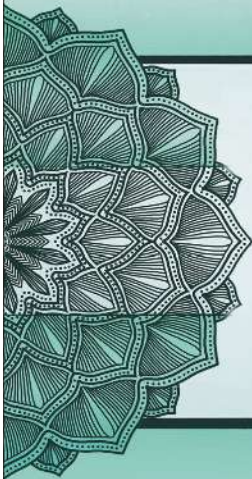


# *Maitri 2017*

In Pursuit of Maturity in Christ



*"Accept one another  
just as Christ accepted you..." Romans 15:7*



**Maitri**  
**2017 Bible Studies**

**Chaplaincy**  
**Christian Medical College**  
**Vellore**

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*Dear Friends,*

*It is with immense joy that we publish the fifteenth volume of Maitri for the year 2017. "Maitri" in Sanskrit means "Friendship". This was prepared with the intention of providing a framework for our weekly departmental Bible study.*

*Picture in the cover page depicts accepting one another in the process of building God's Kingdom whereby hundreds of people who visit us may experience God's healing and presence.*

*The themes and reflections in this volume are designed for fulfilment of the vision of Aunt Ida by strengthening Christ centered community and bringing the abundant life to the people so that the reality of the Kingdom of God may be experienced.*

*Let me take this opportunity to thank all those who contributed to this volume and those who took pain to edit, translate into Tamil, design the cover page and make the production possible on time.*

*May our discussions and reflections bring clarity in thinking, commitment in our work, and peace and harmony in our relationships. May we grow deeper in our maturity in Christ.*

*With best wishes and prayers,*

*Chaplain*

*January 1, 2017*

### **Aunt Ida's Prayer**

*Father, whose life is within me and whose love is ever about me, grant that Thy life may be maintained in my life today and everyday; that with gladness of heart, without haste or confusion of thought, I may go about my daily tasks, conscious of ability, to meet every rightful demand, seeing the larger meaning of little things, and finding beauty and love everywhere and in the sense of Thy presence may I walk through the hours breathing the atmosphere of love rather than anxious striving.*

### **VISION STATEMENT**

The Christian Medical College, Vellore seeks to be a witness to the healing ministry of Christ, through excellence in education, service and research.

### **THE OBJECTIVE**

The objective of the Christian Medical College, Vellore is the establishment, maintenance and development of a Christian Medical College and Hospitals in India, where men and women shall receive an education of the highest grade in the art and science of medicine, nursing, or one or other of the related professions, to equip them in the spirit of Christ, for service in the relief of suffering and in the promotion of health.

### **MISSION STATEMENT**

The primary concern of the Christian Medical College, Vellore is to develop through education and training, compassionate, professionally excellent, ethically sound individuals who will go out as servant-leaders of health teams and healing communities. Their service may be in promotive, preventive, curative, rehabilitative or palliative aspects of health care, in education or in research.

In the area of research, CMC strives to understand God's purposes and designs, fostering a spirit of enquiry, commitment to truth and high ethical standards. Research may be aimed at gaining knowledge of the fundamental bases of health and disease, at improving interventions or in optimising the use of resources.

In the delivery of health care, CMC provides a culture of caring while pursuing its commitment to professional excellence. CMC is committed to innovation and the adoption of new, appropriate, cost-effective, caring technology.

CMC reaffirms its commitment to the promotion of health and wholeness in individuals and communities and its special concern for the disabled, disadvantaged, marginalized and vulnerable.

CMC looks for support and participation in its programmes in education, service, outreach and research, from friends and like minded agencies in India and abroad, in a true spirit of partnership.

In its role as a living witness in the healing ministry of Christ, CMC seeks to work in partnership both with the church in India and the universal church, and their institutions.

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## REACHING FORWARD

## PHILIPPIANS 3:12-16

**Key Verse:** *"Where there is no prophecy, the people cast off restraint, but happy are those who keep this law." Proverbs 29:18*

Happy New Year! When we come cross a New Year we go through an irresistible exercise which is both looking back and looking forward. Looking backward makes us only regret because of the unaccomplished tasks, unfulfilled dreams, failures, shortcomings etc; whereas looking forward into future brightens us up with the possibilities of new hope, new strength and new avenues that are ahead of us to be ventured into with the help of God.

In the hymn 'Great is Thy Faithfulness O God my Father' the author Thomas Obediah Chisholm mentions in one of the verses that strength for today and bright hope for tomorrow is what we need.

Even in today's passage Apostle Paul says that we need to forget the past and look forward to the things that are ahead. Philippians 3:13. We with our minimal wisdom can't see what lies ahead or await us in this New Year, but God is

faithful, He will lead us through as He led us in the past.

As we begin this New Year, let's set new goals and new vision as individuals, families and institution. Let's ask God for His wisdom, strength and guidance, that our lives will be a blessing to many who come across our lives. "I can do all things through Christ who strengthens me" Philippians 4:13

### **For reflection and discussion:**

1. Lessons from the past- discuss
2. How do we plan for the future?

## BUILDING TOGETHER

## NEHEMIAH 4:1-7

**Key Verse:** “So we rebuilt the wall, and all the wall was joined together to half its height; for the people had a mind to work.” Nehemiah 4:6

Building together can be perceived in an organizational setting like CMC as developing, planting, sustaining or improving the place of work with contributions from each of its employees. This is an important organizational value that encourages and motivates colleagues in our work areas. In the Bible passage we read, Nehemiah was able to build the broken walls in Jerusalem within 52 days. The massive work God called him to do which he completed in record time, would not have been possible without his people’s support. Each of them did their bit by constructing that part of the wall which was in front of their houses (Nehemiah 3) and they did it with “one mind”.

One mind means a deep seated and shared value system or common cause which gave them a reason for their work. ‘Unity of mind’ is conveyed in other Biblical passages like 1 Peter 3:8, and Philippians 2:2. It is rightly said that the battle is either won or lost in our minds even before the event takes place.

Nehemiah could accomplish this huge task because: 1) His concern for the kingdom of God and honor of God 2) His love for his fellow Israelites and 3) His passion to make Jerusalem a safe place for the return of his people. If we look at our own organizational history we know that Dr Ida Scudder was called by God into His business of Kingdom building. She was driven by a sacrificial love for others manifested by her motto of selfless service. Her vision and purpose were clear and made evident to the generations to come.

As we build God’s kingdom may we be of one mind and heart like the Israelites in Nehemiah’s time. This would correspond to taking responsibility for our respective departments or work places. We may not know the details of what others are doing in obedience to God. Still we can do our work diligently. Only God sees the bigger picture like a master builder. We rejoice in being his co-workers.

### For reflection and discussion:

1. What do we mean if we say “it’s not what I can get out of CMC but what I can give back to CMC which is important”.
2. List three actions which you could take to encourage someone this week.

*Pray for:*

**Directorate**

**Promotion and PTP Office**

**Hospitality and International Relations**

**Public Relation Office and Main Enquiry**

**CMC Association**

**Quality Management Cell**

**Development Office**

**Chittoor campus, Kanigapuram campus**

CSI Trichy – Tanjore Diocese

*Hospital :* CSI Hospital, Trichy and others



## HUMAN TOUCH IN HEALTH CARE

MARK 1:40-42

**Key Verse:** “Moved with pity, Jesus reached out His hand and touched him and said to him “I do choose, Be made clean!” Mark 1:41

When a man with Hansen’s disease begged to be healed, Jesus filled with compassion, reached out his hand and touched the man saying, “Be clean”, and he was healed. Jesus knew the value of ‘Touch’. He could have healed the suffering person, even from a distance, without even seeing him. When Jesus met this Leper, in spite of the law forbidding it, He not only healed his sickness, He also healed his spirit by giving him what he needed most – the ‘human touch’.

When a ‘spoken word’ or a ‘look’ can make all the difference, ‘a touch’ surpasses both. A simple shake of the hand of your loved one, a baby cuddled in his mother’s arms, a hand over your child’s shoulder, means more than a thousand words. Studies show that human touch increases the chances of survival among premature babies. A mother’s touch eases a child’s pain. Even animals touch their young with this love energy. There are times in our lives when the stress of living makes life almost unbearable. A touch of understanding can be quite reassuring. We can all be ‘healers of each other’. A touch helps us to grow strong in our confidence and self acceptance. A compassionate touch nurtures and strengthens a sick person’s will to live.

The touch of Jesus penetrates into every aspect of our lives - physical, spiritual and emotional. When we touch a life at its authentic core, when the traditions and the fears of the world are broken in love, it results in healing and great joy.

### For reflection and discussion:

1. Who are the people around us who need our touch? Have the electronic monitors and machines in the hospitals reduced human touch?
2. How do we encourage medical professionals to be loving and caring?

*(taken from Maitri, 2007)*

*Pray for:*

### **Accounts**

#### **Internal Audit**

Andhra Evangelical Lutheran Church

*Hospital :* Baer Christian Hospital, Chirala and others.

Arcot Lutheran Church

*Hospital :* Danish Mission Hospital,

Tirukoiloor and others

All India Association for Christian Higher Education

Australian Board of Vellore CMC



## UNITY

JOHN 17:20-26

**Key Verse:** *"How very good and pleasant it is, when kindred live together in unity!" Psalm 133:1*

Unity is oneness, togetherness, absence of division, oneness of mind or feeling, harmony and agreement, a state of being one or joined together.

Unity is like a human body which consists of many parts like, toes, fingers, hands, feet, legs, eyes, ears, etc. There is diversity in unity not uniformity. The parts do not look alike they do not function alike, yet they are important, needed, interdependent and all work towards the same end. Some parts are covered, others are within the body and are unseen, but nevertheless important (I Corinthians 12:12-24). Unity is like musical harmony, produced by different instruments, all tuned to the same chord.

In the prayer of Jesus, his desire for his followers is explained: that they may be one. This is based on the unity of Jesus with His Father. Jesus prayed *"That they all may be one"* (John 17:21). It is our unity with fellow humans and with God. Anyone who has this unity will see the glory of God, be made perfect and will receive God's love. It is a unity that can witness and testify to the world that Jesus is the Son of God and only through Him can we become one with each other and with God. Though we are different in colour, culture, background, status and position we are one in Christ. *"There is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave or free, but Christ is all and is in all"* Colossians 3:11.

It is natural for human to be divided rather than to be united. It is more natural for men to fly apart than to come together. We seem to fear diversity instead of looking at it as a strength. The hindrance to unity most of the time is because people love themselves more than they

love each other. Unity will not happen when there are feelings of self importance and conceit.

We need unity, because it gives us strength, J.K Rowling said *"We are only as strong as we are united; as weak as we are divided"*. Secondly it empowers, it gives courage to the weak in the face of everything that might otherwise frighten them. Thirdly, it gives peace and joy.

The beauty of unity is when people with differences, in one mind come together striving for the same goal. The Psalmist said *"How good and pleasant it is, for brethren to dwell together in unity"* Psalm 133:1.

### For reflection and discussion:

1. What is the difference between Uniformity and Unity? Why do we need Unity?
2. What are the hindrances to unity in our working place?

*Pray for:*

### **Accident**

### **and Emergency Medicine**

Catholic Health Association of India

*Hospital :* St. John's Medical College and Hospital, Bangalore and others

Chaldean Syrian Church of the East

*Hospital :* Mar Timotheus Charitable Hospital, Trichur

Council of Christian Hospitals, Serango Christian Hospital and others

Canadian Baptist Overseas Mission Board

Canadian Council of Churches Vellore

Ludhiana Committee



## INTEGRITY

## PROVERBS 28:6-10

**Key Verse:** *"I know, my God, that you search the heart and take pleasure in uprightness; in the uprightness of my heart. I have freely offered all these things, and now I have seen your people, who are present here, offering freely and joyously to you." I Chronicles 29: 17*

Integrity means doing the right without compromise. There is no dishonesty and deception in integrity. My professor once reminded me as a young student, "you can lose everything as you pursue your studies but remember to take your integrity with you when you leave the seminary. Don't compromise it with anything. That is what is most important." Integrity is not equal to perfectionism but it is having courage to admit our shortcomings and making amends where necessary. Integrity is also the ability to integrate the values of our hearts into our daily actions. God regards and places a high value on integrity as we find in Proverbs 28:6. The riches and glory of this world fall short when compared to integrity as the former may perish but a person of integrity stands the test of time.

The given text explains that persons of integrity are safer and happier as they desire to walk in a way that pleases God. It speaks of a danger to those who choose to walk in two ways: pretending to be virtuous but practicing vice. Those who love a life of integrity are of more blessing to the world because of their honest attitude.

Persons of integrity will never sell themselves at any price. It is not taking the easy way of pleasing people to climb up the ladder of success or make things happen faster. Integrity does not compromise nor is it afraid to stand alone as long as truth is maintained.

Integrity is the fundamental pillar of character. Building one's image based on character is better than basing it on reputation, gifts and talents. Living at the expense of another's favour might become tiring with the passage of time. We may please a few but the others might not respect us for who we are. People of integrity enjoy inner peace with God and within themselves. They may not be liked by others but they are trusted and therefore able to influence people.

### For reflection and discussion:

1. Integrity is the fundamental pillar of character. Discuss.
2. What is your attitude towards people whom you feel do not have integrity in life?

---

*Pray for:*

**Anaesthesia**

**Operation Theatre**

**SICU & HDU**

Christian Assemblies in India

*Hospital :* Tiruvalla Medical Mission, Women's Hospital, Ambajipeta, Narsapur Christian Hospital and others

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## CULTURE OF CARING

## PHILIPPIANS 2:19-24

**Key Verse:** "Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are." Romans 12:16

Care is thoughtfulness about someone's expressed, unexpressed and unforeseen needs. Rendering 'care' is possible only when one is convinced that real happiness and joy will come from serving others. True caring is a means of fostering an open, accepting, and inclusive environment which is profound in the ministry of Lord Jesus Christ.

We, as members of the community which is carefully and intentionally developed over the period of time, need to understand that someone is in our corner and are ready to provide support, encouragement, and motivation. This requires one to 'step out' and 'reach out'. Stepping out and reaching out is challenging until we let go of our exclusiveness and prejudices.

