



Who Do We Follow? Matthew 11:28-30

As we prepare to care for others as nurses, it is helpful to assess stressors in our own lives (physical, emotional, mental, social, spiritual). Reflect on personal, school, and work challenges you are facing this week. How do they affect your stress level?

Thankfully, Jesus Christ is present to walk with us in our journey, personally and in nursing. Jesus has already experienced the challenges we face because he cared for people in need when he was physically present on earth.

Hearing the Word

1. Read [Matthew 11:28-30](#), noting invitations Jesus gives to us:

“Come to me, all you that are weary and carrying heavy burdens and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Also read [The Message](#) paraphrase of these verses:

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

2. Underline some phrases in the text that get your attention.

What may Jesus want to say to you considering the stressors or burdens you identified?

3. What may be factors that keeping you from responding to Jesus’ invitation, “*Come to me... learn from me?*”
4. Jesus says, “*I am gentle and humble in heart.*” This may be a description of the Lord that is different from your own experience. Talk with Jesus about this. Ask God to release you from inaccurate perceptions of who Jesus is.
5. Unrealistic expectations from others, and ourselves, can lead to feeling burned out in different areas of our lives. What steps can you take to “*learn the unforced rhythms of grace*” in your own life?

6. Give examples of different kinds of rest (physical, emotional, mental, social, spiritual) that would be helpful for you.

Responding to the Word

- Read the passage again, noting what you underlined, and your reflections on the questions above.
- Think about what you have seen about Jesus' care for you. What difference will this make as you follow Jesus in caring for others through nursing?
- Listen to ways the Holy Spirit is prompting you to receive and respond to what Jesus is saying in this passage.
- Write 1-2 actions you will take to apply God's Word to your life. Share your plans with a friend who will support you in prayer and accountability.

Note: The Bible study series, [Following Jesus Christ in Nursing](#), invites us into a relationship with Jesus where we learn to follow him as disciples. Jesus provides resources to help us to care for ourselves and grow spiritually. The Bible study series helps us learn from Jesus as he cared for people with many different needs. You will meet people like those you see in clinical settings.

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

Enjoy the journey as you meet and follow Jesus through the Bible passages in this series!