

# MAITRI 2026

In pursuit of maturity in Christ



***That they all may be one***

*John 17: 21*

**Maitri**  
**2026 Bible Studies**

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

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*Dear Friends,*

*It is with immense joy that we publish the twenty fourth volume of Maitri for the year 2026.*

*“Maitri” in Sanskrit means “Friendship”. This devotional is prepared with the intention of providing a framework for our weekly departmental reflection of the Bible for our institution.*

*The theme for the year is “Bind us Together” (John 17: 21). The biblical reflections, speak about experiencing oneness of heart and mind with our relationship with God and one another.*

*The oneness we experience in the Healing ministry of Christ will enable us to be kind, humble, compassionate, and joyful, as we involve in the day-to-day work of our institution.*

*We 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 oneness in our life and work. May we grow deeper in our maturity in Christ.*

*With best wishes and prayers,*

*Chaplain*

*January, 2026*

## **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 Vellore 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 Vellore provides a culture of caring while pursuing its commitment to professional excellence. CMC Vellore is committed to innovation and the adoption of new, appropriate, cost-effective, caring technology.

CMC Vellore 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 Vellore 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 Vellore seeks to work in partnership both with the church in India and the universal church, and their institutions.

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## Dr. Ida Scudder's Words of Faith, Hope and Love

"I especially thank God for leading me to India to work among these women I love and for whom I love to work." – *Dr. Ida Scudder, 1901*

"Follow your gifts with prayers, dear friends. We need help and guidance, strength and patience and this can only come from our Master." – *Dr. Ida requests prayers from her supporters, 1906*

"We shall endeavor to instill into their minds [students'] the great importance of a pure self-forgetful large-hearted service... that all who go out from here will be filled with the same spirit of love and sympathy which was manifested by the Christ when He was on earth." – *Dr. Ida, during inauguration of the medical school, 1918*

"Our Master has called each one of us to serve Him and that is why we came to India – not for money or possession – we came to serve – and in serving Him, to serve India and to help prepare you to serve this great land of yours." – *Dr Ida, welcoming students in 1922*

"We learn very little in this life from success. Success feeds ego, failure chastens it. Success makes you look up and the sun dazzles you; failure forces you to look down and you mind your steps. Those who can fail and learn, who can try and fall and get up and go on, who can make a new start, and be defeated and still go on are those who succeed at the end." – *Dr. Ida, 1934*

"We would often have been faint hearted and have lost courage and have been ready to give up the struggle, but as someone has said our steps of faith have often fallen on a seeming void, but we have always found the rock beneath." – *Dr. Ida, 1940*

"... problems have been tremendous and insurmountable, and had we not turned again and again to the Master's promises... we would have often been rendered faint-hearted and lost courage and been ready to give up the struggle... Many a time during the past years we have had to go to the watch tower of prayer and have bowed in silence awaiting God's instructions and commands to us..." – *Dr. Ida, 1940*

"Life, a full marvelous life is opening before you – go out into it with Christ – your Saviour and Master. Keep very close to Him. He is always near, ready to uphold you. Like the sunshine. When you stand in clear beautiful sunlight you do not ask – where is the sunlight? No – for it is all around you. That's like Christ's love – enfolding you." – *Dr. Ida, 1948, at the age of 78*

## Stepping out in Faith

**Key verse:** “Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.” Joshua 1:9

At Christian Medical College Vellore, as we enter 2026, we do so with a calling to serve, heal, teach, and witness in Christ’s name. The first week of a new year often stirs our hearts with renewed hope, anticipation, and perhaps a little uncertainty. God’s word to Joshua (1:1-9), at a turning point in Israel’s history, speaks powerfully to us even today as we start another year. May the following reminders inspire us as we face another unique year.

**New Chapter, New Calling:** Joshua stood at the threshold of a new chapter, facing a daunting task: unknown challenges, vast territories, and strong enemies. The responsibility of leading God’s people into the Promised Land now rested on him after the passing of Moses. Yet God’s assurance was clear: “I will be with you; I will not fail you or forsake you” (Joshua 1:5). Much like Joshua, we at CMC begin this year with both opportunities and challenges. God calls us to step forward in faith, trusting that His presence accompanies us into every situation.

**The Foundation of our Courage:** Faith isn’t the absence of fear, it is the choice to trust God enough to move forward despite uncertainty. God called Joshua to take a leap of faith, trusting in His strength and courage to lead the people. God’s call to “be strong and courageous” was not based on Joshua’s personal strength but on the unchanging presence and promise of God.

For our CMC family in 2026, stepping out in faith may take many forms. It might mean saying “yes” to serving in a remote mission hospital, beginning a bold research project with a Kingdom purpose, showing Christ’s compassion to those who are hardest to love,

or trusting God for provision when resources feel scarce. Like Joshua, we are called not only to be courageous but also to adhere to God’s Word “day and night” driven by unrelenting obedience and reverence.

When challenges arise through deadlines, difficult cases, or unexpected changes, let us remember the words God spoke to Joshua: “Do not be afraid... for the Lord your God will be with you wherever you go.” Let us move forward in faith, trusting that His grace will meet us in the exact measure we need.

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

1. What does “stepping out in faith” look like in your present role at CMC — in patient care, teaching, or administration?
2. How God’s promise to Joshua “I will be with you” give you courage to face fear or uncertainty as you step into new year?

*Pray for:*

**Directorate**

**Promotion and PTP Office**

**Hospitality and International**



**Relations**

**The CMC Vellore Association**

**Quality Management Cell**

**Development Office**

**Missions Department**

CSI Trichy – Tanjore Diocese

Hospital: CSI Mission General Hospital,  
Trichy and others

**Bind us Together**

**Key verse:** “Two are better than one because they have a good reward for their toil.”  
**Ecclesiastes 4:9**

Scripture reminds us that “Two are better than one... a cord of three strands is not quickly broken.” In a world where independence is often celebrated, God created us for fellowship not only with Him but also with one another. God’s design is that our lives intertwine like strands in a cord, each giving strength, support, and stability to the others. As a result of our demanding work in CMC, we may tend to isolate ourselves. Ecclesiastes 4:9-12 speaks directly to our context, emphasising that being bound together leads to better outcomes in the care we render.

This passage highlights three blessings that flow from being bound together in God: shared labour, shared encouragement, and shared protection. When we labour together, the reward is greater than what we could achieve alone. When we fall, someone is there to lift us up. When we grow cold, someone is there to warm our hearts again. And when we face spiritual battles, we don’t stand alone, God places people beside us to help resist the enemy. Our service in CMC is not meant to be a solitary journey, but a shared pilgrimage, strengthened by mutual love and unity.

Ultimately, the “third strand” that completes the cord is Christ Himself. When Christ remains at the centre of our healing ministry, we become resilient, unyielding to division, fear, or fatigue. May we allow God to bind us

**Ecclesiastes 4: 9 - 12**

together as a community, heart to heart, hand in hand as a Christ-centred community of healing, where every hand works with purpose, every heart beats with compassion, and every life reflects His love. May Christ be the One who strengthens, sustains, and unites the CMC family in His mission.