In the passage read, we see how Paul recognizes Timothy and Epaphroditus as persons who care. He talks of Timothy and Epaphroditus as persons with genuine concern and selfless in terms of caring for others. We see the chain of care among Paul, Timothy, Epaphroditus and the people in Philippi even though Paul was imprisoned. Expressing genuine concern is possible the moment we own the community. On the other hand, sense of belonging will eventually result in spontaneous and thoughtful caring.

There is a possibility of placing ourselves in the higher pedestal which might put down the recipient of care. Let's not fall prey to the snares of *negligence and omission*. We need to make sure that caring is provided in love and humility. Culture of caring will ensure loving, respectful and dignified Christian environment in the

community and society that we are in. There will certainly be people who will thank God for what we mean to them. In today's Bible passage we see that Paul identifies Timothy to be the person with genuine care. Do people in my department and community identify me as person with genuine care? Let's think sound!

### For reflection and discussion:

1. How can we experience the sense of belonging in the community we are in?
2. What are the possible means of providing open, accepting, and inclusive 'care'?

*Pray for:*

**Department of Medicine**

**Geriatric Medicine**

**Clinical Immunology and Rheumatology**

**Medical ICU and HDU**

**Clinical Epidemiology Unit**

**Acute Medicine**

CSI North Kerala Diocese

*Hospital :* CSI Mission Hospital, Codacal and others

CMC Ludhiana, Punjab

CNI Nagpur Diocese

*Hospital :* Mure Memorial Hospital, Nagpur

Christoffel Blinden Mission





**LOVE WITHOUT COUNTING THE COST - THE REVEREND A.C.OOMMEN  
(1921 –2015) HEBREWS 12:1-2**

**Key Verse:** *"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith..." Hebrews 12:1,2*

We are encouraged by the fact that there are so many who have gone before us from within our community. The Lord reminds us that we are not alone in this journey of faith. We are called to set aside our cares and focus on Him who is the author and finisher of our faith.

The Rev. A.C.Oommen was born in 1921, had his schooling in Kaviyoor and after graduation he went on to do theology in Calcutta. He was very involved in the Student Christian Movement during his youth. He worked with the Manganam Ashram. Following the call of Gandhiji during the freedom movement he left his studies to work in the relief camps in Delhi and Ambala. This influence transformed him into a true Gandhian for the rest of his life. Later on he moved to Uganda in Africa to be a teacher between 1954 and 1961. He was ordained in 1960, worked in a remote parish in Kattampackal, Kerala between 1961 and 1964. He then joined CMC Vellore as a chaplain.

He worked as the dean of Chaplaincy department from 1964 to 1981. He was instrumental in defining the role of the chaplaincy in a significant manner. The patients who were admitted into the hospital found God's presence in the comforting visits of 'Oommen Achen' as he was fondly referred to. Students who went through the portals of CMC were greatly influenced by the God-centred spirituality radiating through Achen Oommen. Achen Oommen's preferential option for the poor and marginalised, emphasis on justice during his conversations and reflections could not be missed by any who met him. His simple life style demonstrated that he walked the talk.

The Rev. A.C.Oommen also immensely contributed to various other organizations such

as the Christian Medical Association of India, Union Christian College, United Theological College, Union Biblical Seminary, CFH Oddanchatram, Christian Hospital Bissamcuttack and several other institutions.

It is said of him that he once boldly challenged the authorities of the Hospital Canteen at Vellore with regard to the sale of cigarettes. When he sensed hesitation in the removal of the racks, he offered a hundred rupee note ( which was quite a sum those days) and said that he would buy the whole rack if it was not removed. That was the last day that cigarettes were sold within the premises of CMC. He never hesitated to clearly present the traditions, value systems and the ethos of CMC with boldness. He was always ready to include people of all backgrounds. His understanding of God was always centred on Christ.

Achen breathed his last in 2015 at the age of 94. He will be remembered by many as a fine preacher, compassionate pastor a conscientious leader and a consecrated saint and a prophetic voice of his time.

**For reflection and discussion:**

1. What can we learn from those who have gone before us?
2. As CMC staff, what is expected of us from the Lord?

*Pray for:*

**College of Nursing  
College of Nursing Library  
Community Health Nursing  
Student Nurses Hostel**





**CONFLICT RESOLUTION****GENESIS 4:3-9**

**Key Verse:** *“By this everyone will know that you are my disciples, if you have love for one another.”*  
John 13:35

Diversity in human nature inevitably leads to conflict. We are individuals with different backgrounds, points of view, levels of expertise, experiences, and belief systems. It is thus natural when two or more of us work together there may be conflict. Conflict is not necessarily bad or destructive. Often it is out of conflict that innovations and improvements arise. Jesus himself did not avoid conflict when he spoke about righteousness and truth. However, unresolved conflict can lead to bitterness, stress and sometimes downright meanness. This was brought out in the way Cain chose to act in response to his bitterness towards his brother Abel.

Sometimes our natural instinct to defend our viewpoint can lead us to resort to ways of the world. Do we rally the troops? Defend ourselves? Play the victim? Undermine the opponent? Conveniently ignore facts that don't support our side? Can we, instead, hold steadfast to Biblical teaching, even when our feelings are dragging us in the opposite direction? The Bible offers us some challenging courses of actions in response to conflict:

1. Try and look at the others' perspective. In Matthew 7: 5, Jesus says, “You hypocrite, first take the plank out of your own eye so that you may see clearly to remove the speck from your brother's eye”.
2. Avoid lingering conflict: Matthew 5:24. “...first go and be reconciled, then bring you gift to the altar”; Ephesians 4: 26: “...don't let the sun go down on your anger”.

3. Let go of anger by turning to prayer: Luke.6:28. “bless those who curse you, pray for those who mistreat you”
4. Make a choice to show love and not hatred: Romans 8: 19-21. “Do not overcome evil with evil, but with good.”

The apostle Paul urges the Corinthians to “live to the glory of God” (1 Corinthians. 10:31). He wasn't talking about an hour on Sunday morning but honouring God in everyday life and in our interactions with others.

**For reflection and discussion:**

1. Think of a conflict situation you have faced in the work place. How do you apply any of the above Biblical principles to move forward in that relationship? Share experiences where conflict has been resolved.
2. How often do people know that we are his disciples by the love we have for one another (John 13:35)?

*Pray for:*

**Chaplaincy**

CNI Synod – The Synodical

Board of Health Services

*Hospital :* St.Stephen's Hospital, New Delhi,

Lady Willingdon Hospital, Manali and others

Christian Service Society of Bengal,

Orissa and Bihar

Christian Mission Service, Germany

Christian Medical Association of India (CMAI)



## REMEMBERING OUR MORTALITY

## PSALM 90:1-17

**Key Verse:** “So teach us to count our days that we may gain a wise heart.” Psalm 90:12

This Psalm contrasts the impermanent and the eternal. The grass of the field survives for days, human beings may live for decades, the mountains endure for millennia, but God alone is eternal. In good health we sometimes feel invincible. We assume that serious illness happens to our patients. But we are only one of the thousands of generations that have walked this earth.

CMC too has its “generations”. A child is born in a labour room, studies in a local school, may do the entrance, become a CMC student, a staff member, perhaps even HOD or administrator. Then follows retirement, loss of productivity, frailty, illness, dependence, death and an obituary. In the prime of our youth, when we are efficient and in control, we forget how fragile our life really is, how dependent we were on our parents, and how dependent we will be on the young ones of today.

This thought should keep us humble and mindful- to discern God’s will as we order our priorities and our relationships. Yet it is not a cause to fear. God is eternal, our hope is to be loved eternally.

In some way, knowing our smallness is liberating because we can surrender the future to the Creator. We do not have to worry, manipulate, or compete. The big issue of today might hardly be an issue on our deathbed. The still, small voice that calls us to the road less travelled, the little opportunities for faith and love today- so easily ignored, may be what determine our eternity.

### **For reflection and discussion:**

1. What is a ‘big’ thing for me today, which may be a small thing at the end of my life?
2. Realising the limitedness of our lives how do we change our mistaken priorities?

*Pray for:*

**Biostatistics**

**Bioengineering**

**Anatomy**

**Physiology**

CSI Coimbatore Diocese

*Hospital :* CSI Hospital, Erode



## TEMPTATIONS OF A HEALTHCARE PROFESSIONAL

MATTHEW 4:1-11

**Key Verse:** “Do not bring us to the time of trial, but rescue us from the evil one.” Matthew 6:13

Temptation is an allurements, an enticement, a desire, or an urge to engage in any act that is against the will of God. The Lord Jesus was tempted, and we know that He did not sin. The Bible says that He was “in all points tempted like as we are, yet without sin.” James said, “Every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust has conceived, it brings forth sin: and sin, when it is finished, brings forth death” (James 1:14-15).

The presence of temptations is especially evident at the workplace where the pressure to conform and to compromise is very great, and hence it is not uncommon to fall into temptation and eventually sin. Very often, the worker may be drawn to his colleagues’ habits and lifestyles that run contrary to personal convictions as well as biblical principles and standards. It is not unusual for one to be exposed to some unethical and sinful practices at the workplace. Among the common unethical practices are the following: lying, cheating, stealing, corruption, bribery, etc. With standards and guard lowered, it will not be difficult for one to compromise. And so, in addition to the urge to conform to unethical practices in the workplace, one may succumb to the urge to compromise and fall into such sins like: sexual immorality, smoking, drinking, drugs, gambling, senseless merrymaking, covetousness, looking for greener pastures, etc.

As a Christian institution, we have a high standard that is patterned after God’s holiness and righteousness that should be manifested in our conduct. In the words of the Apostle Paul, we read, “That you may be blameless and

harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom you shine as lights in the world” (Philippians 2:15).

Jesus’ words to his disciples give us a great starting point to thinking about how can we tackle temptation today. ‘Watch and pray so that you will not fall into temptation’ (Matthew 26:4). Prayer and the Word of God are powerful and effective tools to overcome temptation.

Here are some suggestions that will help overcome temptation. (i) Avoid friends and companions who lead you to do wrong things, (ii) Be careful of what you look at, (iii) Guard your thought life, (vi) Don’t allow evil thoughts to remain in your mind, (v) Know your weak points, (vi) Confess sin immediately, and (vii) Look to the Lord to deliver you from temptation.

### For reflection and discussion:

1. What are the ways in which we get tempted in our work place?
2. How should we overcome these temptations – What are the steps we can take as a department?

*Pray for:*

**Clinical Biochemistry**

**Biochemistry**

CSI Dornakal Diocese

Hospital : St.Mary’s CSI Hospital,

Khammam and others

Friends of Vellore, Germany



## BE HUMBLE

## I PETER 5:5-11

**Key Verse :** “He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God”. Micah 6:8

Humility is next to Godliness. The opposite of humility is pride and it reminds us of an inflated balloon. A mere touch can cause it to burst. When we are proud we are very close to bursting and don't even realize it. Humility is a learning experience. Often the road to getting there is painful because of pride that prevents us from being humble. Humility is a way of yielding to the mighty hand of God. We are to be clothed in it, to put it on as a garment. Not as a sign of weakness but as a sign of strength in resisting personal pride.

So we could sum up that true humility means seeing God as the giver and sustainer of everything and seeing ourselves as sinful and needy in His presence. We need to trust totally in Him and not in ourselves, so that He gets all the glory. It is significant that the first aspect of a renewed mind that apostle Paul mentions in Roman 12:1-2 is humility. As James 4:10 exhorts “Humble yourselves in the presence of the Lord, and He will exalt you”, we also read in Luke 18: 14 that Jesus said “for everyone who exalts himself will be humbled but the one who humbles himself will be exalted.”

Pride is associated with arrogance, destruction and humiliation while humility is associated with wisdom, honour and rewards. The apostle Peter said in 1 Peter 5:6 “let us humble ourselves under the mighty hand of God that He may exalt us in due time”.

### **For reflection and discussion:**

1. How should a humble person respond when someone pays him a compliment for something he did well?
2. Think of a recent relational conflict that you were a part of. How would humility on your part have affected the outcome?

*Pray for:*

**Cardiology**

**Cardiovascular**

**and Thoracic Surgery**

CSI Kanyakumari Diocese

*Hospital :* CSI Hospital, Neyyoor and others

CSI Karimnagar Diocese



## **FORGIVENESS**

## **COLOSSIANS 3:12-17**

**Key Verse:** “Then Jesus said, “Father, forgive them; for they do not know what they are doing.”  
Luke 23:34

Crucifixion is a humble and painful way to die and Jesus suffered this pain as he was crucified. Even at that painful time Jesus looked at people who were responsible for his suffering and prayed for their forgiveness.

Forgiveness is not forgetting. Forgiveness is granting free pardon for an offence or a debt. Firstly, forgiveness is completely unconditional. Many of our dealings would be conditional. But God’s forgiveness is unconditional. Therefore, Jesus prayed for the people who put him to death.

Secondly, forgiveness comes from the real awareness of God. God is the God of forgiveness. Sin came to this world as separation. But God intended to break the separation by forgiving the people through Jesus Christ and His grace. Paul the apostle says we are saved by the grace, which means that though we are unworthy to receive the forgiveness, by grace God has forgiven our sins. Therefore, I have the responsibility to forgive others. Since I received freely, I should give freely. “Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive” (Colossians 3:13). Forgiveness is a transaction between God and humanity, because it comes from God and the awareness of God.

Thirdly, forgiveness is acceptance. The notion of acceptance is central to both the theological and the therapeutic understanding of forgiveness. Forgiveness is not the equivalent of reconciliation, but it removes the barriers to reconciliation. It also allow the one who forgives to move forward without bitterness.

The essence of Christ and Christianity is God accepting the entire human creation as the children of God. Galatians 3:26 says “for in Christ Jesus you are all children of God through faith.” We see that, Jesus and his disciples were dining at the house of Mathew, many sinners and tax collectors ate along with them. It shows that Jesus accepted people who were rejected by the society. The love of God is beyond our margins, and it helps us to be the part of the Kingdom of God.

### **For reflection and discussion:**

1. What is the meaning of forgiveness in the context of your department/unit?
2. What are the difficulties in forgiving others?

