

A Framework for Developing Ideas and Activities for NCF Groups



Always begin with prayer

- We often pray *as* we do things or after things are *already planned*, “Lord, please bless and move among us as we...” Ask God *first*; don’t do anything until you hear from him. Reflect on Luke 10:38-42.
- Make prayer your *top* priority. Invest in prayer... time, energy, resources. *Schedule* times to pray—either alone or with others.
- Look for others to pray with you; schedule prayer time *with* them.
- Ask God to enable you to *be still*, to *wait* on him. Do a word study in Scripture on “wait” and learn how God meets us when we wait on him.
- *Listen*; pray scripture, ask God to let you *hear* his voice.
- Look for *confirmation* in God’s word, from wise counsel and through circumstances.
- *Trust* him! Move forward in *faith*!

Ask God for his vision (the BIG picture)

- When we know where we are going, it’s much easier to figure out how to get there.
- Ask God what he wants to be the *main thrust* of your group for this planning time period (semester, quarter, year?). For example; outreach/evangelism, teaching, encouragement, intimate fellowship, etc. This doesn’t mean you are exclusive in one type of activity but it may mean making choices between “good,” “better” and “best.”
- Think about components of a Christ-centered group life from Acts 2:41-47—Nurture, Worship, Community, and Outreach.
- Look at what others have done—not to compare yourself but for help with broadening your perspective. (Share what you have done with others; *network*!)
- Don’t try to go solo... don’t try to be super-nurse and all things to all people. Sometimes you have to start solo, but don’t stay solo.
- Ask God to *reveal* what are the pieces / components for the work he wants to do. What is the process and what tasks are needed for the work? What resources are needed?
- Ask God to bring the people that are needed for the tasks. Remember Samuel’s experience looking for the new king of Israel at Jesse’s house; ask God to show you what he sees, not just “outward” appearances.
- Keep your eyes and ears *open*. God’s answers and resources *are available*, sometimes right in front of your nose.
- Ask! (That’s right... *ASK!!*)
- Ask again. Be specific. People like knowing others think they have specific gifts and talents to contribute—tell them what those talents are and how they can make a difference.
- A great way to get people involved is to ask them to do something... then they come!
- Remember the care and feeding of volunteers... and *do it!* Ask volunteers what they need, *listen*, then *do it!* *Love and nurture* your team.

NURSES CHRISTIAN FELLOWSHIP
Specific Ideas and Activities for NCF Groups

Ideas for Program Planning:

- *Bible study.* Many [Bible studies](#) are available from NCF as well as [questions to apply to scripture passages](#)
- Whether or not the main focus of your meeting is Bible study or something else, *always* include *Scripture* in every meeting.
- Always include *prayer* in every meeting—see guidelines in packet.
- Ask group members to *take turns* leading the group; take ownership and share the workload. This can be from one’s personal Bible study, a study guide, testimonies, prayer time or meaningful readings/devotions.
- Although the NCF group is nursing focused, be inclusive. Invite other health care providers; always include staff, faculty and all levels of students.
- Develop and present program series based on *perceived needs* (e.g., burnout, conflict management, self-care, work place challenges).
- Use nursing-related Christian books that lend themselves to a program series (see NCF website for resources)
- Review the [Journal of Christian Nursing’s](#) online topical collections or search for topics of interest for discussion.
- “Prayer and Share” – unstructured support / ministry time
- Develop an e-mail virtual NCF group. Include prayer requests, praises, Bible studies, etc.
- Evangelism training – check out [NCF’s healthcare related resources](#)
- Outreach Resources:
 - √ GIGS – “Groups Investigating God” from InterVarsity Press
 - √ “Thinking Christianly About Nursing” Bible studies from NCF
 - √ JCN articles
 - √ If the seeker wants to know what Christians believe, try . . .
 - 1) *Called to Care: A Christian Theology of Nursing* by Shelly & Miller
 - 2) *Christianity 101* by Gilbert Bilezikian
 - 2) *Mere Christianity* by C.S. Lewis
 - 3) *Basic Christianity* by John Stott
 - 4) *Why Jesus?* By Nicky Gumble
 - √ If the seeker wants to know why Christians believe, try . . .
 - 1) *More Than a Carpenter* by Josh McDowell
 - 2) *Know Why You Believe* by Paul Little
 - 3) *The Case for Christ* by Lee Strobel
 - 4) *Evidence That Demands a Verdict* by Josh McDowell
 - √ If the seeker is struggling with tough issues, try . . .
 - 1) JCN articles on suffering (see cumulative index on website)
 - 2) *The Case for Faith* by Lee Strobel
 - 3) *Letters From a Skeptic* by Greg Boyd
 - 4) *Reaching for the Invisible God* by Philip Yancey
- Think about rest, relaxation, affirmation, too – do some FUN things!! Do take note of the InterVarsity restrictions on liability...no bungee jumping, spelunking, sky-diving, etc.