**For reflection and discussion:**

1. How can we ensure that Christ remains the “third strand” in our relationships, teamwork, and decision-making?
2. What often causes “disconnect” or isolation among us, and how can we address it intentionally?
3. Ecclesiastes says, “A cord of three strands is not quickly broken.” What are the three ‘strands’ we need today to stay united?

*Pray for:*

**Anaesthesia**

**Neuro Anaesthesia**

**Operation Theatre, SICU & HDU**



Christian Assemblies in India,  
 Hospital: Tiruvalla Medical Mission,  
 Sankeshwar Mission Hospital,  
 Ambajipeta Women’s Hospital,  
 Narsapur Christian Hospital and others

**Selfless Serving**

**Key verse:** *"For you were called to freedom, brothers and sisters, only do not use your freedom as an opportunity for self-indulgence, but through love become enslaved to one another."*  
**Galatians 5:13**

The apostle Paul is writing to a group of people who believed that their freedom in Christ allowed them to do whatever they pleased. Paul gently corrects them, urging them not to use their freedom selfishly but to serve one another in love.

The natural tendency when there is freedom is to use it for selfish desires and to gratify ourselves. Most people are preoccupied with their own security, pleasure, and comfort. They are unable to look beyond these. Yet, Paul redirects this impulse outward, urging us to "serve one another in love."

The foundation of our institution is built on serving others rather than expecting to be served. Jesus is our example. From its inception, those who joined CMC as staff and dedicated their lives to service came from different continents, eager to offer their service of love. Without expecting anything in return, they acted as instruments of healing for those who were sick and suffering in our country. They were motivated by the love of our Lord.

It is now our turn to offer a similar service. When it is offered with a heart full of love, it brings hope and brightness to the people we serve. Most of our patients travel long distances and endure immeasurable hardships simply because of the trust they place in us. When our work is offered with a heart full of selfless love,

it becomes more than a treatment of sickness; it becomes a beacon of hope and a testament to human dignity.

**For reflection and discussion:**

1. Can you share an incident where someone approached you, and your timely help made them immensely grateful, which in turn made you happy?
2. What else can we do to grow in the attitude of serving others in love?
3. How can we remind ourselves that every patient or colleague we meet is a chance to serve Christ Himself?

*Pray for:*

**Accounts**

**Internal Audit**



Andhra Evangelical Lutheran Church  
 Hospital: Baer Christian Hospital, Chirala,  
 Ruth Sigmon Memorial Lutheran Hospital  
 Guntur and others.

Arcot Lutheran Church  
 Hospital: Danish Mission Hospital, Tirukoilur  
 and others

All India Association for Christian Higher  
 Education

Australian Board of Vellore CMC

**Unfurling Our Commitment****Psalm 33: 8 - 22**

**Key verse:** *"Happy is the nation whose God is the Lord, the people whom He has chosen as His heritage." Psalm 33:12*

As we celebrate the 77th Republic Day of our nation, we also come together as a community deeply rooted in faith, service, and the mission entrusted to CMC Vellore. Republic Day reminds us of the values enshrined in our Constitution. As a healing community, we are prompted to reflect on unfurling our commitment to God and His mission of healing and wholeness to the nation at large. On Republic Day, the flag is rolled up or folded at the top of the pole and then unfurled, symbolising a renewed commitment to live by the principles of the Constitution.

Just as the Constitution gives direction to the nation, Christ grants us freedom and calls us to live with commitment. The Word of God guides us in our mission: firstly, to serve without discrimination; secondly, to treat every person with compassion and dignity; lastly, to work together with humility and excellence. At CMC, unfurling our commitment means a daily renewal of our pledge to serve the poor, the marginalised, and the suffering with the love of Christ.

India is a land with a rich heritage of ancient wisdom and cultural diversity. In the same way, CMC too has a heritage built on the vision of Dr. Ida Scudder, who responded to God's call with courage and compassion.

Just as India's heritage inspires its progress, our institutional heritage of 125 years calls us to

look ahead. We must embrace new challenges in healthcare, education, and mission, always rooted in faith, yet consistently pressing forward with innovation to serve the least and the lost.

On this Republic Day, may we "unfurl" our lives before God afresh, renewing our commitment to serve Him faithfully through the mission of CMC Vellore.

**For reflection and discussion:**

1. How can we, as followers of Christ, daily "unfurl" our commitment to Him in our personal and professional lives?
2. "Happy is the nation whose God is the Lord" (Psalm 33:12). What can we do, as a community of faith, to contribute to the moral and spiritual strength of our nation?

*Pray for:*

**Department of Emergency Medicine**

CSI Karnataka Dioceses

Hospital: CSI Hospital, Bangalore,

CSI Basel Mission Hospital, Gadag

CSI Holdsworth Memorial Hospital, Mysore

and others

CSI Krishna – Godavari Diocese

Friends of Vellore, Sweden.



## Healing Community

## Matthew 10: 5 - 10

**Key verse:** “Cure the sick, raise the dead, cleanse those with a skin disease, cast out demons. You received without payment; give without payment.” Matthew 10:8

Jesus’ words to the disciples are not a suggestion but a sacred commission. During this Healing Ministry Week, we remember that healing is not just a service, but a mission, a sign of the kingdom of God breaking into our world. Let us explore some aspects of this mission which will help our reflection.

**A community sent with purpose:** “As the Father has sent me, so I send you.” (John 20:21). Jesus sends His disciples into real places of suffering, not to observe, but to engage, restore, and proclaim hope. Healing communities are missional spaces where God’s love is actively lived. Therefore, CMC’s call is to go where pain is; to step into the brokenness with compassion and clarity.

**A community that heals the whole person:** “...To heal the broken-hearted, to proclaim liberty to the captives.” (Isaiah 61:1). God commands holistic healing: of the body, mind, and spirit. The healing of lepers, the casting out of demons, and raising the dead all point to liberation from everything that dehumanises. Therefore, CMC’s call is to offer care that touches wounds deeper than the skin — restoring dignity, connection, and meaning.

**A community that serves freely:** “You received without payment; give without payment.” (Matthew 10:8). Healing is not a product to be sold but a gift to be shared. The healing community must reflect God’s

generosity, working not for profit but for grace-filled service. Therefore, CMC’s call is to let grace, and not gain, be the heart of our service.

**A community that trusts God’s provision:** “Take nothing... for the labourer deserves his food.” (Matthew 10: 9–10). Hudson Taylor says, “Where God guides, He provides.” Jesus instructs the disciples to travel light and trust deeply. Healing ministry is not sustained by wealth or security, but by faith. Therefore, CMC’s call is to trust God for strength, wisdom, and resources as we walk this healing path together.

**For reflection and discussion:**

1. Who are the “lost sheep” in our immediate reality that we are called to serve?
2. How can we reflect Christ’s compassion in our healing work today?
3. What holds us back from giving freely and trusting fully?