*Pray for:*

**Paediatrics**

**Development Paediatrics**

**Paediatric Surgery**

United Mission to Nepal

*Hospital :* United Mission Hospital, Tansen  
Okhaldhunga Community Hospital



## TIME IN SOLITUDE AND PRAYER

## PSALM 42

**Key Verse:** *"Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Philippians 4:6*

Time spent with God the eternal Father in prayer would be the most exciting and energizing time in our day to day living. Continually Jesus withdrew from people, daily life activities, and the demands of His ministry to be alone with the Father and pray (Mark 6: 45 - 46; Luke 5: 15 - 16). If Jesus, the mighty Son of God, considered that time to pour out His heart to God in prayer was essential, how much more important for all of us who are going through challenges, temptations, needs and disappointments almost every day. The Bible names people who spent time in solitude in prayer and were being encouraged, enlightened and inspired by the almighty God who carefully heard their heart cries – Hannah, Elijah, David, Daniel, Paul...the list goes on.

God, the heavenly Father is already waiting for His loving children to be with Him through prayer. The unhurried, quality time we spend with our Lord everyday in prayer brings blessed experience in our lives. Indeed, every prayer is a connective tool between the creator and His creation. In prayer we communicate with our closest heavenly Friend and He, with much delight, communicates with us. A word of prayer from our mouth avails much greater things from the divine realms. Our God, the loving Father is ready and willing to fill our hearts with faith and satisfy our soul with the assurance of eternal security. To let Him in, we have to make time to access our faith and allow God to speak to our souls.

When we encounter problems in life, it is easy to sit in a corner and worry or to be critical or to try to solve the problem using our own human resources; but what we learn from the Bible is, to take the problem to God in prayer and present it faithfully to Him and trust Him humbly. Let us not start the day without prayer, because temptations are waiting to trap us, confusions are ready to confront us, disappointments are trying to pull us down. In such situations spend time in solitude with God alone. This would enable us to get back His rich freshness, clear guidance and graceful strength.

### **For reflection and discussion:**

1. "A prayer-less life is a power-less life" - Discuss
2. What are the hurdles we face for not spending quality time with God in prayer?

*Pray for:*

**General Superintendent's Office**  
**Personnel Office**  
**Hospital Management Studies**  
**and Staff Training and Development**  
**Hospital Annexe**  
**Transport Department**



## HANDLING FAILURES

## 2 CORINTHIANS 4:7-9

**Key Verse:** *“For all of us make many mistakes.” James 3:2a*

Failure is defined as “an act or an instance of proving unsuccessful”. At various stages of our life, we experience different kinds of failures. Different questions may arise when we go through failures e.g. “Why this is happening with me?” or “Why is God doing this to me?” How a person handles failure can mean the difference between living a life of victory and a life filled with bitterness, hostility and anger.

According to worldly standards, Jesus was a failure as He didn’t set up an earthly kingdom and was crucified at a young age, rejected by the religious and non-religious leaders of His day. But His aim was to glorify God the Father. The apostle Paul went through failure after failure, but he came through every failure with renewed strength. Failures didn’t keep him from trying again. In the midst of failures, he looked to God for strength and hopes to carry out the task, with which God had entrusted him. He encountered failures like all of us, but he responded with renewed faith in the Lord. He looked at life from the light of eternity and saw the bigger picture.

A diving accident made Joni Eareckson Tada a paraplegic for the rest of her life. But this disability motivated her to start a ministry to help people like her. She didn’t give up. She refused to focus on her failures and weaknesses and focused on her strengths.

It is said that “Failure is an event, not a destiny”. We all fail over and over again. It’s not our initial failure but it’s what happens next that matters. How do we respond to failures? We need to look at life’s failures from God’s perspective. When we put life’s failures in perspective, they don’t overwhelm us. Every failure is an opportunity for us to humble ourselves and draw closer to God.

### **For reflection and discussion:**

1. How can we help someone going through an experience of failure?
2. We need to look at life’s failures from the light of eternity. Discuss.

*Pray for:*

**Radiotherapy**

**Palliative Care**

New initiatives in Mission Hospitals through CMC, Vellore





## SUFFERING OF CHRIST

## MATTHEW 27:40-45

**Key Verse:** *"But He was wounded for our transgressions, crushed for our iniquities; upon Him was the punishment that made us whole, and by His bruises we are healed." Isaiah 53: 5*

Human beings always try to understand God and His supreme work in their lives. At the verge of understanding God, they ask several questions. One such important question is "How God can suffer?" This question becomes inevitable, because they thought that if God Himself suffered, how will He help those who experience suffering in their life. But, Christ's vicarious suffering is the answer for this predominant question. Jesus Christ came to this world to suffer and through His suffering, He helps the humanity to be delivered from the suffering they experience as the consequence of their sin.

Jesus Christ physically suffered at the hands of the Jewish religious leaders and the Roman political leaders, as a fulfilment of the law and prophets. According to the law, a lamb without blemish should be slain for the remission of sin. Hence, Jesus the lamb of God, who didn't commit any sin offered Himself to be slain as a ransom sacrifice for the sins of the whole world. According the prophets, Christ should go through the path of suffering unjustly so that, His children can be liberated from their own sin and from the unjust world.

When Jesus experienced despises, rejection, affliction, oppression and perversion of justice, He thought about the human beings who are

experiencing the same in their life situation. He was ready to bear all such unwanted experiences, only because of His willingness to take the punishment which is due to the sins of His children upon Him. Hence, if anyone despises the suffering of Christ, will not enjoy the deliverance He made. At the same time, when we surrender our lives at the hands of the Messiah who suffered for the consequence of our sin and curse, we can experience salvation on this world.

### For reflection and discussion:

1. Why Christ should suffer?
2. What are blessings the suffering community receives through the suffering of Christ?

*Pray for:*

South East Asia Union of

Mission of Seventh Day Adventists

*Hospital :* Penang Adventist Hospital

Baptist Missionary Society



### **PALM SUNDAY MUSICALS**



## HOPE BECAUSE OF EASTER

JOHN 20:11-18

**Key Verse:** “Woman,” Jesus said to her, “Woman, why are you weeping?... She turned and said to him in Hebrew, Rabbouni!” John 20:15a, 16b

Bern Williams said, “The day when the Lord created hope was probably the same day he created spring.” In the Bible passage we just read how Mary was standing outside the tomb crying, not knowing what to do. In her mind, she would have been probably thinking about how Jesus was tortured, crucified and put to death, just a couple of days back. Now, the hope of seeing her Lord’s dead body was also lost.

The disciples came and had a look at the empty tomb, but they went back to their places. They would have probably called Mary also to come along with them. She did not go but looked at the empty tomb and kept crying. Then she heard a sweet voice saying “Woman, why are you crying?” When she realized it was Jesus, she gave an exuberant cry, for the situation had suddenly and completely changed for her. She at once went to share this news with the disciples.

Today, some of us may be going through tough times in our life. We may think everything is over and say “I have come to the end of the road.” In this passage, we clearly see that Jesus revealed Himself to Mary even before ascending to the Father, as He could no longer bear her cry and grief. We have a hope in Christ that will never disappoint us. Though, life at a particular instant can look like a tree in winter that has lost all its leaves, we need to remember that God has

always provided a spring which follows every winter.

Mary took a while to understand the hope which was brought by the empty tomb. When she saw the risen Lord, hope dawned into her heart and her sorrows were turned into joy. The risen Lord sees our tears and brings us hope.

### For reflection and discussion:

1. What is our reaction when we go through difficult times?
2. How do we bring hope to people who are going through tough times?

*Pray for:*

**Ida Scudder School**

**Balavihar School**

**Vidyalayam School**

**College Hill Nursery School**

CSI Karnataka Diocese

*Hospital :* CSI Hospital, Bangalore and others

CSI Krishna – Godavari Diocese

*Hospital :* CSI Vathsalya Hospital, Vijayawada and others

Friends of Vellore, Sweden



## FREE FROM ADDICTION

## II PETER 2:18 – 22

**Key Verse :** *“Therefore, if anyone is in Christ, there is a new creation: Everything old has passed away; see everything has become new.” 2 Corinthians 5:17*

“What is the time now? It is 07.00 p.m. Oh my God, I need to go because the T.V serial will start. I cannot live without it. I am addicted to that”. Many of us are addicted to different things. Today many teenagers are addicted to gadgets without which their survival is very difficult.

Addiction involves craving for something intensely, loss of control over its use, and continuing involvement with it despite adverse consequences. Addiction changes the brain, first by subverting the way it registers. Addictions are at epidemic proportions in today’s world. Today’s addictions include a wide array of deviant behaviour and range from drug and alcohol abuse, to addictions to pornography, gambling, excessive shopping and watching movies and the list goes on.

Addictions are serious matters and overcoming them is a serious business. Addiction is not a disease, rather prevention is better than cure. Romans 15:1 says we then that are strong ought to bear the infirmities of the weak and not to please ourselves.

There was a man who had a problem with drugs. He didn’t care what it was, he just wanted to get high. Problems arose. Job after job went by. He found himself at the bottom. He went to rehabilitation centre. But he didn’t change. The true change of heart comes from the Lord. Our world is into self-gratification. But there is no end to it. We seek, seek and seek more. Often our race is like that of rats in a maze.

Isaiah says we can get our cure for free. Look at the rest of this first verse: “and he that hath no money: come ye, and buy, and eat; yea, come, buy wine and milk without money and without

price.” In the Bible Isaiah tells us that this cure is for free. The Lord of Host provides a spiritual healing that we need. It’s not a physical thing. It’s a spiritual thing.

Look at what Isaiah says in verse two. “Wherefore do ye spend money for that which is not bread? And you’re labour for that which satisfies not? The solution to your addiction is the Lord of Hosts.

### **For reflection and discussion:**

1. Why do we find it difficult to get rid of addictions?
2. What are the things we have lost because of addictions?
3. How can we restore the relationship with God and others?

*Pray for:*

**Medical Superintendent’s Office**  
**Private Consultation Office**  
**(Alpha Clinic)**

**Main Hospital Extension**

**Clinics (MAHE)**

CSI Jaffna Diocese

*Hospital :* Green Memorial Hospital, Manipay

CSI Tirunelveli Diocese

*Hospital :* CSI Jeyaraj Annapackiam Hospital,  
 Palayamkottai and others



## ENJOYING YOUR WORK

## ECCLESIASTES 3:22

**Key Verse:** *"So I saw that there is nothing better than that all should enjoy their work, for that is their lot." Ecclesiastes 3:22*

God has given us all good things to enjoy (1Tim 6:17). This includes our work. However, for many, work is a difficult burden, and is often something to be endured rather than enjoyed.

### Is enjoying work in my own hands?

Work can easily be enjoyed when it is light and stress-free. However, in the medical and its related professions, one's work is physically and emotionally demanding, repetitive, sometimes non-stimulating and may be stressful. The question then arises if there is anything one can do to make one's work more enjoyable.

When one is satisfied with one's work, it is usually more enjoyable. Many factors such as the pay package, the respect gained for the work or the end product of the work itself, may contribute positively or negatively to whether work is enjoyed.

However, it is also helpful to attempt to see our work in perspective. It is helpful to know the larger picture, the greater story that we are a part of. The motto of Dr. Edith Brown, the founder of CMC Ludhiana was "My work is for a King", reminding us that we are not working for ourselves, but rather our service is for a cause much bigger than ourselves.

Being competent in our work also makes our work easier. Any work may seem difficult when we do not have the skills to perform it. Practice and experience can decrease our anxiety, and can make what seems a difficult task, much more enjoyable. Teaching another, passing on our skills and expertise, can also bring a sense of fulfillment in our work.

### How can I make work enjoyable for others?

Whatever one does, finally the environment at work plays a large role if one is to enjoy one's work. It is there we can ask ourselves whether we are making the environment we are in, pleasant for others around us. Our own actions and behaviour are things we can directly control, and these can influence the work experience of others.

Work is an intrinsic part of who we are. It is not separate from our spiritual lives. Being full of joy, every aspect of our lives, including our work can be an act of worship to God.

### For reflection and discussion:

1. How do we identify the larger picture in which we work?
2. In what practical way can we make work more enjoyable for those around us?

Pray for:

Archives

Dodd Memorial Library

Gault Library

CSI Madras Diocese

Hospital : CSI Kalyani Multi Speciality Hospital,  
Chennai and others



## VALUE OF A HUMAN BEING

## PSALM 139:13-18

**Key Verse:** *"For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well." Psalm 139:13, 14*

How does one put a value to an exquisitely beautiful piece of art? Who is the best person to rightly understand its worth – is it the buyer or the seller or the auctioneer? None of them- the only person who correctly understands the true value of a work of art, who has the authority to pronounce the worth of that piece is the artist himself. Only the artist understands the time and the effort put in, the agonies of the labour, the ecstasies of the inspiration and the joy of the final product. In the same way, who is better at estimating the true value of a man than the maker of the man – God himself.

So does man have any value? How exactly does God value man? The scientific philosophy of today considers man as nothing more than a product of random chance, a collection of molecules and no different from any other animal. Is that so? Well, the Bible has a different opinion. In Psalm 139, we see that every human being was carefully fashioned, carved and knit together by the hand of God, fearfully and wonderfully made, created by the hand of God himself, by the same hand that created the whole universe, the stars and the galaxies. In other words, every person is a work of art. And not just another piece of art; we were created in the image of God, in the likeness of God himself. *So God created man in His own image; He created them male and female (Genesis 1:27).* However, the ultimate expression of how much God loves and values us is seen in the fact that God sent his son Jesus to suffer and die on the cross in our place, for our sins. He felt it was worthwhile- that is how much God values us.

The reason we practice medicine is because people have an intrinsic value. We serve people because we consider every person as worthy of living a life without suffering and pain.

The question to us now is this - how do we value others in our workplace and in our home? No human being is too useless or worthless or inferior as to have no value, because every person carries the very image of God himself. God values every person, He cherishes each and everyone. Do we similarly cherish and value each person we come in contact with, considering him or her as a masterpiece of God's hand and worthy of respect? A kind word, a thank you or a pat on the back is sometimes all it takes to show that we value someone.

