

NCF SelfCare Poster Proxe Script

INTRODUCE YOURSELF AND THE PROXE

“Hi, I’m _____. We’re with Nurses Christian Fellowship and we are talking to people about holistic self-care.”

“Would you like a care package?” (Students can have a care package even if they do not participate in the proxe. Attach a card letting them know NCF cares!)

Do you want to see how other nursing students are approaching self-care?

1. Holistic Self Care (panels 1 and 2)

“(Self-care is crucial for nurses and nursing students. We have to take care of ourselves even as we give care to others. Please vote. First 3 panels.) Nursing school is intense, especially now with finals just around the corner and all the projects we have due. Would you mind sharing some ways that you are doing self-care for each of these areas?” *(give them a post-it note to write their answers for each category)*

PANEL 1. What do you think of this woman?

PANEL 2. Which have you prioritized the most?

PANEL 3. Which have you neglected? why?

(please share for yourself about each panel. What do YOU like about the first panel. What have you prioritized. What have you neglected.)

Possible follow up questions:

- “Why is that important to you?”

- *Give room for conversation, sharing a thought from your story:*

“When I was a freshman...”

- “How have you tried to fulfill that in the past and how did that go?”

(vote or put yourself on the collage)

- “How’s that working for you?”

TRANSITION

We are InterVarsity NCF. We think faith and self-care go together. "Have you ever considered the role that faith might play in your self-care?"

2. Bible Passage PANEL:

- "Did you know Jesus cares for all areas of our life as well? Check out this quote from Jesus. Please read it and comment on it. Would you be up for checking that out and sharing your thoughts on it?" Go to the bible panel.
- Read the passage

Possible questions/responses after the **Bible passage PANEL:**

- "What surprises you in Jesus' words?" What is attractive to you about what Jesus offers?
- "It's significant and meaningful to me that Jesus cares for all of me."
- "Why do you think Jesus cares?"

"As Christians we believe that Jesus is the ultimate caregiver and he is eager to bring health and wholeness to all areas of our lives.

"Would you like to hear how this works?"

"I have one last panel to show you that explains how Jesus and care-giving go together."

3. Big Story Diagram - Gospel Presentation

The first circle: Designed for Good

"In the beginning God created a good world. Everything in it was good and was created for good and to do good." All of our needs were well met...we had the best Care Giver.

The second circle: Damaged by Evil

"But then humans decided that we can meet our own physical, emotional and spiritual needs without God". We don't have to look far to see there are things in the world that are not good. People took matters into our own hands and wanted to do things our way not God's. A world without our Care Giver has led to anxiety, , uncertainty, worry, and everything else that is wrong in our world. We experience the burden of having to care for ourselves. That burden is far too heavy for us.

Third circle: Restored for Better

"So where does that leave us? Well, God the caregiver loves us too much to leave us in our suffering. "Jesus joined us to bring healing and hope. In his suffering and death, the Ultimate Caregiver took our world's evil to the grave with him. He came back to life to bring new life to us."

Fourth Circle: Sent Together to Heal

Once we invite Jesus into the center of our story, we are part of his community. We're given Jesus' love, healing, and power daily, and out of that overflow, we can care for others. Jesus sends us out into the world to participate in his healing work, caring for the most vulnerable around us with hope."

Possible questions:

"What do you like most about this story?"

"What parts of this story resonate with you?"

What would it take for you to trust Jesus with your life and invite Jesus into the center of your self-care?

Next steps:

-Give them a care package (if you haven't)

-Thank them for stopping

-Offer to pray for them

-Ask if they would like to check out an NCF meeting where they can look at more stories like this about Jesus.

-Give them an invite postcard (available on the website)