



## Wisdom from the Word

By Cathy Walker

# Faith in the Fray

Sometimes patients need quiet and stillness to heal. When wounds require immobilization, patients may fight against restraints or face despair. Our patients are not the only ones to squirm when asked to be still. Our profession demands that we move. We cannot assist without being on our feet. Stepping aside from the physical, we may not recognize the need for emotional stillness or rest. Sometimes we need the Red Sea before us and the Egyptians closing in behind us before we realize there is no way to go. Being still sounds crazy! Impossible! Risky!

In just such circumstances God instructed Moses, and Moses spoke the following to frightened people: Don't be afraid; watch for God to work; be quiet (Exodus 14:13-14). These are not the expected directions one would anticipate from the leader when your enemies have you trapped. God knew exactly where the people were, what they needed, and the urgency of the need. He hadn't lost track nor forgotten them. They did not need an army or an escape route. Courage for battle wasn't encouraged. Rather, trust and stillness were needed to yield a miracle. God did the work. Their part was to set aside fear—think terror—and stand still when the enemy was charging toward them. They were instructed to watch—watch for God to work. Nowhere in nursing practice

do we stand by when a patient needs immediate assistance.

### HEARING THE WORD

And Moses said to the people, as stated in Exodus 14:13-14 (ESV):

Fear not, stand firm, and see the salvation of the LORD, which he will work for you today. For the Egyptians whom you see today, you shall never see again. The LORD will fight for you, and you only have to be silent.

### RESPONDING TO THE WORD

Fear is real. You've seen it in patients' eyes. You've felt it within your spirit. And stillness has never crossed your mind. Or has it? God's Word is replete with assurances not to fear. God directly addressed our humanness, telling us not to fear.

- What is your go-to response to fear? When do your fears most easily surface?
- Describe a time when God asked you to be still amidst your fears. What obstacles had you feeling trapped? What did you learn about God?
- Have you experienced a time when the results were such that only God could have orchestrated that outcome? How did God work?
- Consider Joshua 1:9 and Isaiah 41:10.

### APPLICATION

How likely is it that you have experienced feeling trapped and afraid? How do you move from fear to stillness of spirit when trapped in overwhelming circumstances? Being still sounds crazy!


In and of ourselves, we can't be still. And that is where lessons from the

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Hebrew people fleeing Egypt after great destruction apply. Physically, the people were trapped. But God had a plan. His plan required his action. It had to be clear the glory was all his (Exodus 14:18).

Our faith deepens when there's nothing we can do. It is evident God is asking us not to fear, to be still, and to watch. "Be still, and know that I am God" (Psalm 46:10, NIV). We prefer to have options and take action. Yet, something remarkable happens when we stand still in the fray with faith. Here we experience God and others have opportunity to see him at work. He receives the glory; we receive the benefit. Our quiet confidence in God speaks volumes to those watching and increases our faith exponentially.

- What comfort does faith in the fray offer you? How is it tangible? Do others ask how you did that?
- What is needed to engage your faith amid fear?
- Describe the role of emotional stillness in faith.

As your faith deepens, pay attention to the role of stillness and quiet. Your quiet confidence bears witness to God in your life and illustrates for patients and colleagues the difference faith makes in daily living. 



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