### **For reflection and discussion:**

1. The way we treat our fellow workers is a reflection of how we value them. Do we value our colleagues and juniors the same way as we value ourselves?
2. What are the practical, simple ways in which we can demonstrate that we value someone in our area of work?

*Pray for:*

**Nursing Superintendent's Office**

**CSSD**

**Staff Nurses Hostel**

Christian Nurses League of CMAI



## GOD RESTED FROM ALL HIS WORK

## GENESIS 2:1-7

**Key Verse:** *"For those who enter God's rest also cease from their labors as God did from his".  
Hebrews 4:10*

Genesis 2:2 reads "And on the seventh day God ended His work which He had made, and He rested on the seventh day from all His work which He had made". It is not an accident that God rested on the seventh day. He designed rest and He created man to enjoy the times of rest.

In our modern and busy world we have an increasing number of services provided to save us time. Yet many of us are burnt out, depressed and restless. Some of us are even too busy to rest. It is possible that what we lack is not time, but the "true rest". We fail to find this because of our sinful ways. The Israelites who escaped slavery in Egypt did not enter God's rest because of their lack of faith. Our lives are restless with either sinful ambition and work or the other extreme of laziness. Neither provides the happiness-filled rest that God has intended for us. We end up discontented. Ecclesiastes 6:7 says "all the labor of man is for his mouth and yet his appetite is not filled"

It is for us to find the rest that Jesus gives us. In Hebrews 4:10 we read "for anyone who enters God's rest also rests from their works, just as God did from His," It is only by faith in God's work that we can truly find rest. It is in His work and not in ours that we find our joy.

Paul Tripp says "Isn't it wonderful to know that no matter how difficult and confusing life may be, no matter how unexpected and alarming your circumstances may be, there is rest to be found. Rest is a gift of Grace. It is the result of being accepted into the family of the King of kings and Lord of lords. Rest is found in knowing that the one who rules it all is your Father. This kind of rest will stay with you when circumstances are wonderful and when they are terrible, because your rest isn't circumstantial, it is personal.

### For reflection and discussion:

1. Share any circumstances in your life where you experienced the "true rest".
2. How can we help our colleagues in need find the true rest?

*Pray for:*

**Clinical Haematology**

**Medical Oncology**

**Centre for Stem cell Research**

CSI Madhya – Kerala Diocese

*Hospital :* CSI Hospital, Pallom & Mallappally

CSI Madurai – Ramnad Diocese

*Hospital :* CSI Christian Mission Hospital, Madurai



## GREED

## 1 TIMOTHY 6:6-11

**Key Verse:** *And he said to them, "Take care! Be on your guard against all kinds of greed; for one's life does not consist in the abundance of possessions." Luke 12:15*

Greed is a tendency to crave and hoard and is defined as "a selfish and excessive desire for more than what is needed or deserved". Other words for greed are covetousness and avarice. Gluttony (avarice) is one of the seven deadly sins of Catholicism as it intends to please oneself with material acquisition rather than pleasing God. In Buddhism, craving is considered as a major hindrance to obtaining enlightenment. We need to understand why people want to get more and more, way beyond what they actually need for themselves.

Our ego or sense of identity is an illusory sense of self, an optical illusion of consciousness. The egoistic mind identifies with possessions and things for self-enhancement. We then become dependent on stuff in our homes to shore up our self-worth. Greed is driven by a fundamental sense of deprivation and a need for something that is unavailable. A person can become fixated on something that is concrete or abstract, real or symbolic, something that will eliminate the deep rooted feeling of inadequacy.

We live in a world where over a billion people live in abject poverty with incomes less than Rs 80 per day. At the same time the richest 85 people have the same wealth as the poorest 3.5 billion. Jesus had asked his followers to sell their property and give to the poor, to get possessions that never run out, that thieves can't steal or moths destroy. The early Christians tried living

in a community with the common good in mind, with no private ownership and to each according to his need (Acts 2: 43-47). Later on we read that the believers were united in heart and spirit. All those in the group acted as though their private property belonged to the others in the group (Acts 4: 32-33).

When Jesus said, "Blessed are the poor in spirit" he was referring to those with no inner baggage or identifications with external things. If one can recognise an illusion, it dissolves. The real self appears when the false-identification with money, power, fame and self-gratification is recognised as an imposter, a false substitute. The reality of who you actually are emerges as the falsehood drops away.

### For reflection and discussion:

1. What do you personally or as a department identify with to keep up your image?
2. How do we identify greed in our personal and corporate lives?

*Pray for:*

**Dental and Oral Surgery**

**Dermatology**

CSI Medak Diocese



## ACCEPT ONE ANOTHER - NELSON MANDELA

1 JOHN 4:17-21

**Key Verse:** *"Beloved, since God loved us so much, we also ought to love one another." 1 John 4:11*

Nelson Mandela was a great political activist and the first South African president to be elected in a fully representative democratic election. His political career started by being an anti-apartheid activist initially through peaceful but later violent means by being the leader of the armed wing of the African National Congress. This resulted in his imprisonment for several years and the final realization that loving and accepting one another was the best way forward.

The greatest hindrance of accepting others is one's misplaced identity. The Bible categorically states that sin separated man from God at the beginning. This resulted in hatred among humans because they lost the connection with God by disobeying Him. By the sacrificial life of Jesus Christ, he reconciled human beings not only to God but to one another as well. 1 John 4: 10 states "In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins". Unless we receive the forgiveness of God we cannot accept one another in the true sense.

There are several reasons for our inability to accept one another in our personal and professional life. It may be differences in interests, attitude, knowledge and most importantly unwillingness to humbly accept others just as they are. The awareness of being truly forgiven by an almighty God helps us to forgive others. This results in accepting others and improving our personal and professional life.

### For reflection and discussion.

1. Share an instance where you could accept someone whom you really disliked?
2. Vertical relationship with God affects our horizontal relationship with one another. Discuss.

*Pray for:*

**Laundry**

**Hospital Maintenance**

**College Maintenance**

**Security Services**





**FAMILY TIME**

**EPHESIANS 6:1-4**

**Key Verses:** “Children, obey your parents in the Lord, for this is right... Fathers... bring them up in the discipline and instruction of the Lord.” Ephesians 6:1,4b

There is a common saying “Families that pray together - stay together”. If we pause for a moment and think more deeply; we can understand the profound meaning and depth in this sentence. We cannot make a tree grow in a day, nor can we produce a beautiful master piece of art in a minute, it takes TIME to produce a family pleasing to God.

A family would never be stronger than the individuals who construct it. The verses mentioned here are directed to both children and their parents. Children in the family are not requested - they are required to obey their parents. Parents have a greater responsibility to bring up their children in the training and instruction of the Lord.

The problems arising in our families like rebellious children, divorces could have been well avoided if we just did only one thing, spending adequate time with the family by sacrificing unimportant things. If we try and consciously make an effort to build our families now, we could avoid a whole lot of problems later. Who would want to gain the whole world in return for their family?

**For reflection and discussion:**

1. In our quest to serve and provide compassionate care in the institution do we neglect our family time, forget to play with our children, pray with our family or spend quality time?
2. What efforts could we take to give the due place of family in our lives?

*Pray for:*

**Engineering**

**(Civil & Planning) Department**

**Mechanical Engineering**

**Electrical Department**

**Air Conditioning Engineering**

**Environmental Engineering**

**Electronic Engineering**

**Telephone Exchange**





## 8,760 HOURS

## MATTHEW 25:1-13

**Key Verse:** “... making the most of the time, because the days are evil.” *Ephesians 5:16*

Time is the most precious gift from God. We can neither go back to the past nor can we move forward to the future. The present that we have today is what we need to make the best use of by investing it wisely in the most important things.

Each year we receive 8,760 new hours. We are accountable for each and every moment that we waste. The Bible tells us to number our days, to value each moment, and to use each for God’s glory. He never wastes our time, and He doesn’t want us wasting it either. If we begin each day with a commitment to His Lordship, we’re more likely to be productive in His labor. In our work place are we really mindful that God is monitoring every minute that we spend? Are we aware that the job each and every one of us are assigned is the work of God? As our founder Dr. Ida Scudder said “I’m not building a medical school, but the Kingdom of God?” Are we diligent in joining the heavenly vision that Dr. Ida received?

In the parable by Jesus the virgins made use of the time wisely and Jesus appreciated that kind of behaviour.

The commentator Matthew Henry said on his deathbed: “that a life spent in the service of God and communion with Him is the most pleasant life that anyone can live in this world.”

Let’s learn to number our days and gain a heart of wisdom. Lost wealth may be replaced by any job, lost knowledge by study, lost health by temperance or medicine, but lost time is gone forever.

### For reflection and discussion:

1. What are the ways that I spend my duty hours without a sense of stewardship?
2. How can I be involved more to participate in the vision of Dr. Ida?

*Pray for:*

**Pulmonary Medicine**

**Endocrinology**



## MY PERSONAL WALK WITH THE LORD

## EPHESIANS 5:15-21

**Key Verse:** “Be careful then how you live.” Ephesians 5:15

We see from the life of Jesus on earth that it was important for Him to seek His Father about everything He did from day to day. In the midst of our busy schedules we always find time for the things that we think are important (social media, social gatherings, friends, parties etc...), but we often postpone listening to the Lord Jesus and studying His word because we don't think it's important for our daily existence. The Bible says that Jesus always did the will of His Father which was possible because He desired the Father's wisdom for His life.

Luke 6:13 says that Jesus went into the mountain to pray for guidance in choosing His disciples (that helped Him to choose the correct set of 12 disciples). Mathew 14:23 says that after feeding 5000 people miraculously, Jesus went up to the mountain alone so He could pray to His father. John 5:30 says Jesus could do nothing on His own, which means He only did what the Father told Him to, by dying to His own will and submitting to the Father's will every day. From Jesus' life on earth we see that He was always in communion with His Father and that was the secret of His sinless life on earth.

We, in our busy schedules might not have time to sit down and read God's word or pray at length but we still can spend the moments we get (between seeing patients, between procedures, while driving etc...) with the Lord. We can ask God to guide us through our daily lives, while we keep our heart sensitive to listen to His voice. God can speak to us through our patients, colleagues and through any situation in our life; provided we listen to Him. Let's try seeking God's guidance for EVERYTHING in our life just as Jesus did when he was on this earth.

### **For reflection and discussion:**

1. When I'm at work how do I spend the small gaps of time that I get? Is social media/gossip taking that time?
2. How do I desire God's wisdom in my daily life for everything I do?

*Pray for:*

CSI Rayalaseema Diocese

*Hospital :* CSI Arogyavaram Medical Centre,  
Madanapally, MLL Hospital, Madanapally and  
others



## EXCEL IN EVERYTHING

## PHILIPPIANS 4:4-9

**Key Verse:** “Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.” *Philippians 4:8*

The meaning of excellence is doing better than a certain standard thereby having outstanding quality. We are exhorted to choose ‘that which is excellent’ implying importance in our focus as well as our effort. In our current competitive society we may substitute the inherent virtue of excellence with a spirit of doing better than others in an egoistic sense; if one’s motive is self-aggrandizement or if too many tasks are attempted without discernment, this may lead to the two common pitfalls – pride and burnout.

The Bible is calling us to do our best with humility and to focus on what is pleasing to God. We also have multiple roles in life and we need to balance these; God will be our helper when we seek his priorities. Heeding the biblical counsel keeps us from these pitfalls and gives glory to God in everything we do and brings us peace.

We have a wonderful example in our founder and pioneers of CMC who have shown the way with excellence in their work to take this hospital in a remote town to great heights of medical service, education and research. Underpinning this was an unwavering zeal to give of one’s best in God’s service to those in need, transcending the limitations while finding peace and fulfillment.

In the modern context we talk of quality management and a continuous cycle of improvement, recognizing that we can always do better as a hallmark of excellence. In truth,

we often find ourselves with lofty goals and inadequate resources. Excellence could also be thought of as outdoing one’s own limitations or transcending/transforming a suboptimal situation in seeking to do God’s work.

### **For reflection and discussion:**

1. How do we truly excel in our areas of service to fulfill the mission statement of the institution?
2. Identify areas where we need to realign priorities or shift focus to the activities that are pleasing to God in the service of our fellow humans?

*Pray for:*

**Gastrointestinal Sciences  
Clinical Gastroenterology  
and Hepatology**

**Welcome Trust Research Laboratory  
Medical Genetics**

CSI South Kerala Diocese

*Hospital :* CSI Medical College and Hospital,  
Karakonam and others

Church Mission Society



## SIMPLICITY - A FORGOTTEN VALUE

## PHILIPPIANS 2:5-11

**Key Verse:** “Blessed are the poor in spirit, for theirs is the kingdom of heaven.” Matthew 5:3

Simplicity is a forgotten value today. A well-wisher once advised a professor to buy a better new car and said the car the professor had did not suit his position. A car is for necessity and is not for status. We, Christians have got mixed up with the world. The world is behind money, status, beauty, glamour etc.

Jesus said in Mathew 5:3 “Blessed are the poor in spirit, for theirs is the kingdom of heaven”. Jesus’ life was simple. He left all splendour in heaven and came to earth as a very simple man and is an example of simplicity. As told by the apostle Paul in Philippians 2: 7, He was not for any reputation. Paul says in Philippians 4:11 that he has learnt to be content in all circumstances –both when he has everything and also when he has nothing. Ecclesiastes 4:6 says “Better a handful with quietness than both hands full, together with toil and grasping for the wind”. There is also danger when there is no simplicity. Psalms 49:12 says “Man, though in honor, does not remain; He is like the beasts that perish.”

Where is our heart today? Do we want to compete with the world in getting money, status or give importance to glamour of the society?

Or we are content with what we have and concentrate on compassionate patient care, investing in our students and contribute qualitatively in research? Let us make a decision today not to be appealing to men around but to be appealing to our Creator.