Scheduling and Location Ideas:

- With students or in a work setting, ask group members when is the *best time* to meet.
- Sometimes *more than one meeting* is needed for different shifts, students, semesters, etc.
- Meet before shift, lunch, days when the most students are on campus, etc.
- *Share* the responsibility of planning for NCF meetings; use sign-up sheets, etc.
- Think about *time-limited series*; i.e., meet for 8 weeks, 6 months, etc. Take a break in the summer and around holidays.
- Meeting places: for RN community-based groups, churches (almost always free, but may not be comfortable for unbelievers or people of a different denomination). Also consider libraries, banks, community buildings, parks and recreation, Red Cross, organizations, etc. Pray and *ask God* to provide a place to meet.

Resource Ideas:

- Have an *NCF library* available for group members to check out resources; could be especially helpful for student groups
- Contribute *JCN* to institutional library if not already available.
- *Keep in touch* with former (alumni, etc.), current and prospective group members. Share prayer requests and praise items as well as what your group is doing. Ask alumni to consider mentoring one student or giving a *JCN* subscription to each graduating senior.
- Don't forget *good communication* – email notices, newsletters, postcards, signs and posters
- Use student level (pre-nursing, sophomore, junior, senior) *bulletin boards* to update about NCF meeting time and place announcements. Could also use for outreach.
- Use *meeting times* to help the group. For example, should the meeting stay exactly the same or be varied to meet needs of different shifts/student levels.
- Keep a *prayer journal* for the group.
- Ask a *church* to pray for you; ask members to take on specific students in the program or on your unit (1:1 praying for nurses/students). Be sure to *ask permission* before giving student names to these prayer partners.

Missions:

- Think about [mission and global outreach](#).

Special Occasions / Activities:

- Holiday Celebrations – Resurrection Breakfast, Thanksgiving/Christmas are excellent times for special programs, etc.
- National Nurses Week breakfast or prayer time. Use NCF's resources based on the ANA's annual theme.
- Beginning and ending of semester – have a bagel breakfast, displays at registration.
- Place promotion table in central area of nursing building first week of school or at your church or workplace. Nurses can sign up for: e-mail, mailing lists, or give-aways. Have "freebies" (Testa-mints candy, Scripture coins, brochures, etc.)
- Campus-wide events – look for opportunities for exhibiting: new student orientation, activity fairs, health fairs, student recruitment events, etc.
- Have student members attend new student orientation for nursing students and share information about NCF
- Start a "See you at the Pole" to correspond with the national event

- Service projects
- Honor graduates at graduation
- Finals – give healthy snacks, etc.
- Respond to current events or disasters (9-11, war in Iraq, tornadoes, floods, an election, etc.)
- Support a cause—blood drive, Red Cross disaster relief, a missionary, a mission project, etc.
- Come up with your own special occasion or event. Invite ideas from members of the group.

Food is Good!

- Pizza, snacks, cookies, etc. at every meeting (think healthful, too...) – members can take turns providing snacks.
- Brown bag lunches
- Potluck dinners (asking people to bring something gets them there)
- Soup, Singing, and Scripture – group has meal together monthly
- Celebrate a meal or reception at the beginning and end of program series, semester or at a holiday
- Progressive dinner or invite nurses into your home for a meal. Host a tea or brunch.
- Use food to illustrate points – fruit pizza when studying fruits of the Spirit, Christmas cookies to celebrate his coming, NCF “Sundae on Wednesday”, Easter treats with Scripture text.
- Give out free donuts, muffins or bagels and coffee during exam week.