*Pray for:*

**Clinical Biochemistry**

CNI Synod –

The Synodical Board of Health Services

Hospital: St. Stephen’s Hospital, New Delhi,  
Lady Willingdon Hospital, Manali.



**Bless Those Who Bruise You**

**Key verse:** “*Do not repay evil for evil or abuse for abuse, but, on the contrary, repay with a blessing. It is for this that you were called that you might inherit a blessing.*” 1 Peter 3: 9

Hospitals are sacred spaces, yet they are also emotionally intense environments for us as healthcare workers. Whether medical or support staff, we walk alongside people during their darkest moments. However, we also face sharp words, harsh judgments, and sometimes, unfair treatment. Examples include a senior shouting at a junior during rounds, a patient’s family lashing out at the medical team, a colleague undermining your work or taking credit for your efforts, or you being blamed for outcomes beyond your control. These are not merely challenging moments; they are bruises, emotional wounds that can leave us feeling angry, defensive, or depressed.

The apostle Peter writes, “*Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessings*” 1 Peter 3:9. This is not weakness. It is Christlike strength. Peter is speaking to people who were marginalised and mistreated—yet he tells them, “Repay with blessing.” Why? Because we are not merely healers of bodies. We are bearers of blessing. We are called to change the spiritual climate around us. This does not mean tolerating abuse or never setting boundaries. It means responding with a heart that is not reactive but redemptive.

Jesus modelled this—on the cross, bruised and mocked, He said: “*Father, forgive them.*”

Peter adds a powerful reminder here: “*... because to this you were called so that you may inherit a blessing*” (1 Peter 3:9). When

we bless those who bruise us, we’re not losing anything—we are gaining something of eternal significance. Each time you respond with grace, you become more like Jesus. You make space for God to transform you into a blessing.

The passage concludes with this promise: “*For the eyes of the Lord are on the righteous and His ears are attentive to their prayer...*” (1 Peter 3: 12). You are seen. You are heard. Your quiet, unrecorded acts of grace are not wasted.

In a hospital setting, where bruises come easily, you are an agent of healing, not just through your hands but through your heart as well.

**For reflection and discussion:**

1. How do we overcome our deep hurts in practical ways in our day-to-day life?
2. What are the spiritual ways we can overcome our hurts and become a blessing to others?

*Pray for:*

**Chaplaincy**

Christian Medical Association of India (CMAI)



Christian Nurses League of the CMAI  
Catholic Health Association of India (CHAI)

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

**Repentance of the Heart****Ezekiel 36: 22 - 30**

**Key verse:** “*A new heart I will give you, and a new spirit I will put within you, and I will remove from your body the heart of stone and give you a heart of flesh.*” Ezekiel 36:26

Christian Medical College Vellore has grown in size and strength from humble beginnings and has received numerous accolades and honours over more than a century. This achievement has been possible only by the grace and power of the living God, through countless dedicated individuals who sought to build the kingdom of God, not merely a medical college or hospital.

Along with such growth, there is the risk of pride, seeking personal glory, depending on oneself, and ultimately taking the honour that belongs to God alone. Over time, we might also have deviated from God’s plan and purposes, pursuing our own ambitions. We may have engaged in activities that honour us instead of God. We might have sought glory for ourselves rather than for the Creator of CMC. This can lead to a heart of stone rather than a heart of flesh.

In Ezekiel 36, God is concerned about the condition of our hearts; He wants a heart of stone replaced entirely by the heart of flesh He longs for. Similarly, Israel, which bears His name and has been blessed by Him, has strayed from His path, indulging in sin and not glorifying Him. This results in disobedience, idolatry, rebellion against God’s teachings, and unwillingness to follow God’s will and purpose—a heart of stone. God desires to bring Israel back to Him. He promises a new heart and a new spirit.

This heart of flesh symbolises a tender, receptive, responsive, and obedient heart, eager to know and do God’s will, and follow His ways. Israel realised the state of its heart, repented, and turned away from evil ways. The outcome was a renewed relationship with God

and a spiritual deliverance. In verses 28 and 29, God says, “*you shall be My people, and I will be your God; and I will deliver you from all your uncleanness.*”

God is calling us to repentance, which means turning away from our ungodly ways and surrendering to Him. He is full of grace and mercy, inviting us to have a tender heart that seeks Him and gives Him the glory.

**For reflection and discussion:**

1. What is the current state of our hearts – stone or flesh? Does it require repentance and restoration?
2. What are the areas in our lives, within our department, or in the status of our institution that need correction, to realign with God’s plan?

*Pray for:*

**Physical Medicine and Rehabilitation,**  
**Mary Varghese Rehabilitation Institute**  
**Physiotherapy Department**  
**Occupational Therapy Department**  
**Prosthetics & Orthotics**



Tamil Evangelical Lutheran Church  
 Hospital: Joseph Eye Hospital, Trichy and others.  
 Gossner Evangelical Lutheran Church  
 India Evangelical Lutheran Church  
 Christian Welfare Centre, Malapuram and others

**Your Attitude Matters****Philippians 2: 1 - 11**

**Key verse:** “Let the same mind be in you that was in Christ Jesus.” *Philippians 2:5*

Attitude is often called the hidden power behind our words and actions. St. Paul reminds us that our attitude is not simply psychological; it is deeply spiritual. In Philippians 2:3-4, St. Paul elaborates on how the Christ-like attitude operates. He urges believers to cultivate an attitude grounded in encouragement, love, compassion, and the fellowship of the Spirit.

St. Paul presents Christ as the ultimate model of humility: Jesus, though fully God, emptied Himself, took the form of a servant, and became obedient even to death on a cross (vv. 6-8). This passage reveals that imitating Christ’s humility involves surrendering pride, entitlement, and self-centeredness and embracing servanthood and obedience.

As CMC staff, this attitude is crucial, for the way we carry ourselves, our tone, our patience, and our willingness to serve can bring comfort, dignity, and healing to every patient who walks through our doors. It means seeing the patient, not as a number or yet another case, but as a person created in God’s image. Additionally, valuing colleagues and working together in a spirit of humility and unity. For healthcare professionals, this is more than an ideal—it is a daily calling. Our attitude, then, is not just personal, it shapes the life of the whole body of Christ.

Skill saves lives, but attitude shapes the experience of healing. A smile at a frightened patient, patience when relatives ask the same question again, or gentleness when explaining

difficult news can reflect Christ’s compassion. Proverbs 17:22 says: *“A cheerful heart is good medicine.”* Our attitude can either lighten the burden of illness or add to the weight of suffering.

In the same way, our patients often face mountains of illness and despair. Our role and attitude as healthcare providers is to stand with them, encourage them, and reflect the hope that comes from Christ. Our attitude matters.

**For reflection and discussion:**

1. What attitudes in your own life may need to change to reflect the mind of Christ more fully?
2. Do I see my patients as individuals created in God’s image, deserving of respect and dignity?