### For reflection and discussion:

1. Give two examples of simplicity at our workplace in CMC.
2. Why have we lost simplicity in our lives?

*Pray for:*

**Plastic Surgery**

**Dietary**

Assemblies of God in North India

*Hospital :* Mission of Mercy Hospital and Research Centre, Kolkata

Baptish Church of Mizoram

*Hospital :* Christian Hospital, Serkawn, Mizoram and others



## SPEAKING WELL OF OTHERS

## ROMANS 12:9-18

**Key Verse :** “Do not withhold not good from those to whom it is due, when it is in your power to do it.” Proverbs 3:27

Every human being has an innate capability to influence others for good or bad. We also have the opportunities to influence for good or bad. This can be illustrated with the following true example that happened in a college. HOD A of dept Z meets up with another HOD B with whom department Z has research ties. HOD A speaks ill of and undermines the efforts of a mid-level colleague in his Department Z to HOD B he has just met. It is well known that HOD A is unhappy with the talented mid-level colleague in his department for embarking on an independent well funded research study. Following his talk with HOD A, HOD B calls the researcher from Department Z, and with a lame reason refuses to further collaborate on his research study. The junior colleague from Department Z later comes to know that his HOD A was responsible for this major setback to his research study.

The above is a classic example that is encountered in many work places. Malicious and ill intentioned words spoken behind the back by seniors or peers as a result of jealousy or an intent to hinder progress has lain in tatters, many a promising career for colleagues.

The Bible verse in Proverbs 3:27 says that we must not withhold the good we can do to someone to whom it is due. It is also very clear in the verse above that we must not withhold good especially when it is in our power to do it.

James 4:17 says “Therefore to him that knoweth to do good, and doeth it not, to him it is sin”. There are numerous times in a day, countless

times in a lifetime that a good word about a colleague, acquaintance, peer or rival can be said on their behalf to administrators, seniors and colleagues. Well intentioned kind words on behalf of others can heal, mend and cure small and big communities so in need of Christ motivated deeds.

The apostle Paul exhorts in Romans 12:10, 16,19 “Be kindly affectioned one to another with brotherly love; in honour preferring one another”, “Be of the same mind one toward another”; “Dearly beloved, avenge not yourselves”. Down the millennia these words echo into the twenty first century challenging us to practical Godly living in daily conversations.

### For reflection and discussion:

1. Discuss instances when you have found it difficult to speak well of others.
2. How can we as followers of Christ challenge ourselves to speak well of others?

*Pray for:*

**Clinical Microbiology**

**Clinical Virology**

CSI Vellore Diocese

*Hospital :* Scudder Memorial Hospital,

Ranipet and CSI Hospital, Vandavasi

Council for World Mission



## TAKING REST

## PSALM 127

**Key Verse :** *"It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved." Psalm 127:2*

"I have no time ", "It's been a very busy day ?", "You have no idea how busy I am!" - We have all given these excuses and keep giving them almost every day "NO TIME, TOO BUSY". We live in a fast paced world. Our lives have been made so easy to the extent of making us lazy but still we find no time.

However we often think "But I am not wasting my time like others. I have lives to save. I have patients to see. I have students to mentor. I have a research which will be helpful for many." Yes. Everybody has valid reasons. We work in a medical institution and it is hectic: A nurse who leaves home at 6, an intern who gets no sleep, a doctor on call, a technician who has to produce precise reports. We have a 24 hour shift.

Today's key verse is for us. This day our Lord Jesus Christ wants to remind us that we need to take rest. It is a gift, his grace. It is not a choice and definitely he does not want us to get admitted to get some rest. He created each day with day and night so that we get some rest. If we keenly notice in Genesis Chapter 1 it says "And there was evening and there was morning, the first day." after every creation account. It is not morning and evening but evening on morning i.e, rest followed by work. Rest is that important.

Our family not only depends on our earning but more on our health, our presence and our love. Spending time with family is very important. The rest that God gives us helps us fulfill our responsibilities at home as well as at work. Our family is healthy, our life is healthy, our relationship with God is healthy.

As part of the CMC family we participate in the healing ministry of Christ directly or indirectly, This day let us ask God to help us heal our mind to make us understand that we need rest. Now you cannot blame God if you fall ill due to lack of rest. The warning is given :)

### For reflection and discussion:

1. How does one know that he/she is taking enough rest? Is there a danger of taking too much rest?
2. How do we change our life style incorporating sufficient rest?

*Pray for:*

**ENT**

**Audio Vestibular Unit**

American Leprosy Mission

*Hospital : SLR&TC, Karigiri and others*



## CONSECRATED COMMUNITY

## ROMANS 12:1-2

**Key Verse:** “Instead, as he who called you is holy, be holy yourselves in all your conduct.”  
1 Peter 1:15

Consecration means the separation of oneself or a community from things that are unclean, especially anything that would contaminate one’s relationship with a perfect God. Consecration also carries the connotation of sanctification, holiness, or purity.

Even though we are justified once as God’s children, it is important to be consecrated every single day. It’s not an one-day business rather ongoing process. This is made possible only when we constantly become aware that we are God’s children.

First realization of prophet Isaiah when he entered into God’s presence was that he was a sinner. (Isaiah Chapter 6). But he surrendered himself to be consecrated by God. For the Bible says “Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need” (Hebrews 4:16).

It’s important as individuals, families and community to realize the need for consecration. In the Bible we see how God’s children kept themselves and their families consecrated. In Job 1:5 we see Job sanctified his children periodically, praying that his children should not sin or curse God even in their hearts.

We can attain this step by step by analyzing ourselves and finding our weakness and putting them right according to God’s commandments. In our daily life we can attain the above by refraining from evil. We can achieve this by carefulness in each deed, word or thought, observation, speaking thoughtfully and listening carefully to build a sanctified and consecrated community.

A Consecrated community will eventually reflect God’s love and presence and can become salt and light of the earth.

### For reflection and discussion:

1. How do we form a consecrated community?
2. Identify the stumbling blocks in our journey towards Consecration?n?

*Pray for:*

**General Pathology**

**Forensic Medicine**

**Cytogenetics**

Council of Baptist Churches

in North East India

*Hospital :* Satribari Christian Hospital, Guwahati and others

Eastern Regional Board of Health Services

*Hospital :* Evangelical Hospital, Khariar, Christian Hospital, Mungeli and others

Friends of Vellore, U.K





## BEING OPEN TO FEEDBACK

## 2 SAMUEL 12:1-9

**Key Verse:** *David said to Nathan, "I have sinned against the Lord." 2 Samuel 12:13*

Sonia was told by her patient that her rude behaviour had hurt him deeply and that he would be hesitant to come to this hospital thereafter. Rakesh was penalised by his supervisor for a mistake caused due to negligence of the registrar who did the previous shift. Divya was told by her boss that if she did not change her attitude and behaviour, he would not be able to promote her, even this time. All of us have been recipients of positive or negative feedback at some point of time. Feedback can be an opportunity for personal growth and a tool for developing better relationships if responded to appropriately.

In the Bible passage, the prophet Nathan confronts King David about his adultery with Bathsheba and his attempt to cover up her resulting pregnancy by having her husband killed. David's response, even though his crime was grave was commendable. He admits the crime and repents, and is willing to face the consequent punishment.

How do we react when we receive feedback? Do we try to defend our actions because we are afraid of being judged, criticized, alienated or rejected? Do we feel attacked, regardless of whether the feedback was positive or negative? Do we retreat in silence or do we counter attack and accuse the attacker, make hostile comments or become sarcastic?

David quietly acknowledges his error. It takes emotional and spiritual maturity to make such an admission. It requires a heart that is tender towards the spirit of God and open to correction. Accepting God's unconditional love will help us to understand that we are not defined by our mistakes, and this opens the channels to let God work in us.

Next time we receive a feedback, we should consciously become aware of our tendency to defend ourselves. We could start by accepting the feedback and keeping an open body posture. Instead of attacking the "attacker", we could ask the person what he or she would have done in the situation and thank the person for his or her insights. If we are aware of a bad decision we have made, we could admit it before it is brought to light. If there is a genuine and credible justification for our actions, we could state it in a calm and unemotional manner.

### **For reflection and discussion:**

1. Relate an incidence when you received a feedback, how could you have responded better?
2. How do we keep ourselves from being proud and keep our hearts tender and open to feedback?

*Pray for:*

### **Nephrology and AK Lab**

Emmanuel Hospital Association

*Hospital :* The Duncan Hospital,

Rexaul and others

Evangelical Lutheran Church in Madhya Pradesh

*Hospital :* Padhar Hospital, Betul and others

International Mission Board, Southern Baptist Convention

*Hospital :* Baptist Hospital Bangalore

Evangelical Lutheran Church in America





## THE WEAKEST LINK- THE ECONOMICALLY DISADVANTAGED

### I CORINTHIANS 12:18-27

**Key Verse:** “You shall not pervert the justice due to your poor in their lawsuits.” Exodus 23:6

About thirty percent of people visiting CMC Vellore for health care are from less privileged background. Often such people are desperate to get affordable and ethically sound health care for a clinical condition which needs a specialized approach. Their expectation is based on their impression of CMC being a place that is inclusive in health care and thoughtful in offering concessions when someone is unable to bear the costs.

Those who are economically stressed are also members of the ‘body’ that St. Paul refers to in this passage (1Corinthians.12: 20). The use of the metaphor of ‘weaker’ members (v.22) of the body being equally or more important suggests that the economically stressed can bring to our health care some new perspectives. The Nazareth Manifesto (Luke 4: 18, 19) is a mission statement of health care that CMC is under obligation to practice. A ‘prisoner’, (v.18) who is imprisoned by his circumstance of poverty or social alienation or low caste, suffers chronically with no respite or prospects for the future. We are called to be witnesses of the good news of love and grace of Jesus (v.18) to such among us. They, when welcomed into our midst would increase our consciousness about societal realities and opportunities to make a difference. They are messengers who awaken us to be even more mindful of the ‘least in the kingdom of God’ (Mathew.25:40), whom the good shepherd is seeking after!

In the above passage, there is a commendation that Jesus offered to people who live to serve the weaker in the community. To design our health care deliberately to benefit the economically stressed is a challenge because they are sometimes considered to be a burden on our system as our resources are limited. However they bring a tangible benefit to us through their presence in our midst. They remind us of our mission and calling in health care. Although they are ‘weaker’ members, they

contribute richly to keep us on track to practice inclusive health care. The weaker members bring an awareness of the ‘whole’ and make us more sensitive in our attitude towards the plurality of people who need health care. It is this oneness in the body that this passage proposes. This is made possible by each member bringing something special to enrich the body. The providers of health care and the receivers of it are partners and members of the same body.

A seven year old boy brought a sweet he received from a friend on his birthday as a gift for a senior doctor. The boy had lost his father in an accident and his mother was a domestic helper. The doctor shared half of his sweet with him. It reminds us of the gift such people can be to us, when we live and work with the consciousness that they too are ‘members in the body’.

#### For reflection and discussion:

1. How we can learn from the less privileged who come to us for health care?
2. What were the special experiences we have had while attending to the needs of the economically stressed?

*Pray for:*

Gossner Evangelical

Lutheran Church

India Evangelical Lutheran Church

Inter Ashram Fellowship

*Hospital :* Christian Fellowship Hospital,

Oddanchatram, Christian Fellowship Hospital,

Rajnandgaon and others

Methodist Church Overseas Division (UK)



## HEALING TO THE NATION

## II CHRONICLES 7:12-20

**Key Verse:** “If my people who are called by my name humble themselves, pray and seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.” II Chronicles 7:14.

King Solomon had just built a grand temple and dedicated it to the Lord. He had a great celebration, dedication of the altar and a feast for seven days. King Solomon rejoiced at the Lord’s doing and was grateful for the goodness that the Lord had shown David, Solomon and His people Israel. It is at this juncture the Lord appears to King Solomon and confirms His covenant with His people once again. “I have heard your prayer, and have chosen this place for myself as a house of sacrifice”. This is a reason to celebrate and rejoice.

God has chosen us to be His people. God has promised to hear and answer our prayers. Whatever you ask in my Name, I will do, that the Father may be glorified in the Son (John 14:13) is the promise of Our Lord Jesus Christ.

However the Lord tells Solomon that if he and the people turn away from Him, He will shut the heavens and send no rain or command the locusts to devour the land or send pestilence among His people. Will God shut up heavens? Will He stop the rains? A merciful God send pestilence?

Time and again the Israelites tested God. They murmured against Him. They turned their backs to him and they had to pay for it dearly. As much as He is a God of love and great compassion, He is also a consuming fire. A holy and righteous God is He. So He will show forth His awe and power that His people may turn from their sinful ways and seek Him for their own good.

God calls His people, called after His name to humble themselves, pray and seek His face, turn away from their wickedness and He will heal

the land. Sin and wickedness separate us from God. “But your iniquities have separated you from your God, and your sins have hidden His face from you so that He will not hear you” (Isaiah 59:2). “In returning and rest you shall be saved, In quietness and confidence shall be your strength”.

When we repent of our sins and confess it to Him, He is just and faithful to forgive us all our sins. He will restore us. That is healing in our inner being, not only for us but for the entire nation. A repentant community can bring healing to the nation at large. May we be that healing community that builds the Kingdom of God.

### For reflection and discussion:

1. How can I, as an individual humble myself before the Lord?
2. As an institution, how can we bring about repentance and restoration to the people we serve?

*Pray for:*

**Nuclear Medicine**

**Neurological Sciences**

Jeypore Evangelical Lutheran Church

*Hospital* : Christian Hospital,

Navarangpur and Bissamcuttack

Khasi Jaintia Presbyterian Assembly

*Hospital* : Roberts Hospital, Shillong, Norman Tunnel Hospital, Jowai



## PARTNERSHIP IN MISSION

## MATTHEW 9:35-37

**Key Verse:** “When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.” Matthew 9:36

The CSI Hospital Erode was founded by Antony Watson Brough, a missionary who came from Australia to Erode in 1897. He established a hospital in Erode after identifying the health needs among the local Muslim women. The Hospital was known as The Gosh hospital for many years. Now the hospital is under the Coimbatore diocese of the Church of South India.

