistic health? What can be done to help nurses improve their well-being?

Now briefly assess your personal state of well-being. How do you see yourself? What strengths, weaknesses or needs are you experiencing physically, emotionally or spiritually? Are you physically, mentally and spiritually *well*, or are you “out of shape”, stressed, fatigued, or weary?

God desires that we experience peace and harmony in our whole being and that we flourish as his children. In the Bible, Jesus gave people hope and direction for healthy living.

Read the following story aloud in your group and discuss the questions that follow.

Luke 10:25-28 (NIV)

²⁵ On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?”

²⁶ “What is written in the Law?” he replied. “How do you read it?”

²⁷ He answered, “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’”

²⁸ “You have answered correctly,” Jesus replied. “Do this and you will live.”

Discuss It

1. In this story, what do you notice about the man's question and Jesus' response? Do you think the man was satisfied with the answer?
2. How are these commands interrelated or dependent on each other: loving God, loving others, and loving yourself? What are some of the consequences when these are out of balance? Which one is the most difficult for you?
3. The young man comes to Jesus with a question about eternal life. Jesus responds with an expanded meaning of what it means to have a flourishing life. Describe what this might look like.
4. What connections do you see between these words of Jesus and this year's theme for Nurses Week?
5. What changes do you need to make in your life to be more balanced in body, mind, and spirit? Share your thoughts with one other person who will encourage you in this journey.

Take It Home

Take this verse from 1 John 4:19 with you today as a reminder of the source of all love: "*We love because he first loved us.*"

Thanks be to God!