*Pray for:*

**Cardiology**

**Cardiac Anaesthesia**

**Cardio Thoracic Surgery**

CSI Kanyakumari Diocese

Hospital: CSI Mission Hospital, Neyyoor,  
Marthandam and others

CSI Karimnagar Diocese

Friends of Vellore, Germany



**Crisis and Dependence on God****Exodus 14: 1 - 14**

**Key verse:** “The Lord will fight for you; and you have only to keep still.” Exodus 14:14.

Life often brings moments of crisis when human strength, wisdom, and resources prove insufficient. The Israelites faced such a situation at the Red Sea. With Pharaoh's army pursuing them and the waters before them, they were trapped. Fear, doubt, and despair gripped them, and they cried out in panic for help and deliverance.

Moses encouraged people, “Do not be afraid, stand firm.” (Exodus 14:13). Their deliverance did not depend on their weapons, strategies, or courage; in fact, they didn't have any, for they were already weak and weary. Instead of urging the people to fight or flee, Moses called them to stillness and trust.

Sometimes, in moments of crisis, we tend to rely on our own abilities, resources, skills, and even past successes. A crisis often reveals where our true dependence truly lies. Crises are opportunities to fully depend on Him.

This passage teaches us that faith is essential in times of crisis. God often guides His people into situations where dependence on Him is the only choice, so that His glory can be revealed. Dependence is not a sign of weakness; it is the realisation that deliverance comes solely from God.

Dependence on God transforms fear into faith and hopelessness into victory. The blessed assurance in this passage is that the Lord Himself will fight for us as we wait in loyalty and trust. May we continue to put our trust in Him, believing He will deliver us.

**For reflection and discussion:**

1. Discuss factors that stop us from trusting in God in times of crisis.
2. How can we be of help when our friends or patients go through crisis?

*Pray for:*



**Biostatistics**

**Bioengineering**

**Biomedical Engineering**

**Anatomy**

**Physiology**

Kristiya Seva Sansthan Sarenga, West Bengal and others

Christian Services Society of Bengal,  
Orissa and Bihar Baptist Convention  
Christian Mission Service, Germany

**A Witness for Christ - Dr. L.B.M. Joseph****2 Corinthians 4: 5 - 10**

**Key verse:** “We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.” 2 Corinthians 4: 8,9.

Lawrence Barnabas Mathuram Joseph, affectionately known as LBM, joined CMC in 1953 and retired in 1987. Throughout his long career, he held various positions – head of General Surgery, Vice Principal, Acting Medical Superintendent, Deputy Director, and Director of CMC Vellore from March 1974 to March 1987. A man of deep faith in God, he was distinguished by his integrity, discipline, and compassion. He influenced generations during his lifetime and beyond. He was a talented surgeon and a mentor to many. Once, a senior surgeon visited CMC and was pleasantly surprised to find a junior surgeon operating just like him. The two surgeons did not know each other, but the senior surgeon had trained Dr LBM!

Dr LBM led our institution through its most challenging years, when labour unrest threatened the very fabric of CMC. He provided leadership that inspired the community to unite. He showed forgiveness, which brought healing. This came at a great deal of personal sacrifice in the face of enormous challenges to both him and CMC. Throughout, he stayed true to his purpose and calling as a witness for Christ. He ran the race well, always seeking God’s guidance and strength (1 Chronicles 16:11). He strengthened the CMC community through his integrity, faith, and far-sighted vision.

**Apostle Paul – A witness for Christ in every season**

St. Paul talks about his calling and purpose in his many epistles. His calling was to make Christ known. The passage in 2 Corinthians 4:5-10 beautifully describes how, during intense persecution, Paul never lost faith. His faith in Christ made him content in both plenty and want. He constantly looked to God for grace and gave thanks in every trial. Paul provided leadership, reconciliation, encouragement, and spoke the truth in love. In the end, he could say, “I have fought the good fight; I have finished the race; I have kept the faith. From now on there is reserved for me the crown of righteousness...” (2 Timothy 4: 7 & 8).

**How should we run our race?**

We are all marathon runners or walkers! Some of us will run in this institution for a few years and then continue the race elsewhere. Some will run

longer, and others for most of our lives. To run without burning out, we need to keep our eyes fixed on Jesus, relying on Him for guidance and strength, and always seeking His will. To walk faithfully with God, no matter how tough the challenge or how steep the climb, we need faith that can move mountains. And even a mustard seed of faith is enough (Matthew 17:20).

We are all leaders – anyone who influences another person is a leader! For those of us who have been walking in faith for some time (leaders), can we say we have been walking in faith, staying true to our calling, and living in a way that witnesses God? If we walk in faith, let our walk better reflect our God, striving for excellence, leading by example, whether in trials or happiness. If walking is difficult, let us train ourselves to lean on God to strengthen us and seek His will and guidance. We are not pursuing victory – we are simply seeking a closer walk with faith – God and us!

**For reflection and discussion:**

1. How can I make my journey in CMC Vellore, with all its joys and challenges, a witness for Christ? Discuss practical steps.
2. Does our walk reflect our partnership in Christ’s healing ministry?

**Pray for:**

**General Superintendent’s Office**

**Personnel Office**

**Hospital Management Studies &  
Staff Training and Development**



**Hospital Annexe**

**Transport Department**

CSI Coimbatore Diocese,

Hospital: CSI Hospital, Erode.

Canadian Baptist Overseas Mission Board

Canadian Council of Churches,

Vellore - Ludhiana Committee of Canada

## Becoming Less

*Key verse: "Do nothing from selfish ambition or empty conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests but to the interests of others." Philippians 2:3,4*

For over 125 years, CMC has been a place where individuals from diverse backgrounds unite around a shared mission of healing and care. Sometimes, we may feel disappointed when our efforts go unnoticed or when others receive credit for what we have done. These feelings can breed resentment or jealousy. Is there a better approach to address this? John the Baptist's example teaches us a better way. As Jesus' ministry brought many people to him, John's disciples were troubled by this. Yet John understood his mission to prepare the way for the Messiah. His joy was complete when Jesus' ministry grew, saying, "He must become greater; I must become less."

John the Baptist clearly understood his role and rightful place in God's plan, so he rejoiced to see it fulfilled. This principle should guide the staff and students of our institution. Jesus should grow in significance and presence, while the servant's role becomes increasingly humble.

We often drift away from God's divine call because pride, comfort, and worldly desires such as recognition or security distract us from it. Can we, within our departments and teams, celebrate others' successes and work together in unity towards the divine mission of CMC? Do we work together with our colleagues in the right spirit to fulfil this divine mission, or are we attempting to stir trouble, driven by selfish motives?

Philippians 2:6–8 reminds us that Jesus Christ, who "existed in the form of God, humbled Himself and became obedient to the point of death, even death on a cross."

Let us follow the footsteps of Christ in our lives and run towards the purpose He has called us to, keeping in mind this aim: "He must become greater; I must become less."

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

1. Do we appreciate and enjoy the success of our colleagues in our institution and department without any hidden jealousy or grudge? What steps can we take to nurture this habit?
2. What steps can we take as a department to improve coordination and bonding between our staff?