Forty years later we see the beginning of another similar venture in the same state of Tamil Nadu. The pioneers of Kotagiri Medical Fellowship, Ms. Monica Sutton and Vera Nowell started a dispensary in Kotagiri in a cowshed in Kotagiri in 1937. The work later progressed to the establishment of a small eye hospital in 1941. The hospital was expanded through 25 buildings in 1961. Many poor and blind patients in and around Kotagiri continued to receive help through the service of committed men and women. Dr. Ida Scudder had a keen interest in the establishment and progress of this hospital.

Both these hospitals had their own struggles and difficulties to survive. In recent times, Christian Medical College, Vellore is taking initiatives to revive the work of these hospitals.

God uses the very humble beginnings of the people of faith to accomplish great things. The divine vision received by the founders of these hospitals had to be carried forward. It is amazing to see how God continues to inspire His people to extend His love and healing to many in need. William Carey said: “Expect great things from God and attempt great things for God.” May our hearts be quickened by the inspiration of the Holy Spirit and may we be ready to respond to the needs of His Kingdom, here and everywhere.

### For reflection and discussion:

1. Jesus said “the harvest is plentiful, but the labourers are few”. How do we get the right people for the service of God’s Kingdom?
2. What is partnership in Mission? How do we continue to strengthen it?

*Pray for:*

**Ophthalmology**

**Low Cost Effective Care Unit**

**Family Medicine, Shalom Family**

**Medicine Centre**

International Service Fellowship

(Interserve)



**INJUSTICE****I KINGS 21:1-10**

**Key Verse:** “One who justifies the wicked and one who condemns the righteous are both alike an abomination to the Lord.” Proverbs 17:15

We know that God is in favour of justice; we know that He is against injustice, even in the most basic terms. The writer of Proverbs mentions this: “The LORD detests differing weights, and dishonest scales do not please him” (Proverbs 20:23). Justice is foundational to God’s throne (Psalm 89:14), and God does not approve of partiality, whether we are talking about a weighted scale or an unjust legal system (Leviticus 19:15). There are many other verses, in both Old and New Testaments, that give us an idea of God’s distaste for injustice (2 Chronicles 19:7; Job 6:29; 11:14; Proverbs 16:8; Ezekiel 18:24; Romans 9:14).

King Ahab and queen Jezebel plan to take Naboth’s vineyard but Naboth did not agree, because it was his ancestral land and selling it was prohibited. Ahab knew that, but he took that vineyard by killing Naboth in a crooked way. His greed was encouraged by the cunning mind of his wife Jezebel.

Every human is, because of the fall, unjust. We do a lot of incongruent things. We make mistakes, we blow hot and cold, we do and say things that are totally contradictory. As James says, “We all stumble in many ways” (James 3:2). Injustice permeates our lives, as we judge unfairly and hold others to a different standard than we are willing to abide by ourselves.

The only way to truly escape injustice is to first accept that God is perfectly just and humans are inherently unjust, i.e., less than perfect, and then to accept God’s righteousness (1 John 1:5–9). Only when we are no longer concerned with making ourselves righteous can we trust the One who justifies the ungodly (Romans 4:5). Then, as God’s children, we can see clearly to combat

the injustice around us with a merciful attitude (Micah 6:8; James 1:27).

Jesus is totally just; there is no injustice in Him at all. Because of His perfection, Jesus can provide true justice. In fact, “the Father judges no one, but has entrusted all judgment to the Son” (John 5:22). We look forward to the time when righteousness and justice will be the order of the day and injustice will be banished forever: “Of the greatness of his government and peace there will be no end. He will reign on David’s throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever. The zeal of the LORD Almighty will accomplish this” (Isaiah 9:7).

**For reflection and discussion:**

1. What is justice? Give an example of injustice in our common life.
2. Share an instance of being treated unjustly? How do we treat others justly?



*Pray for:*

**Orthopaedics**

**Hand and Leprosy Reconstructive Surgery**

Malankara Jacobite Syrian Orthodox Church

*Hospital* : MBM Mission Hospital,  
Kothamangalam,

Christian Charitable Mission Hospital,  
Manganam and others

## RESEARCH IN THE DESIGN OF GOD

## ECCLESIASTES 12:9-14

**Key Verse :** “Those who are well have no need of a physician, but those who are sick.”  
Matthew 9:12

Research is an integral part of our vision. Our vision statement says, “The Christian Medical College, Vellore seeks to be a witness to the healing ministry of Christ, through excellence in education, service and research”. Our mission statement elaborates this as “CMC strives to understand God’s purposes and designs, fostering a spirit of enquiry, commitment to truth of health and disease, at improving interventions or in optimizing the use of resources”.

The statement is very clear: Our research is aimed at providing best medical treatment in line with God’s purposes and designs. But time and again it will be good to check whether we are proceeding in the right direction.

Science is opening up new areas in the field of research. A few years back scientists discovered that the life of the creature is in the blood. Stem cell research now has things to say with reference to Leviticus 17:11 which says “For the life of a creature is in the blood...” The Book of Leviticus, written some 3,250 years ago, records the very words of God stating this fact without a trace of ambiguity.

The talented medical professional, with a thirst for new medical knowledge, must seek to meet the needs of the sick. Christ has inspired extensive and in-depth medical research into the nature of diseases and their cures. Even the famed serendipitous invention of the wonder-cure, Penicillin, by Sir Alexander Fleming in

1928, had been thoughtfully choreographed by him. In fact, it was a careful spread of an elaborate net that trapped the cure, as it was.

The ever-new infections and diseases, which mushroom day by day, are challenges to the medical community and their creativity – be it collective or individual.

### **For reflection and discussion:**

1. Think of ways we can improve our creativity and openness in the field of research?
2. How do we make our research accomplish God’s purposes for a healing community?

*(adapted from Maitri 2007)*

*Pray for:*

**Staff and Students’ Health Service**

**Outpatient Service**

**Medical Records Department**

Malankara Orthodox Syrian Church

Catholicate of the East

Hospital : M.O.S.C Medical Mission Hospital,

Kolencherry and others

Marathi Mission

Hospital : Fairbank James Friendship Memorial

Hospital, Vadala Mission and others



## DIVISIONS

## I CORINTHIANS 3:1-11

**Key Verse:** “For we are God’s servants, working together; you are God’s field, God’s building.”  
I Corinthians 3:9

Divisions and fragmentation are frequently encountered in institutions, communities and even families. Divisions are bound to occur when members of the community have different interests, values and ideologies. It may be a simple difference of opinion that has caused lack of harmony or on a larger scale resulting in strikes, fights or destruction of the community. But communities can continue to grow and be healthy if they identify potential causes of divisions and if they take protective measures.

In this passage, St. Paul addresses the differences in the church at Corinth. The church at Corinth was young and vibrant, with many new followers of Jesus Christ. They were enthusiastic, active and zealous. But there were different factions – some claimed to follow Paul and others followed Apollos, another leader. It is vital to note that instead of trying to prove his dominance or superiority, St. Paul focuses on God’s service, God’s kingdom and God as the builder. Instead of letting the divisions get worse and trying to gain control, he focuses on the fact that all of us are co-workers in God’s service. He uses a beautiful imagery of a seed that becomes a plant, that in spite of the one who plants a seed and the other who waters, it is God who makes the plant grow. He highlights that both the planter and the one who waters, have a common purpose.

Even in our institution, our founder Dr. Ida focused on the principle, “We are not building a

medical college; we are building the kingdom of God”. This focus precisely addresses how we can have oneness of mind and a common goal. If we incorporate our individual interests and dreams within that of the institution, our institution will be a temple of healing for the patients, staff and everyone else who interacts with us. On the other hand, even in a historical institution like ours, if we allow individual interests and selfish motives to overshadow God’s purpose and the institutional motto, we will have more divisions, fragmentation and bitterness.

### **For reflection and discussion:**

1. In a health care institution like ours, what are the causes of divisions and differences of opinion?
2. What steps can we take as individuals to bridge differences and to promote growth of our institution?

*Pray for:*

**Obstetrics and Gynaecology  
Reproductive Medicine Unit  
Neonatology Unit**

Menonite Medical Board of the  
Menonite Church in India

*Hospital :* Dhamtari Christian Hospital





## FAVORITISM

## JAMES 2:1-4

**Key Verse:** *"If you show partiality, you commit sin and are convicted by the law as transgressors."*  
James 2:9

James deals with a perpetual problem that plagues us in our everyday life – favoritism. At its core is the judging of others on some basis other than the fact that they are human and loved unconditionally by God. James' illustration is about two strangers to the Church meeting. While the wealthy man is shown a seat of honor, the shabby person is made to stand at the back.

Mahatma Gandhi wrote in his autobiography of how in his young days from reading the Bible he was convinced that in Christ was the answer to the problems of India especially of casteism. To search this out more fully he decided to attend a church service one Sunday morning where his English friend C.F. Andrews was to preach, only to be turned away at the door by an usher because his skin was not white.

We at CMC are not impervious from the 'cult of the celebrity' or to the fawning over of influential or prosperous individuals. That is wrong, says James because it looks on the outward appearance while God looks at the heart often seeing a level of true dependence among the poor that the rich can find elusive.

Of course there are times when individuals are rightly honoured. For example, reserving seats for specially invited guests or someone young getting up and giving up their seats for someone old or invalid is commendable. But to institutionalize favouritism to the wealthy and well connected is wrong. If Christ could become the servant of all, how can I favour the rich and despise the poor?

### For reflection and discussion:

1. In what way do we in CMC institutionalize favoritism?
2. Read Luke 14:12-14. Share your feelings and thoughts.

*Pray for:*

**Hospital Choir**

**College Choir**



## SERVANT LEADERSHIP

LUKE 22:24-30

**Key Verse:** “So if, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet.” John 13: 14

Servant Leadership is enshrined in the language of democracy. We think of a minister as someone important – a senior member of the government. However the word minister really means “servant”. So the Prime Minister is actually the first servant, chosen, not for glory, but to put the good of the country above personal needs and desires. How sad that many public servants have pursued their position for personal ambition and gain, and so often abused the public’s trust.

The desire for status, authority and power is very strong in many of us. People look for promotion, even with little financial improvement, and feel aggrieved when it is delayed. The disciples had the same urge for recognition and advancement. Jesus said that such self-seeking ambition is not for members of his upside down kingdom. Yes, there will be leaders, but they are to be true servants – looking, not to their own interests, but to the needs of the Body of Christ.

Jesus himself is our example. Paul put it perfectly: “And look out for one another’s interests, not just for your own. The attitude you should have is the one that Christ Jesus had: He always had the nature of God but he did not think that by force he should try to become equal with God. Instead of this, of his own free will he gave up all he had, and took the nature of a servant. (Philippians 2: 4-7)

The “rat race” is often portrayed as people stepping on others and pushing them down to progress upwards. In contrast, servant leadership is a deeply ingrained attitude and commitment to put all one’s energy into pushing others up – and ignoring one’s own desire for honour and reward. To be a true servant leader we must first die to self, just as Jesus did when he came to earth, made his home amongst us, and then took up his cross.

### For reflection and discussion:

1. Who in your life has been the best example of a servant leader? Give some examples of how their words and behaviour were different from that of others in leadership positions.
2. Most of us exercise leadership from time to time in some part of our lives – whether at work, home or other situations. How can you truly serve those you lead? Decide on one thing that you will do for their sakes rather than your own.

*Pray for:*

**Transfusion Medicine  
and Immunohaematology**

National Council of Churches in India  
North Bank Baptist Christian Association  
*Hospital* : Baptist Christian Hospital,  
Tezpur





## INTERPERSONAL STRUGGLES

## GENESIS 4:6-12

**Key Verse:** *The Lord said to Cain, "Where is your brother, Abel?" He said, "I do not know, am I my brother's keeper?" Genesis 4:9*

Where there are two people there are bound to be interpersonal struggles. Going back to the origin of the world, Adam and Eve, fell into a breach of trust over the forbidden fruit. There was a blame game between them resulting in the fall of human beings and eventual eviction from the Garden of Eden. In Genesis chapter 4 we read that the two sons of Adam and Eve, Cain and Abel, fell into a trap of jealousy leading to the killing of Abel. Later, we see this interpersonal struggle repeated in the stories of Jacob and Esau, Saul and David, David and Jonathan, David and Absalom and even to Jesus and Judas.

Interpersonal struggles are part of human existence. They exist in all human relationships -between husband and wife, parents and children, in in-law relationships and between friends. They are much more acute in professional relationships because of unavoidable daily interactions in work.

Jealousy, which is a by-product of professional one-upmanship and unnecessary comparisons is one major reason for some interpersonal struggles. When two employees in the same work environment feel they are treated differently, tensions mount and separation occurs leading to hostility, non-co-operation and confrontations. Work begins to suffer and tensions at work tend to be taken home. A negative cascade of events worsens the problem further.

What is the way to prevent interpersonal struggles at work? The first is to understand the principle that friendship outside the work circle helps to prevent tensions within the work arena. The friendlier you are outside, the less will be the problems inside. This is true of relationship between the boss and the worker, seniors and juniors, and among peers. The second is to understand that, life and its values are bigger

than work. At the end of your day or life, we will not be counting the number of cases we saw but the number of friends we have.

So what should we do? Jesus had a motley band of people who were different from one another. He took them out to the hillside, to the seaside in a boat, up the mountain, down the valley, made them feed the five thousand and asked them to cry with him at Gethsemane. He loved them, broke bread with them and washed their feet as well.

Have times together without talking about work. Have coffee breaks and simple chat. Have singing and prayer. Go for picnics and celebrate any event. Drop into your colleague's house to enquire how his family is doing. Hold hands, pray for one another. It binds us together with cords of love and friendship. Break bread together – have a meal. Interpersonal struggles will just melt away.

### For reflection and discussion:

1. How do we identify and admit that there are interpersonal struggles in our unit/department?
2. Identify any two practical ways which could be used in your area to maintain healthy interpersonal relationships.

