

## Stress in the Life of a Nursing Student

As you gather together to hear and apply God's Word, start by sharing how you were influenced by the previous study since your group last met. Use the following questions for review.

### **D** Debrief & Interpret

- How did you apply the previous Scripture study?
- What did you learn about God as you applied the Word? What did you learn about yourself?

### **H** Hear the Word

*You can look almost anywhere in Scripture and see stressors in the lives of people in the Bible. Jesus was no exception to that, so let's look at how Jesus handled stress in his life.*



#### [Read Mark 1:21-39:](#)

<sup>21</sup> [Jesus and his disciples] went to Capernaum, and when the Sabbath came, Jesus went into the synagogue and began to teach. <sup>22</sup> The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law. <sup>23</sup> Just then a man in their synagogue who was possessed by an impure spirit cried out, <sup>24</sup> "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" <sup>25</sup> "Be quiet!" said Jesus sternly. "Come out of him!" <sup>26</sup> The impure spirit shook the man violently and came out of him with a shriek. <sup>27</sup> The people were all so amazed that they asked each other, "What is this? A new teaching—and with authority! He even gives orders to impure spirits and they obey him." <sup>28</sup> News about him spread quickly over the whole region of Galilee. <sup>29</sup> As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. <sup>30</sup> Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. <sup>31</sup> So he went to her, took her hand and helped her up. The fever left her and she began to wait on them. <sup>32</sup> That evening after sunset the people brought to Jesus all the sick and demon-possessed. <sup>33</sup> The whole town gathered at the door, <sup>34</sup> and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was. <sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. <sup>36</sup> Simon and his companions went to look for him, <sup>37</sup> and when they found him, they exclaimed: "Everyone is looking for you!" <sup>38</sup> Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." <sup>39</sup> So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

#### Discuss:

- Highlight the stressors that Jesus experienced in this passage. What do you notice about how he handled stress?
- How was Jesus able to turn stressors from potentially negative outcomes to positive ones?
- How do you observe Jesus setting boundaries and limits for himself? What do you think motivated him to do that?

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## **R** Respond Actively

As you end your study, choose one or both of the options below to apply the Scripture to your life this week.

- *Internal:* Nursing school is full of stressors! What are the biggest stressors in your life currently? What can you learn from Jesus about managing and handling stress in your life? What is one concrete step you can put into practice this week in response to this passage?
- *External:* Jesus never lost connection to his mission despite the stressful demands flying at him from every direction. He knew that he needed to go and share about the good news of God to those who have not had a chance to hear (v.38). It is easy to lose sight of the mission of NCF on campus – while we run meetings and lead Bible studies, we forget that there are many on campus who don't have a relationship with Jesus. Who do you know in nursing school that needs Jesus? Make a list of students whom you can invite to the next NCF meeting – and commit to doing that this week!