*Pray for:*

**Department of Radiology**

Malaysia Union Mission of SDA

Hospital: Penang Adventist Hospital,

BMS World Mission



## Mirroring Christ

**Key verse:** “*..let your light shine before others, so that they may see your good works and give glory to your Father in heaven.*” Matthew 5:16

To “mirror Christ” means to embody the character of Jesus. Our institution is founded on a calling to serve in the name of Christ, providing care, compassion, and holistic healing to all, especially the marginalised. Mirroring Christ here requires every member of staff to reflect Jesus. We may work in clinical, administrative, academic, or support roles. Each of us has the opportunity to share His love for the broken. We can introduce them to the transformation that comes from growing close to Jesus. Our interactions, decisions, and attitudes offer opportunities to demonstrate Christ.

This Bible passage emphasises that knowing God is not merely an emotion or an inner belief; it is a life lived in obedience to His commandments in every aspect. John clearly states that love is the defining mark of a life aligned with God. The one who truly knows Christ will walk in His ways. Such a person’s walk is characterised by loving others, showing truthfulness in actions, and surrendering hatred to God. John also introduces a recurring New Testament theme: love for others is not a new commandment, but its fullness is now revealed through Christ. The passage challenges superficial religiosity and calls for a genuine, lived-out faith that imitates Jesus.

For each of us at CMC, mirroring Christ begins with small, daily choices such as speaking kindly, forgiving, and listening patiently. We are the mirror through which those who do not know Jesus will see Him. As St. Paul writes in 2 Corinthians 3:2, “You are our letter, written in our hearts, to be known and read by all.”

Whether we are caring for a patient, supporting a colleague, teaching students, or performing routine tasks, are we reflecting the character of Christ?

Let us continue to reflect Jesus and be carriers of His glory. Let our lives be about showing His love, compassion, and grace in every encounter. In a world filled with brokenness, a gentle word, a patient heart, or a kind deed can speak louder than sermons. When we mirror Christ, we bring light into dark places and hope into despair. Through this, we fulfil the vision and mission of CMC; not just as a medical institution, but as a community shaped by the love and life of Christ.

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

1. What specific area of my life needs to change so that I can be a clearer mirror of Christ?
2. What difference would it make in our hospital or department if each of us consciously sought to mirror Christ every day?

*Pray for:*

**Department of Materials**

**Stores**



**Central Receiving Section (CRS)**

**Central Sterile Supply Department (CSSD)**

CSI Madras Diocese

CSI Kalyani Multi Speciality Hospital, Chennai

CSI Rainy Multi Speciality Hospital

CSI Hospital, Ikkadu and others.

**Redemptive Power of the Cross****Luke 23: 33 - 46**

**Key verse:** *"For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God."* 1 Corinthians 1:18

Every symbol in this world carries a story. A flag tells the story of a nation; a ring tells the story of a relationship; a stethoscope tells the story of healing. But among all the symbols known to humanity, the cross of Calvary is a symbol of God's redeeming love through Jesus Christ. What once stood as an instrument of shame, suffering, and death has become the most significant symbol of hope, love, and redemption.

To redeem means to rescue from loss, to pay off a debt, or to restore value. The Cross reveals the deeper meaning of sacrifice and God's love for each one of us. There is no redemption without love and sacrifice. Why did God love the world? John 3:16 says, "For God so loved the world that He sent His one and only Son, that whoever believes in Him shall not perish but have eternal life." God loved the world because it is His workmanship, made with good purpose. He loved His purposeful workmanship deeply enough that He wanted to save the people of this world. God cannot tolerate the people of this world perishing in sin. God did not wish His created human beings to be eternally separated from Him. In His mercy, He was willing to send His own Son, Jesus, to die on the cross to save the people of this world from their sins.

What made Jesus sacrifice His life on the cross? God, being just and holy, could not overlook sin. The penalty had to be paid by a sinless person. God came to this world in

human form. He gave Himself as a sacrifice on the cross. Thus, the sacrifice of Christ signifies Christ's self-denial. He was willing to forgo His equality with God. He offered himself as an empty vessel to be poured out for the redemption of many.

The Cross is not merely an event to be remembered; it is a lifestyle to be embraced. Every day we are called to reflect the redeeming love of Christ—to forgive when it is difficult, to serve when it is inconvenient, and to love when it is undeserved. The redeemed live differently because redemption changes the heart, the mind, and the way we view others. The Cross compels us not only to receive grace but also to extend grace.

**For reflection and discussion:**

1. In what ways can we live as true examples of those who have been redeemed?
2. Discuss the relevance of the message of the cross to the CMC community and the larger community beyond CMC.

**PALM MUSICALS**

**Eternal Hope****1Peter 1: 3 - 9**

**Key verse:** "...He has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead." 1 Peter 1: 3

Hope is defined as "an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's own life, or the world at large." The patients who come to CMC Vellore hope for a positive outcome. Hope is what sustains them through difficult times.

1Peter is a letter written by the apostle Peter to the believers who had been suffering various trials and afflictions. The possibility of greater, more severe difficulties in the future was very real to them. He writes this letter to offer them hope.

In the post-resurrection narrative (John 20: 11-18), we read Jesus asking Mary Magdalene two questions: "Why are you crying?" and "Who do you seek?" She had been through the worst two days of her life. She watched her 'hope', her only hope, nailed to the cross. Her hope had died. At times, we may feel the same. But in those moments, Jesus stands beside us and asks us the same questions: "*Why do you cry?*" and "*Whom do you seek?*" Our hope can rise again because we believe in a risen Christ.

The disciples also went through a dreadful experience when their Saviour was crucified. They watched as He suffered and died like a common criminal. But after the resurrection, the risen Lord takes the initiative to search for the disciples. He gently deals with His

failing disciples and extends His grace by understanding them.

Our hope is grounded in God's faithfulness. It is a confident expectation and longing for something good in the future. When faith is directed towards the future, we call it hope.

CMC Vellore has been able to be a 'House of Hope' for many. May we continue to depend on the grace of God and be a bright beam of hope for those coming here with various kinds of sickness and suffering.

**For reflection and discussion:**

1. Hope is not just wishful thinking, but a confident expectation. What do you think this means?
2. How do we pass on this 'eternal hope' to those who go through sickness and suffering?

*Pray for:*

**Medical Superintendent's Office**

**Private Consultation Facility**



**Alpha Clinic**

**Information Reception and Main Enquiry**

**International Relations Office**

**Hospital Infection Control Committee**

**Turning Many to Righteousness - Ms. Ann Bothamley****Daniel 12: 1 - 3**

**Key verse:** *"Those who are wise shall shine like the brightness of the sky, and those who lead the many to righteousness, like the stars forever and ever."* Daniel 12:3

Miss Valerie Ann Bothamley, a Baptist missionary nurse from England, served in CMC Vellore for more than 60 years. Together with her colleague, Miss Marlene Thompson, they committed to nurturing and mentoring children of missionary health workers whose parents worked in remote mission fields where schooling was not available. Initially, they accommodated these children in their small quarters in CMC, vacating one of their bedrooms. When the number of children increased, they moved to Balanilayam, where they were actively involved in training and instructing the children in godly ways. Sister Ann served as a student counsellor at Ida Scudder School and a Sunday School teacher at St John's Church, always making herself available for counselling and guidance. Her commitment to the souls of those she served is reflected in her prayer journal, which reveals a great discipline: faithfully praying for each of these children on specific days of the week, sometimes long after they had moved away from Vellore.

