



## Stress in the Life of a Nursing Student

*You can look almost anywhere in Scripture and see stressors in the lives of people in the Bible. Let's look at how Jesus handled stress in his life.*

**Read Mark 1:14-15, 21-39.**

<sup>14</sup>After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. <sup>15</sup>"The time has come," he said. "The kingdom of God is near. Repent and believe the good news!"

<sup>21</sup>They went to Capernaum, and when the Sabbath came, Jesus went into the synagogue and began to teach. <sup>22</sup>The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law. <sup>23</sup>Just then a man in their synagogue who was possessed by an evil<sup>[e]</sup> spirit cried out, <sup>24</sup>"What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" <sup>25</sup>"Be quiet!" said Jesus sternly. "Come out of him!" <sup>26</sup>The evil spirit shook the man violently and came out of him with a shriek. <sup>27</sup>The people were all so amazed that they asked each other, "What is this? A new teaching—and with authority! He even gives orders to evil spirits and they obey him." <sup>28</sup>News about him spread quickly over the whole region of Galilee.

<sup>29</sup>As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. <sup>30</sup>Simon's mother-in-law was in bed with a fever, and they told Jesus about her. <sup>31</sup>So he went to her, took her hand and helped her up. The fever left her and she began to wait on them. <sup>32</sup>That evening after sunset the people brought to Jesus all the sick and demon-possessed. <sup>33</sup>The whole town gathered at the door, <sup>34</sup>and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

<sup>35</sup>Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. <sup>36</sup>Simon and his companions went to look for him, <sup>37</sup>and when they found him, they exclaimed: "Everyone is looking for you!"

<sup>38</sup>Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." <sup>39</sup> So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

### ***For discussion and reflection:***

1. Highlight the stressors you see in Jesus' life. How did Jesus handle stress?
2. How was Jesus able to turn stressors from potentially negative outcomes to positive ones?
3. Nursing students experience many stressors in their daily lives. What are your biggest stressors?
4. Note how Jesus had a clear sense of purpose and knew his limits. Think about your purpose in nursing. How do you set boundaries on what you can and can't do?

*Spend time in prayer asking God for his help to handle stress in a positive, healthy way.*