

## NCF SelfCare 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 proxie. Attach a card letting them know NCF cares!)

“Do you have a minute to share your thoughts about self care?”

### 1. Holistic Self Care (panels 1 and 2)

“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)*

Possible follow up questions:

- “Why is that important to you?”
- *Give room for conversation, sharing a thirst 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

“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? 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?”
- “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. I have one last panel to show you that explains a little bit more about how that works”

### **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.”

#### **The second circle: Damaged by Evil**

“But we don’t have to look far to see there are things in the world that are not good. We took matters into our own hands and wanted to do things our way not God’s. That has led to suffering in our own lives and the lives of those around 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. He sent his son Jesus to restore us and the world. We need to simply believe and trust in his promises and ways, asking him to forgive wanting to do things our own way.”

#### **Fourth Circle: Sent Together to Heal**

“From there he invites us to participate with his in restoring the world, we are sent to heal, caring for those most vulnerable around us in his name.”

#### **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)