Miss Bothamley herself lived a quiet, consistent, godly life amid everyday challenges. She let her actions and interactions reflect the love of God. She invested her time in nurturing the lives of many youths, listening to their concerns, sharing her testimony, and engaging them in conversations about sin, salvation, and the sacrifice of Christ. In doing so, she walked alongside them in their challenges, speaking the truth in love and leading them to a life of faith.

The task to turn people from the error of their ways starts with genuine love and concern for them. James 5:19-20 says, "My brothers and sisters, if anyone among you wanders from the truth and is brought back by another, you should know that whoever brings back a sinner from wandering will save the sinner's soul from death and will cover a multitude of sins". Turning many to righteousness means guiding others to live rightly with God and others through teaching, example, correction, and compassionate witness leaving an eternal impact that reflects God's light.

**For reflection and discussion:**

1. As members of the CMC community, how can we be actively involved in nurturing young lives?
2. In our work and life in CMC, what are the challenges we face in speaking the truth in love? How can we overcome the fear of rejection or misunderstanding?
3. What kind of legacy do we want our lives to leave in the lives of those around us?

*Pray for:*

**College of Nursing**

**Florence Taylor Memorial Library**

**Community Health**

**Nursing Students' Hostel**

Uttar Pradesh Regional Board of Health Services

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



**Commitment - Mark of a Disciple**

**Key verse:** "No one who puts a hand to the plow and looks back is fit for the kingdom of God." Luke 9: 62

In this passage, Jesus exhorts three people about the commitment needed to follow Him. Three men could have become disciples, but they would not have met the conditions Jesus laid down. The first man was a scribe (Matthew 8:19) who volunteered to follow until he heard the cost: he had to deny himself. Apparently, he was accustomed to a comfortable home.

Jesus called the second man to follow (what an honour!), but he was rebuked because he would not take up the cross and die to the demands of the self. He was worried about somebody else's funeral when he should have been preparing for his own eternal life! Jesus is not suggesting here that we dishonour our parents, but only that we not permit our love for family to weaken our love for the Lord. We should love Christ so much that our love for family would look like hatred in comparison (Luke 14:26).

The third man also volunteered, but he could not follow Christ because he was looking back instead of ahead. There is nothing wrong with a loving farewell, but if it gets in the way of obedience, it becomes sin. Jesus saw that this man's heart was not wholly with Him, but that he would be ploughing and looking back.

The common thread in all these people seems not to be total rejection of Jesus but a wavering commitment. Other things, in varying degrees, were taking priority over Jesus in their lives. Jesus clarifies that He and His mission to save

are too essential to have anything less than total commitment to Him.

Jesus will not lay any burden on us other than what He himself demonstrated. Twice in the verses above this passage, Luke records (Luke 9:51,53) that 'He was determined to go to Jerusalem'—the time for Him to die outside of Jerusalem had come. More than anyone else, Jesus lived with total commitment to the Father's will; He steadfastly set His face to go to Jerusalem. He calls us to deny ourselves, take up our cross, and follow Him. We can answer this call by following Jesus in our commitment to Him.

**For reflection and discussion:**

1. What does total commitment to Christ look like in our life and work at CMC?
2. What are the biggest challenges to serve others selflessly in a busy workplace?

*Pray for:*

**Dodd Memorial Library**

**Gault Library**

**Archives**

CSI Jaffna Diocese

Hospital: Green Memorial Hospital, Manipay

CSI Tirunelveli Diocese

Hospital: CSI Jeyaraj Annapackiam Hospital,

CSI Bellpins Indrani Chelladurai Mission

Hospital, Palayamkottai and others



**Excellence in Character and Work****Daniel 6: 1 - 5**

**Key verse:** “So the administrators and the satraps tried to find grounds for complaint against Daniel... but they could find no grounds for complaint or any corruption, because he was faithful, and no negligence or corruption could be found in him.” Daniel 6:4

There's a story about a young carpenter who was building a wooden stage. He carefully hammered every nail into place — even the ones that would be completely hidden beneath floorboards. Someone asked him, “Why spend so much time on what no one will ever see?” The carpenter replied, “I will see it, and God will see it.”

**1. A Call to Serve**

Excellence in character and work means performing our tasks with integrity, diligence, and a sincere heart, even when no one is watching. In the context of CMC, where patient care, education, and service are central, this theme reminds us that our work is not just a duty but a calling. CMC's motto, not to be ministered unto but to minister, reflects this spirit. Therefore, excellence is not only about skills or performance but also about our attitude, being faithful, honest, and compassionate in whatever role we have, whether clinical or non-clinical.

**2. A Commitment to Stand**

King Darius, who recognised Daniel's exceptional leadership qualities, as verse3 states, was so impressed that he planned to appoint Daniel over the entire kingdom. Daniel stood out in a foreign land, surrounded by people who envied him. This wasn't just about intelligence or experience; it was about his attitude, reliability, and faithfulness in his duties. Even when Daniel was promoted to a high position, his humility and integrity remained firm. In verses 4–5, we see that his political rivals searched for ways to discredit him. But “they could find no grounds for complaint”.

**3. A Consistency that Sustains**

Daniel was a man of consistent character. Daniel didn't take shortcuts or use his position for personal gain, but performed his duties with integrity, even under pressure and among people who wanted him to fail. Whether handling patients at the counters, treating the sick or teaching students, we must consistently show the same care and integrity. True excellence is upheld not by occasional effort but by consistent habits. A small act of kindness or honesty, repeated over time, can leave a lasting impact.

**For reflection and discussion:**

1. Like Daniel, how can we achieve excellence in both character and work?
2. How can we have consistency in our faith journey by identifying the hurdles?

*Pray for:*

**Dietary**

**Security Services**

Chaldean Syrian Church of the East

Hospital: Mar Timotheus Charitable

Hospital, Trissur

Council of Christian Hospitals

Serango Christian Hospital

Christian Medical Centre Pithapuram

CBM Bethel Hospital, Vuyyuru

Star of Hope Hospital, Aikividu.



**Upholding the Legacy****Matthew 7: 21 - 28**

**Key verse:** “Everyone, then, who hears these words of Mine and acts on them will be like a wise man who built his house on rock.” Matthew 7:24

Today's reading addresses the dangers of self-deception and emphasises the importance of a solid foundation in our lives and within our institution, CMC Vellore. Prophesying in the name of the Lord, casting out demons in the Lord's name, and performing many deeds of power in His name may appear to be genuine expressions of divine intention. They seem to be of divine origin. However, in reality, not all of them are from the Lord. The Lord explicitly states that false prophets never have a true intimacy with God and that He will say so to their faces using the words, “I never knew you.” This is profoundly sobering to hear.