*Pray for:*

**Pharmacology and**

**Clinical Pharmacology**

**CHIPS**

Poona Christian Medical Association

*Hospital :* N.M.Wadia Hospital, Pune and others

The Salvation Army India South Eastern Territory

*Hospital :* Catherine Booth Hospital, Negercoil



## GUARDING OUR TONGUE

JAMES 3:1-10

**Key Verse:** “A word fitly spoken is like apples of gold in a setting of silver.” Proverbs 25:11

In many major fire accidents, investigations have revealed that the cause for the fire accidents are electric sparks; but the damages at times are irrecoverable. Likewise the tongue also is like a fire which might not cause damage materially but can devastate relationships. James 1: 26 says “If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person’s religion is worthless”. As God’s children it is important to bridle our tongue so as to assure the right direction.

The Bible encourages us to use our tongue **to build each other** - Ephesians 4:29: “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” **We are asked to use our tongue wisely** - The tongue of the wise utters knowledge aright; but the mouths of fools pour out folly (Proverbs 15:2). Sometimes unwise words spoken result in disharmony and arguments. Words spoken unwisely are eventually folly and futile.

**We are asked not to backbite** – “The north wind brings forth rain: So doth backbiting tongue an angry countenance (Proverbs 25:23)”. There is a Sunday school song that says “Be careful little tongue what you speak”. We should make sure not to be involved in character assassination. Let’s not involve in gossiping lest we ourselves become subject of others’ gossips. *Be not deceived: evil communications corrupt good manners.* (1 Corinthians 15:33).

**We are asked not to speak vain words** – “But I tell you that everyone will have to give account on the Day of Judgment for every empty word they have spoken” (Matthew 12:36). May our words be appropriate and meaningful so that relationships can also become more real and meaningful. “A gentle tongue is a tree of life; but perverseness therein is a breaking of the spirit” (Proverbs 15:4).

Our tongue is like a two-edged sword. *It can hurt; it can heal. It can divide; it can unite. It can build; it can destroy. It can break; it can build. “Death and life are in the power of the tongue; and they that love it shall eat the fruit thereof”* (Proverbs 18:21). Let’s guard the tongue and guard the soul. Whosoever keeps his mouth and his tongue keeps his soul from troubles (Proverbs 21:23).

### For reflection and discussion:

1. How do we use our words to build each other?
2. What steps could I take to guard my tongue?

Pray for:

### **Pharmacy Service**

The Salvation Army India

South Western Territory

The Salvation Army India Western Territory

*Hospital :* Evangeline Booth Hospital,  
Ahmednagar



## CORRUPTION

## ACTS 5:1-11

**Key Verse :** “God saw that the earth was corrupt; for all flesh had corrupted its ways upon the earth.” Genesis 6:12

Merriam-Webster Dictionary Defines corruption as “a departure from the original or from what is pure or correct” Corruption is a broad term covering a wide range of misuse of entrusted funds, responsibilities, positions and power for private gain: Theft, fraud, favouritism, abuse of power etc. Wikipedia records: “Corruption in India is an issue that adversely affects its economy. A study conducted by the Transparency International in 2005 shows that more than 62% of Indians had a first- hand experience of paying bribes or influence peddling to get jobs done in public offices successfully

Corruption exists everywhere and daily life is riddled with situations in the gray zone between legal and illegal. Many people accept petty corruption as a fact of life. Economically, corruption depletes national wealth. People who corrupt the system seek after personal benefits rather than the community.

In the above passage *Ananias*, together with his wife *Sapphira* practiced corruption, not realizing that greed for money will affect their own community that they belonged to; whereby they disrupted the equality in the society. To them family is more important than truth or more important than God. What happened to them is alarming. Lack of integrity, lying, lack of transparency play major role in execution corruption.

As corruption is found almost in every field, we need to be wise enough to deal with it. Fighting corruption is equally important as not practising corruption. 2 Timothy 3:1-5 says “You must realize, however, that in the last days difficult times will come. People will be lovers of themselves, lovers of money, boastful, arrogant, abusive, disobedient to their parents, ungrateful, unholy, unfeeling, uncooperative, slanderous, degenerate, brutal, hateful of what is good, traitors, reckless, conceited, and lovers of pleasure rather than lovers of God. They will hold to an outward form of godliness but deny its power. Stay away from such people”.

### For reflection and discussion:

1. Identify corruption in our system, society, nation etc?
2. How do we confront corruption as individuals and institution?

Pray for:

**Physical Medicine and  
Rehabilitation  
Rehabilitation Institute**

Samavesam of Telugu Baptist Churches  
Reformed Church in America



## FINDING LARGER MEANING

## MATTHEW 13:31-32

**Key Verse:** *"It is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches." Matthew 13:32*

There are many who are able to explore and find out great things. However, people find it difficult to see greatness in small things. Jesus used the analogy of the mustard seed to teach us the lesson that there is a larger meaning of little things. It is a fact of history that the greatest things always had a smallest beginning.

Little things face many challenges. Such as lowliness, insufficiency of materials, lack of resources, etc. The mustard seed is one of the smallest seeds. But when it is planted in the ground, it grows up to be one of the largest plants. The seed starts out very small, but it is very powerful. Within the seed is the ability to grow into a massive plant. The growth is slow and steady. If you looked at it every day, you might not see much change. But if you planted the seed, walked away, and then came back in one year, you would see a huge change. The seed would have become an enormous plant, bearing fruit and providing a place of rest for the birds.

It is important not to consider small beginnings as lowly. Every little thing in this world has a

meaning if we have the eyes to see it. Aunt Ida's prayer contains a phrase "seeing the larger meaning of little things" which strengthened her to go about her daily duties with a sense of beauty and loveliness. When we begin our day with this kind of prayer, our life will be packed with the good things of God's kingdom. Then we will find out the real meaning of our life and others' lives.

### For reflection and discussion:

1. How do you face the challenges of your humble beginnings?
2. How do we find the larger meaning of little things?

*Pray for:*

**RUHSA**

Tamil Evangelical Lutheran Church

*Hospital :* St. Joseph Eye Hospital, Trichy and others



## MINISTRY OF PRESENCE

JOB 2:11-13

**Key Verse:** “They sat with him on the ground for seven days and seven nights.” Job 2:13

Many wise men have spoken about the dangers of being too quick to speak and too unwilling to listen. Jesus, the son of Sirach, writes, “Be quick to hear, but deliberate in answering. If you know what to say, answer your neighbor; but if not, put your hand over your mouth”. Honor and dishonor come from speaking, and the tongue of mortals may be their downfall” (Sirach.5:11-13). The classical writer Zeno said, “We have two ears but only one mouth, that we may hear more and speak less”. Many of us would do well to listen more and to speak less.

The friends of Job were silently sitting with Job when they saw his pain. Being with people in their pain is a challenging ministry. That too, to refrain from speaking any word is all the more difficult. However, this has a beautiful effect on the people around. There need be no reasoning, no justification, not even sympathy. Just being there – a ministry of presence.

Often we feel compelled to give answer to God and the people around us. Our ministry is so unique in the sense that it reveals the incarnation of the healing hands of the healer God. Bearing the unbearable, sharing the un-sharable, and entering into the heart of the shattering pain with something more shattering still is an important thing. In the midst of sickness and suffering we are attempting to make God more real and relevant by listening and being with the person.

Even when all medical treatments have failed, the Healing God, who has the answer for the most insoluble problems is with us. The spirit filled staff sits beside the patient to whom science can offer no hope, God’s presence and hope is embodied in the silent, compassionate presence of the caregiver (ministry of presence).

He/she shares with the patient the pain and the anxieties of his lonely world through thoughtfulness, sensitivity and care. He/she prays at the side of the dying person who lies in a coma and has already cast off the moorings of this world. The entire presence of the spirit of God experienced by the patients is to be seen to complement the whole ministry of the Hospital.

We serve for the glory of God. Whatever we do for the patients will manifest the real presence of the healing hand of God among the sick and suffering and to the dying. Herein our ministry demands that we must be people of prayer, seeking and earnestly waiting for the guidance of the Holy Spirit which has been working in us all the time. There is a meaning in us, even though, from the scientific point of view this may be regarded as useless.

### For reflection and discussion:

1. How do we learn to become comfortable with silence and ‘no speech’ in the midst of pain?
2. How do we make our ministry of presence meaningful to someone in pain?

*Pray for:*

**Purchase**

**Stores**

**CRS**

Southern Asia Division of Seventh day Adventists

*Hospital :* Aizawl Adventist Hospital, Aizawl, SDA Medical Centre, Bengaluru and others

General Conference of Seventh Day Adventist (USA)



## BROKENNESS

## 2 CORINTHIANS 4:1-10

**Key Verse:** “We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down but not destroyed.” 2 Corinthians 4:8-9

In our life, we at times go through experiences of brokenness. Some are due to interpersonal relationships, others are due to structural inequities. Even our alienation from God is part of our brokenness. Brokenness of any kind carries with it a burden of pain and agony. E.g. broken promises, broken homes, broken relationships, broken heart.

One staff asked his colleague “how are you?” His colleague replied with a sad face “That is not a good question to ask, especially after getting all the dose from my boss this morning.” These experiences are not uncommon. In our working place we come across many occasions of brokenness.

Apostle Paul went through broken experiences while doing God’s ministry. Some came due to his opponents, others came due to difficult life situations. However he said “we are afflicted in every way, but not crushed” (II Corinthians 4:8). King David experienced times of brokenness. He went to the extent of comparing himself to the broken vessel (Psalm 31:22). He also affirmed that God does not despise the broken hearted (5:10,17). God heals the broken hearted (147:3) and the Lord is near to the broken hearted (34:18).

Christ himself went through brokenness to bring forth healing to us. As God’s children, we have a responsibility to heal the broken hearted. When one of our colleagues goes through some brokenness, we need to recognise and take efforts to bring forth healing.

### For reflection and discussion:

1. Identify the areas of brokenness in our life together in CMC?
2. How do we facilitate healing of brokenness? Share some practical ways.

*Pray for:*

**Principal’s Office**

**Medical Students**

**Allied Health Students**

**Men’s Hostel, Women’s Hostel**

**DJ Hostel, Fitch Hostel**

**CMC Alumni Association**

**Registrar’s Office**

**Medical Education Department**

**Continuing Medical Education**

**Bioethics**

**Distance Education**





## FAITH AND SCIENCE

## HEBREWS 11:1-12

**Key Verse:** “And without faith it is impossible to please God, for whoever would approach him must believe that he exists and that he rewards those who seek him.” Hebrews 11:6

Generally, it seems that faith cannot have co-existence with science and many view them as entirely separate entities. In fact, science and faith can be mutually enriching and complementary, once their proper domains are well understood and respected. By definition, science is “knowledge attained through study or practice” and faith is “the implicit trust one has in God without asking for scientific evidence”. Faith has the advantage over science in proffering certainty, since ‘Faith is the substance of things hoped for, the evidence of things not seen’ (Hebrews: 11: 1).

Many a time, certain scientists incorrectly conclude that science is methodologically atheistic. However, before the flood came God asked Noah to make a water-proof ark by specifying exact measurements of its length, breadth and height and even giving a particular type of wood (Genesis 6:13-16). He made Noah to follow the scientific principles (such as buoyancy) in the fabrication of the ark and at the same time exercise faith in Him (It is interesting to note that Greek Mathematician Archimedes understood how heavy Greek ships could float on water when he discovered the principle of buoyancy 2700 years *after The Flood*). Until the time of the flood there had been no rain for the Lord God had not sent rain on the earth (Genesis 2:5) and hence Noah had never experienced rain. Yet, he believed God and he built the ark. Eventually, his faith was rewarded as God kept His Word. Hence the Biblical view of God not only motivates us to do things scientifically, but also provides us a philosophical foundation for expecting to find regular patterns of cause and effect in nature (as we practice evidence-based medicine). Just

as the scientist who is sincere in their pursuit of veracity will continually increase their knowledge, so are we permitted insight into the great mysteries of God’s will through His son the Lord Jesus Christ and His Word (Ephesians 1:9).

The scientific study of God’s handiwork in creation will deepen our love for our Creator and trust in Him (Psalm 19:1). Science also offers us ways in which we can use our talents to relieve suffering and to love the people around us. Despite the common form of practice for medicine where ‘science’ dominates, it is clear from recent studies that faith plays a major factor in patients’ lives. It is evident that science and faith can work together to achieve better health especially with terminally ill patients.

#### **For reflection and discussion:**

1. Are faith and science compatible? How can we employ science along with faith in patient care?
2. How can we get insight into the mystery of God’s will through science and exercise our faith in medical research?



*Pray for:*

#### **Diagnostic Radiology and Imaging**

CNI Uttar Pradesh Regional Board of Health Services

*Hospital :* Christian Hospital, Kasganj, Memorial Hospital, Farrukhabad and others

**ANGER****JAMES 1:19-22**

**Key Verse:** “A soft answer turns away wrath, but a harsh word stirs up anger.” Proverbs 15:1

Anger can be one of the most destructive, (including self-destructive) and unhealthy emotions that we can experience. The Bible makes a distinction between righteous anger and unrighteous anger. God’s anger is righteous. He gets angry for the right reasons. His anger is directed against injustice, unfair exploitation of the vulnerable, against breaking His laws. His anger has a redemptive purpose (Hebrews 3:9-11). God desires that His anger will bring about our repentance.

Often we become angry for selfish reasons. Someone has hurt my pride, or is threatening my comfort zone, so I lash out. This is selfish anger, which is destructive to me and those around me. As James says we should be quick to listen, slow to speak and slow to anger, because people’s anger does not produce God’s righteousness. It is all right to be angry about the things that make God angry, but in our anger we must not sin. We must not stay in anger, or act out of anger. “Do not let the sun go down on your anger” (Ephesians 4:26).

How then can we deal with our anger? Well as James says, we should not act impulsively. We need to be self-controlled. Try and understand why you are angry, take a break to calm down. If you are able to, write a letter to the person who has so upset you. You can even express your frustrations with Our Heavenly Father if you are angry with Him. Write down all your frustrations, then.... then wait, take time to reread your letter and then destroy it. Having expressed your emotions, forgive the person who

has hurt you. “Forgive just as Your Heavenly Father has forgiven you” (Matthew 6:14).

