

## Resources for Mentorship

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### A. Some biblical references re. God's call to disciple (mentor)

1. **Matthew 28:18-20:** *Jesus came to them and said, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*

Fostering Christian discipleship in nursing has been an ongoing ministry focus in Nurses Christian Fellowship. This is part of fulfilling the Great Commission that Jesus gave to his disciples. The concept of mentoring in nursing is one aspect of developing people to be learners and committed followers of Jesus Christ in our world.

2. **II Timothy 2:2.** *And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.*

Think about nurses who have contributed to your spiritual and professional growth. Pray about younger nurses with whom you can share what you have learned. Reflect on the long-range effects as Christian nurses pass on what they have been taught to future generations who will follow Jesus in nursing.

3. **Psalm 71:17-18:** *Since my youth, God you have taught me, and to this day I declare your marvelous deeds. Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.*

Christian nurses of all ages, including retirees, have a purpose, including influencing the next generation of nurses. Reflect on how you have seen God's power, and answers to prayer, in various nursing roles you have had. Younger nurses can be blessed by our stories of God at work.

4. **II Corinthians 1:3-4:** *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.*

Remember ways God has comforted you in “troubles” you have faced in nursing. Younger nurses will also be encouraged by stories about the reality of difficult times, as well as ways God brought renewed hope and courage.

## **B. Foundations for mentorship in nursing from Nurses Christian Fellowship**

1. **Throughout 80 years of ministry** a theme in NCF has been to provide vision, resources and Christian community to help students, nurses and educators practice from a biblically based Christian perspective.
2. **A distinctive of nursing and NCF has been students and nurses being present together in clinical and educational settings.** In these contexts there is potential for experienced nurses to model and encourage those entering our profession. NCF's resources on the website ([www.ncf-jcn.org](http://www.ncf-jcn.org)) include multiple resources for both students and nurses. NCF events bring together people of all ages and backgrounds, potential for developing ongoing relationships that include mentoring.
3. **NCF's purpose statement provides vision for overall direction for NCF** ministry and resources, including for mentoring:

*In response to God's love, grace and truth:*

*The Purpose of Nurses Christian Fellowship, as a ministry of InterVarsity Christian Fellowship/USA is to establish and advance in nursing, within education and practice, witnessing communities of nursing students and nurses*

*who follow Jesus as Savior and Lord: growing in love – for God, God's Word, God's people of every ethnicity and culture and God's purposes in the world.*

Reflect on what could happen in nursing and healthcare as communities of students and nurses live out this purpose!

Followers of Jesus, people growing in love for God's and God's Word, people, and purposes will make a difference in our world. Communities of students and nurses, who receive and share God's love, grace and truth, give witness through their actions and words. They demonstrate that Jesus Christ is present and working in our world. Jesus is made visible through them.

4. **A recent NCF document, *Essentials of Christian Nursing*,** can help to give more specific direction and ideas for what to include as communities of nurses and students – groups, 1X1 mentoring relationships – learn and represent Jesus together.

*Overall topics for learning and modeling Christian discipleship in nursing:*

+ Professional growth (nursing from a Christian perspective)

- + Personal health and growth (caring for self, health and wellness)
- + Spiritual formation (growing a relationship with God through Jesus Christ)
- + Leadership development (developing gifts God has given to serve others)

**C. An overview of NCF resources for mentorship described on the NCF website, [www.ncf-jcn.org](http://www.ncf-jcn.org)**

Discover all the biblically based resources that are available –treasures that implement the foundations for mentorship and Christian discipleship in nursing! Those involved in mentoring relationships can use the resources together, as well as individually. Talk about what you are discovering.

1. **Connections within the NCF community** are fostered through the website guiding you to student and nurse-led groups, e-newsletters, stories of God at work, NCF Membership, focused prayer for NCF and nursing, leadership development video calls, CE events, *Journal of Christian Nursing*, Bible studies, books and spiritual care resources, social media....

Significant resources on the website are also highlighted below with tools to use in the process of mentorship.