Could it be that some actions we take as an institution resemble the works of the Kingdom of God but lack the essential fulfilment of God's expectations? (Matthew 7:21). It is important to recognise that this discussion occurs towards the end of the Sermon on the Mount (Matthew 5-7). Here, Jesus refers to the Sermon on the Mount as ‘these words of mine’ (7:24). Hearing and acting upon the teachings of Jesus is likened to building one's house upon the rock.

As CMC Vellore, we recognise that the teachings of Jesus, which form the foundations of compassionate healing ministry, are our legacy. We uphold them with the utmost care and respect. At the same time, we are acutely aware of the possibility of self-deception. It could be present in our programmes, projects, or any articulations of our vision.

As members of the CMC family, each of us is entrusted with the sacred responsibility of carrying forward the vision and values that have shaped this institution. Upholding the legacy of CMC means more than just preserving its name

or reputation—it means living out Christ's compassion in every patient interaction, decision, and act of service. Whether in clinical care, research, administration, or support services, we reflect Christ when we serve with integrity, humility, and love.

Our patients may forget our words, but will remember how we made them feel. So, we must ask ourselves: will they remember feeling seen, valued, and cared for? When we treat each person as created in the image of God, we honour the legacy of the founder of this institution in obedience to God's call. Let us build on this rock by aligning our work with Christ's teachings—where excellence is rooted in love, and every healing touch becomes a testimony of God's grace.

**For reflection and discussion:**

1. Identify some unmistakable indicators of our legacy in CMC based on the Sermon on the Mount.
2. How do we identify self-deception in our work?
3. What efforts can we take to uphold the legacy of CMC Vellore?

*Pray for:*

**Computerised Hospital  
Information Processing Service  
(CHIPS)**



United Methodist Church of America  
Voluntary Health Association of India  
Vellore Christian Medical College  
Foundation Inc., USA

## The Faith of Hannah

**Key verse:** "There is no Holy One like the Lord, no one besides you; there is no Rock like our God." 1 Samuel 2:2

At CMC Vellore, we are part of a unique calling where faith and service come together in caring for people. Each day, we see both joy and pain—patients seeking healing, families waiting with hope, and staff giving their skills and time in service. In these moments, the story of Hannah speaks powerfully to us.

Hannah was a woman who understood the burden of unanswered prayers and deep sorrow, yet she consistently brought her pain before God. Her life serves as a reminder that faith is not only about accepting blessings, but also about surrendering them back to God for His purposes.

### 1. Hannah's enduring faith (v1–18):

Although our primary focus starts at verse 27, we must acknowledge the suffering that came before her praise. Hannah was barren and felt profound distress because she had no children, which was considered shameful. She was taunted by Peninnah, and her heart was shattered, yet Hannah chose not to retaliate. Instead of succumbing to bitterness, she turned to prayer.

**2. Hannah's selfless prayer (v10–20):** She prayed earnestly and made a vow: "If You grant me a son, I will dedicate him to You." Her prayer was not transactional, but sacrificial. She wasn't seeking a child to keep but to offer back to God. Instead of seeking God like a wish-granting source, she sought Him as her goal.

**3. Hannah's fulfilled promise (v27–28):** She acknowledges God's answer by saying, "I prayed for this child, and the Lord has granted me what I asked of Him..." More importantly, she remains committed to her vow by bringing Samuel to serve the Lord at the temple. How often do we make promises to God and then forget them after receiving our blessings?

Hannah's desire was not merely for a son but for a lasting legacy of faith.

**4. Hannah's trusting praise (2:1–2):** After giving Samuel to God, she does not grieve; instead, she worships. Her prayer is a powerful hymn of praise that exalts God's holiness, strength, and deliverance. A mother's joy arises not from control but from trusting that God will do more with her children than she ever could.

This Mother's Day, let us not only celebrate our mothers with flowers and gifts, but also show our dedication to walk in faith, just as Hannah did. Her life serves as a reminder that the most enduring legacy a mother can leave is the faith she passes on to the next generation.

### For reflection and discussion:

1. Would it be easy for you to give something precious back to God as Hannah did? What does it mean for us, as healthcare professionals, to "give back"?
2. As we celebrate the sacrificial love of mothers, in what ways can Hannah's dedication to Samuel inspire us to live a life of sacrifice and service in our work?

*Pray for:*

**Department of Medicine**

**Geriatric Medicine**

**Medical ICU and HDU**

**Clinical Epidemiology Unit**

**Clinical Immunology and Rheumatology**

**Acute Medicine**

**Poison Control Centre**

CSI North Kerala Diocese

Hospital: CSI Mission Hospital, Codacal and others



**Walking with Humility****Proverbs 22: 1 - 5**

**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

According to the dictionary, humility comes from Latin *humilitas*, and it is the virtue of knowing one's own limitations and weaknesses and acting accordingly. It refers to the quality of those who do not try to project themselves onto others nor to show themselves as superior to them. But the Bible goes deeper into humility and offers a different perspective from the common understanding of this word. The Bible exhorts us to submit to one another and to understand that we are no better than anyone else (Philippians 2:3). The following are some helpful pointers to practice humility more and more in our lives:

**Remain thankful:** Gratitude and humility go together. When we have humility in our hearts, we always remember that it was God who did everything in our lives, and we thank Him. We will also be grateful to the people around us who help us in many ways in our daily lives. This attitude of gratitude will encourage us to realise that others are more important than ourselves.

**Apologise promptly:** There is a lot of humility in recognising when we make mistakes. Therefore, we need to recognise our mistakes and be willing to selflessly participate in resolving the situation. Christ tells us to turn the other cheek when someone causes us pain (Luke 6:29), so even when we believe we are right, we must set aside our ego and seek reconciliation with others.

**Don't look for glory:** This is a great challenge for many! We must not do things to be seen (Matthew 6: 1-6 and 16-18), but for Christ to

be seen through us. Humility becomes possible when we place honour where honour is always due: on God.

**Love, respect, and serve:** When humility is in our hearts, we want to work alongside others, listen to their pain, and practically lighten their load. Over time, our selfish nature is overwritten by this willingness to be true brothers and sisters to those in our community. We stop dismissing their difficulties and fears and start to harbour compassion for others.

None of us is perfectly humble all the time. The good news is that when we intentionally cultivate a spirit of humility, God will help us to develop humility as our natural attitude. Let's walk with humility as Christ fully humbled Himself.

**For reflection and discussion:**

1. What does “walking with humility” mean to you?
2. Why is it important to be humble?

*Pray for:*

**Nursing Superintendent's Office**

**Staff Nurses' Hostel**

CMC Ludhiana, Punjab

CNI Nagpur Diocese

Hospital: Mure Memorial Hospital, Nagpur



**Holy Spirit the Comforter****John 14: 11 - 20**

**Key verse:** *"I will ask the Father, and He will give you another Helper, to be with you forever."*  
John 14:16

In 2018, a junior association football team found themselves trapped deep inside Tham Luang Nang Non, a sprawling cave system in Thailand's Chiang Rai province, for fifteen long days. Sudden flooding caused the rivers to swell, flooding the caves, cutting off their escape and plunging them into darkness. The group of twelve boys, aged eleven to sixteen, along with their coach, was stranded far from safety.