Our example is of course the Lord Jesus. He has the character of His Father. He got angry for the right reasons He got angry about people being selfish and hard-hearted (Mark 3:4-5), exploiting others or dishonouring His Father (John 2:13-16). Like His Heavenly Father Jesus was always gracious and merciful, slow to anger and abounding in steadfast love, ready to relent from punishing. Like Father, Like Son, “His anger is but for a moment but His favour is for a lifetime” (Psalm 30:5).

**For reflection and discussion:**

1. Discuss with the group what it is that makes us really angry. Each person should complete this sentence “I get angry when.....” Then ask the group whether it is a righteous or a selfish anger?
2. How can we as an institution work towards bringing an end to practices which make God angry?

*Pray for:*



**Division of Surgery**

Service Association of the Christian Church  
United Church Board of World Ministries



## DAILY OPPORTUNITIES TO TRANSFORM OUR WORLD

**MATTHEW 25:31-40**

**Key Verse:** “Just as you did it to one of the least of these who are members of my family, you did it to me.” Matthew 25:40

This parable refers to the last judgment. It exhorts us to perform acts of kindness, lead good lives, and be socially useful to our community. This and other parables challenge each one of us to be part of God’s kingdom, to create it in our lives and to transform the world.

The examples of feeding the hungry, clothing the naked, inviting strangers to our homes, and visiting those in prison, though applicable to each one of us, seems distant in our day-to-day lives. Our privileged status in society insulates us from the daily hardship faced by millions of Indians for whom hunger is routine, malnutrition rife, poverty unbearable, housing sub-standard, elementary education second-rate, health care unaffordable, employment insecure, and livelihoods under constant threat. While these situations are common in our country, they seem to rarely impinge our consciousness and remain theoretical concerns.

How can we make Jesus’ teachings relevant to our daily lives? Do we walk the extra mile to help patients who come to our institution? Are we patient with our students who find their course difficult to cope with? Are we kind to the many strangers who we pass by at work? Do we listen to and spend time with people who are distressed? Do we recognize stress in and relieve tensions of our co-workers, and empower

them? Do we turn the other cheek to those of our colleagues who dislike us? Are we generous – with our time and money- to those in need? Do we recognize and alleviate suffering, which seems to be ubiquitous? Are we instruments of healing to those around us- our patients, their families, our students and our co-workers?

Every day presents us with many opportunities to demonstrate our concern for our fellow beings. Do we seize these occasions to help others and transform the world? Or do we not see them?

### **For reflection and discussion:**

1. How do we see opportunities to help people and to make our world a better place?
2. Identify an example when we justify our lack of empathy by arguing that there were no opportunities to be a better human being?

*Pray for:*

### **Urology**

The Leprosy Mission

*Hospital :* TLM Community Hospital,

Faizabad, Naini, Purulia and others



### **MULTILINGUAL CAROL SERVICE**

## BE THOU MY VISION

## HABAKKUK 2:1-4

**Key Verse:** “And the Lord answered me and said: Write the vision, make it plain tablets, so that a runner may read it.” Habakkuk 2:2

It is difficult to live our lives without a vision. Our visionary attitude is often the difference between our success and mediocrity. Many of us are familiar with the story where two shoe salesmen were sent to a primitive island to determine business potential. The first salesman wired back, “Coming home immediately. No one here wears shoes.” The second man responded, “Send a boatload of shoes immediately. The possibilities for selling shoes here are unlimited.” In the present worldly context of varying principles that govern many vision and mission statements, what governs our vision? Why do we do what we do? What does it mean to have the Lord as our vision?

The beautiful ancient Irish hymn written in the 8<sup>th</sup> century, “Be Thou My Vision” is both a prayer and a pledge. This ancient hymn is still meaningful for us today with its expression of a yearning for the presence and leading of God in our lives. Having the Lord as our vision would mean the following:

1. *The Lord would be the source of our wisdom.* When we live in His presence continually, our everyday decisions, big or small, would be based on the wisdom that He imparts to us, rather than our emotions and attitudes. We should make a conscious decision to set our vision on the Lord. And when our vision, soul and sight, is set on him, we can walk through life with a boldness and confidence. God is light and His Kingdom of hope will continue to shine through us.

2. *The Lord would be our dignity and delight.* No matter how others treat us or what current circumstances project, our dignity and purpose should rest on the Lord. This understanding would enable us not to desire man’s empty praises or accolades, because if the need be, the Lord Himself would grant us favour in the sight of human beings. We should instead aim to do the good works which God prepared for us to do (Ephesians 2:10). Then, our daily lives would not consist of hours of anxious striving or haste or confusion of thought but of the awareness that the Lord has called us to be His hands and feet and He will guide our every step, if we let Him.

Vision is a true awareness of Christ in all of His fullness and enabling power. Let us carry this hymn with us as we go about fulfilling His purpose, knowing fully well that we will accomplish our tasks with His enabling power.

### For reflection and discussion:

1. What are the things that can govern or alter our vision?
2. Share experiences where decisions guided by the vision or based on the Lord’s wisdom have transformed people’s lives.

*Pray for:*

Marthoma Syrian Church of Malabar

Hospital : Fellowship Mission  
Hospital, Kumbanad and others



**COLLEGE CAROL SERVICE**

## PEACE ON EARTH

ISAIAH 9:2-7

**Key Verse:** “For He is our peace.” *Ephesians 2:14a*

Don Richardson and his wife were missionaries in New Guinea in Indonesia in the 1960s. They sought to live among the Sawi tribe who were known for their cannibalistic practices. When the story of Jesus was shared, the tribe found the story of Jesus’ betrayal appealing, as they reminded them treachery and deceit. Frequent bloody battles were fought between rival villages in spite of the Richardson’s Christian example in their midst.

Don Richardson was getting frustrated and was contemplating leaving the island when he noticed a custom among the tribes wherein the chief’s infant was given to the rival chieftain to be renamed and brought up as his own. This meant that as long as the child lived, there would be no war fought between them. Richardson used this analogy to breakthrough to the Sawi tribe as he explained the good news of Jesus’ birth. Jesus being God’s “peace child”, came to restore the relationship between God and human. Ephesians 2: 14 reads “For He Himself (Jesus) is our peace, who has made both one, and has broken down the middle wall of separation”.

There are many things that cause separation today. Conflict in families, differences among co-workers, divisions in the church and global

issues for nations are reflections of the restlessness and strife within one’s soul. Jesus said “Peace I leave with you, My peace I give to you; not as the world gives do I give to you.” (John 14:27) Dialogues, treaties, and effective communication between co-workers are good efforts to resolve conflicts, however; they are inadequate in themselves. Peace comes through receiving what Jesus, the “Prince of Peace” has promised and given to us.

### For reflection and discussion:

1. What are the reasons for losing peace in our lives?
2. How can I be at peace with my fellow workers?

*Pray for:*

**Community Health and CHAD  
New Life Centre**

United Methodist Church of America

Voluntary Health Association of India

Vellore Christian Medical College Foundation  
Inc., USA



**HOSPITAL CAROL SERVICE**

## SAVIOUR OF THE WORLD

## MATTHEW 1:18-21

**Key Verse :** *“He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption.” 1 Corinthians 1:30*

The name “Jesus” was given by God at Jesus’ birth because it has a special meaning. The name Jesus comes from the Hebrew Jehoshua, meaning “Yahweh saves”. The gospel writer Mathew mentioned that Jesus is Saviour (Matthew 1:21). Jesus was truly our Saviour as he hung on the cross, for his death is our one and only means of salvation from sin and wrath. In 1 Timothy 1: 15 we read that Christ Jesus came into this world to save sinners.

The Bible says, “Behold the kindness and the severity of God” (Romans 11:22). God’s severity and perfect justice cannot tolerate any sin, and demands punishment. But God’s kindness accepts the punishment of Christ instead of our own. It is in this sense that Jesus is our “Saviour”. God’s acceptance of Christ’s punishment on the cross as a substitute for our own eternal punishment, is called not only “salvation”, but also “justification, sanctification, and redemption” (1Corinthians 1:30).

We call Jesus our Saviour because he **justifies** us. “Justification” or “righteousness” means being counted by God as righteous, even though we have sinned. This is made possible by virtue of the vicarious suffering which Jesus Christ endured on the cross. The term “vicarious” means “taking the place of another to be a substitute”.

We call Jesus our Saviour because he **sanctifies** us. “Sanctification” means being made holy and clean when we were unholy and unclean in God’s sight. But there is only one thing that can cleanse us: “The blood of Jesus His Son cleanses us from all sin” (1John 1:7).

We call Jesus our Saviour because he **redeems** us. Our “redemption” is understood when we look back at our ruined lives all marred by sin. In the old terminology, it is like a slave being bought back from his owner with a price. Now we belong to God

There are times we live in the sins of darkness. The darkness of worries, fear etc. occupy our lives. Therefore we could not have a blessed life and we go through lot of problems. Saving message gives hope to our life and removes all the darkness in our life by justifying, sanctifying, and redeeming.

### **For reflection and discussion:**

1. How do we understand the saving work of God through Jesus Christ?
2. Share with the group how you experience salvation from your sinfulness?

*Pray for:*

Methodist Church in India

*Hospital :* Methodist Hospital, Nadiad

*Hospital :* ETCM Hospital, Kolar and others

United Society for the Propagation of the Gospel

Board of International Ministries of the American

Baptist Foreign Mission Society



## GOOD NEWS

LUKE 2:10-14

**Key verse:** "... I am bringing you good news of great joy for all the people." Luke 2:10

We come across anxious patients awaiting their reports from the doctor to learn of the course of their illness. Imagine their joy in receiving the news declaring them free of the particular tumour or infection. Good news brings joy.

The creation act in the Bible talks of humans being made by God's own hands, in His image and having His breath. They were meant to reflect His glory and enjoy everything made for them. Despite warning against it, sin was invited by man into this beautiful scene and caused our separation from God since there was no room for sin in the presence of God. The magnitude of this fall has been so great that it pronounced on us eternal death, unless some sinless person took it all on himself and died instead. The only sinless one is God and God sent his only son who took this sinful form and lived a sinless life despite being subject to all trials and hardships of human nature. He saw the eternal joy set before him wherein we would be back with him just as it was before the fall. He endured it all till he was murdered cruelly. Such is the intensity of his love. But death had to give him up since it had no hold over this sinless person. He reigns as the Eternal King. God declared that there would be no end to His kingdom. We will be co-heirs with him in this kingdom.

There is restoration to the original state just by faith in the shed blood of Jesus, the Son of God.

It does not call for any rituals or works on our part. This good news is for those who take it and for those who believe it, regardless of nationality or faith or religion. It is not forced on us. Just as sin was an active choice made by humankind, so also is this choice of believing and accepting the good news of Jesus' arrival and his sacrifice. As we celebrate this season reminiscing Jesus' birth, may God give us the grace to understand the real joy in the purpose of his coming.

### **For reflection and discussion:**

1. Think of the most joyous moment you experienced after hearing some good news. Did you keep it to yourself or share with others?
2. What do you think is the ultimate purpose of life? Do you try to think of it or choose to lay it aside and get on with work?

*Pray for:*

Kolhapur Church Council

Miraj Medical Centre, Maharashtra

Mizoram Presbyterian Church Synod

*Hospital :* Synod Hospital, Durtlang, Mizoram

College stores and College Canteen



## LIVING A BLESSED LIFE

ISAIAH 58:8-12

**Key Verse:** *"The Lord will guide you continually and satisfy your needs in parched places, and make your bones strong." Isaiah 58:11*

In the midst of the challenges and difficulties that we face every day, our hearts long for quietness and rest. Problems and trouble seem to assail us increasingly - trouble in our personal lives, our relationships, needs of children and parents; and trouble at work- interpersonal problems, deadlines, shortage of staff, difficult patients, publications, research issues, promotion etc. We may also have trouble from many things outside our control- traffic, weather, political situation etc. Is it really possible to lead a blessed life in the midst of these challenges and difficulties?

A blessed life is not one with no trouble or sickness, when everything around us is perfect and life is smooth sailing, when we have abundance materially. A blessed life is living with an inner satisfaction and joy that comes from the life with the Creator. It is knowing God in a personal way and not as just a concept. It is not about having God as a kind of a genie to whom we could go for our needs. It is about finding rest for our souls in the One who created our souls. The blessed life is one where you live a life connected with the One Who made you - fulfilling the purpose for which He created you. When we know Him and live out His purpose for our lives, we truly will be restful in our souls. As St Augustine of Hippo (AD 354- 430) said, "Our hearts are restless, until they find their rest in You."

It involves living a life of trust in God and experiencing His provision for our needs in the world. These needs could be physical, emotional, intellectual, social and relational. We are called to trust the Lord for all these needs and live a life that does not strive for these things. Dr Francis S. Collins, Director of the National

Institute of Health (NIH), USA, who led the Human Genome Project, said "I'm always feeling like I'm lacking wisdom. This reassurance that one can ask God for that and it will happen is certainly reassuring to me."

The verse quoted above from Isaiah promises us that the Lord of the Universe, will guide us always. Without Him we end up with frustration and resentment. When we allow Him to guide us God will satisfy our needs in a sun - scorched land. God will strengthen our frame. We will be like a well-watered garden, like a spring whose waters never fail.

Jesus promises us in Matthew 11:28 "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest."

### **For reflection and discussion:**

1. How do we live in the rest that was promised?
2. How do we trust God for satisfying our needs? What are the challenges we face in

*Pray for:*

**Psychiatry**

**Vellore Good Samaritan Canteen**

**MIQ**

**LIQ**

ELS Book Shop

Central Bank of India

Post Office (College & Hospital)

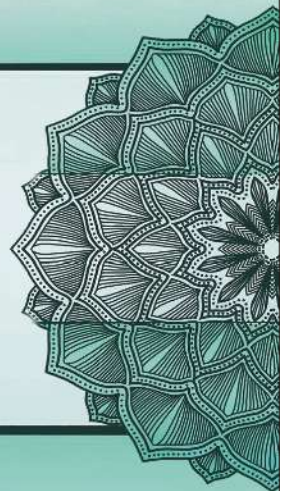
Karpagam Co-operative Store.







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