2. **Bible studies** – These assist you to discover how the Word of God, students & nurses can dialogue together, leading to transformed lives and a call to nursing as ministry for Christ.

Note: see [Introduction to Bible Study](#) in the website pages on Bible study for more guidance on interacting with God through reading the Bible.

Also see a recently released Bible study series of 11 studies about [following Jesus](#) posted on the NCF website. This could be a place to start, a resource to discuss in a mentoring relationship:

**[Following Christ in Nursing](#)**

*Description from the website:* This Bible study series begins with an invitation from Jesus to come to him, learn from him, and receive rest. Jesus cares for nurses and students and calls us to be his messengers. Follow Jesus in his interaction with people facing different challenges, including death and grief, and learn from him about providing spiritual care in nursing. Consider ways that Jesus and his followers bring justice and hope to the nations.

Following Jesus in nursing gives us a biblically based, Christian perspective of ourselves, our colleagues, patients and families, and issues in healthcare. These are life-giving foundations for us—and for our profession.

These Bible studies can be used by individuals, small groups, or by nurses mentoring new graduates and students to prepare the next generation of

Christian nurses.

See also the first Bible study in the series, [Who Do We Follow?](#) (Matthew 11:28-30).

3. ***Journal of Christian Nursing*** – a vital resource for mentorship (by the person who is mentoring, and the younger nurse)!

a. *JCN* is a benefit of NCF Membership. It addresses contemporary issues in nursing from a Christian perspective. Discussion of articles, in mentoring relationships as well as in the national video discussions for CE, prepares nurses for Christian understanding of nursing as well as influence in our profession.

b. Members have access to [JCN Topical Collections](#) on many topics, such as: spirituality and spiritual care, personal/professional growth, mental health, healthcare missions.

c. How to access past *JCN* articles and *JCN Collections* on topics can be found under [Member Benefits](#). You'll also find the link for how to access the *JCN* here

d. On the *JCN* website, look under Articles and Issues on the far left to access specific issues or collections. The doi number will help you find the article. The articles below focus on the topic of mentoring and on issues that may come up in mentoring discussions:

Brown, B. L. (2013). Mentoring or mimicking? *Journal of Christian Nursing*, 30(3), 185. doi: 10.1097/CNJ.0b013e31829612ad

Harris, C., Griffin, M. T. Q. (2015). Nursing on empty: Compassion fatigue signs, symptoms, and system intervention. *Journal of Christian Nursing*, 32(2), 80 – 87. doi: 10.1097/CNJ.000000000000155

Hawkins, M. D. (2019). Barriers to preceptor placement for nurse practitioner students. *Journal of Christian Nursing*, 36(1), 48 – 53. doi: 10.1097/CNJ.0000000000000519

Jacobson, S., & Stallwood, L. (2018). Virtual prayer groups: An experience of sacred space. *Journal of Christian Nursing*, 35(3), 180 – 183. doi: 10.1097/CNJ.0000000000000505

Meyer, C. (2005). Mentoring for spiritual caregiving. *Journal of Christian Nursing*, 22(1), 38 - 40. doi: 10.1097/01.CNJ.0000262330.90338.63

McHolm, F. (2006). Rx for compassion fatigue. *Journal of Christian Nursing*, 23(4), 12 – 19.

Nease, B. (2010). Master mentor and connoisseur coach: Learn from the Best!  
*Journal of Christian Nursing*, 27(4), 322 – 234. doi:  
10.1097/CNJ.0b013e3181eeddba

Thomas, C. M., Allen, R., & Edwards, J. (2018). Strategies for successful nurse-  
student preceptorships. *Journal of Christian Nursing*, 35(3), 174 – 179. doi:  
10.1097/CNJ.0000000000000506

**Opportunity and Encouragement:** God has called us as an NCF community within nursing to make a difference in the future of our profession. We have been blessed by relationships – with God, one another, and avenues to share the good news of Jesus Christ through actions and words. Many resources that equip us for nursing as ministry for Christ also have blessed us. God is with us, and it is a privilege to be part of God’s mission in our world.