The Thai government launched one of the most complex rescue operations in history by bringing in elite cave divers from around the world. Confronted with narrow passages, dangerous currents, and muddy waters, British divers John Volanthen and Rick Stanton finally found the team, discovering them alive on a small, raised rock nearly four kilometres from the cave entrance. What started as a spontaneous adventure had turned into a terrifying ordeal, a near-death experience that none of them would ever forget.

Just as in the story of these young boys, our lives can also suddenly take unexpected turns. The disciples were among the most fortunate people to have ever lived, for they had a Master by their side who was no ordinary man but God in the flesh. Even so, the disciples received the shock of their lives when Jesus told them that this dream-like season was coming to an end, that He had to leave them and "go away to be with the Father" (John 14:2). They had become so used to relying on Him for every need that life without Jesus by their side seemed unimaginable. The thought of returning to the gloomy old way of living, where every challenge had to be faced with their own limited strength, was something they could hardly bear.

Jesus sensed their anxiety and assured them that, even though He was leaving, they would not be left as orphans to face life's challenges

alone. He promised to send another Counsellor who would take His place as their Comforter and Guide.

This Counsellor—the third Person of the triune God who dwells in the heart of everyone who places their faith in Jesus Christ. He imparts divine wisdom to navigate the most challenging situations, grants strength to endure even the fiercest trials, and offers peace so profound that it surpasses human understanding.

Today, this same Comforter is available to us. Let us, therefore, make a deliberate choice to be attentive to the gentle leading of the Holy Spirit within us. Let us allow Him to shape our steps and empower us so that we can live each day with joy, victory, and unwavering faith.

**For reflection and discussion:**

1. When life brings unexpected challenges, how can recalling Jesus' promise of the Comforter change our perspective and response? Share a time at CMC where this has been true.
2. How can we allow the Holy Spirit to use us as instruments of comfort to others, especially in our workplace or community?

*Pray for:*

**Clinical Haematology**

**Medical Oncology**

**Centre for Stem Cell Research**

**Paediatric Emergency**

**Paediatric ICU**

CSI Madhya – Kerala Diocese

Rev. George Mathen Mission Hospital and

Bishop Jacob Memorial Hospital

CSI Madurai – Ramnad Diocese,

Hospital: CSI Christian Mission Hospital, Madurai.



## Generational God

**Key verse:** *Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.*  
*Isaiah 58:12*

In the Bible, God is often called “the God of Abraham, Isaac, and Jacob.” This reminds us that He works generationally. His design is that one generation nurtures, guides, and equips the next, passing on wisdom, values, and faith (Psalm 145:4).

From this, we see that each generation is called — not to start afresh, but to build on the foundations laid before them. Thus, God’s purposes are fulfilled when generations walk together, completing the mission He has entrusted to His people. Let us regard this through the following lenses.

**The challenge of division:** Satan tries to counter God’s generational leading by sowing mistrust and alienation. Today, we often see conflict between the old and the young—the older generation viewing the younger as reckless, and the young dismissing the older as irrelevant. This division hinders the transfer of God’s blessings and wisdom. The younger generation must learn humility to receive counsel, while the older generation must also exercise patience, realising that maturity takes time. Just as a human body matures gradually, so too, young hearts and minds mature in faith and responsibility.

There is a call to humility and unity embedded here. It starts with recognising that different generations may have different styles, methods, and advancements, but God’s love and truth remain unchanged. Humility is the key that unlocks unity.

### CMC Vellore’s calling across generations:

As we stand on the shoulders of our forerunners, we are called to work together as one Body of Christ in the wards, offices, labs, and community outreach programmes. CMC’s motto, “Not to be ministered unto, but to minister,” reflects this truth. Service is the mission of all generations working together. Juniors bring fresh energy and vision, while seniors provide depth, wisdom, and experience, ensuring that God’s healing mission endures.

Ultimately, all who belong to Christ are part of a holy generation that transcends time (1 Peter 2:9). This “chosen generation” is not defined by age, but by one’s identity in Christ. Together, we are called to demonstrate His healing love.

### For reflection and discussion:

- 1Peter 2:9 describes us as a “chosen generation.” How does this identity influence our calling to serve patients and our community today?
2. In what ways can we, at CMC, honour and develop the vision and values established by our founders?

*Pray for:*

### Dental and Oral Surgery

Mizoram Presbyterian Church Synod

Hospital: Synod Hospital, Durtlang, Mizoram  
 Marathi Mission

Hospital: Willis F Pierce Memorial Hospital,  
 Wai, Satara and others



## Fruit of the Spirit

## Galatians 5: 22 - 26

**Key verse:** “If we live by the Spirit, let us also be guided by the Spirit.” Galatians 5:25

When a tree reaches its full height, it bears fruit. God uses the example of growing to our full stature in Christ and reflecting His character through our lives as the “fruit of the Spirit” to teach this lesson. The fruit of the Spirit listed by Paul appears in Galatians 5:22,23. It is a fruit with nine visible attributes—Love, Joy, Peace, Long-suffering, Gentleness, Goodness, Faith, Meekness, and Temperance. These nine attributes are presented as one by the Holy Spirit.

The process of fruit bearing is illustrated by Jesus. He says, “ I am the vine; you are the branches. Those who abide in me and I in them bear much fruit..” (John 15:5). He also says, “Every good tree bears good fruit, but the bad tree bears bad fruit” (Matthew 7:17). It is essential to abide in Him in order to bear fruit. It is also clear that the true disciple will be evident by the fruit he or she bears. The evil fruits of anger and hatred are decidedly the work of the flesh (Galatians 5:19-26). It is the Spirit who transforms and presents beautiful attributes.

Sometimes God places us in circumstances that are difficult to handle. Still, when we allow Him to water, manoeuvre, and guard us from falling, He is faithful to watch us grow to maturity and display the qualities of the Fruit of the Spirit. We can do nothing of ourselves (John 15:5), but we can fully yield to His will in our lives. The fruit we bear is the only test of the tree

to which we are grafted. We invite others into God’s family as sons and daughters of God when the “fruit of the Spirit” is manifested in us and we thereby enlarge the Kingdom of God.

May we, as the CMC family, continually yield to the Spirit’s work in us so that our service reflects the compassion and character of Christ. In doing so, may every patient encounter not only our skill but also the transforming love of God through us. When the Spirit’s fruit is evident in our care, our service becomes not just medical, but deeply Christlike—bringing healing to both body and soul.

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

1. How often do we trust God to change our character?
2. How do we abide in Jesus?

*Pray for:*

**Paediatrics**

**Developmental Paediatrics**

**Paediatric Surgery**

United Mission to Nepal

Hospital: United Mission Hospital, Tansen and Okhaldhunga Community Hospital.



**Towards Holism in Healthcare****1 Thessalonians 5: 16 - 24**

**Key verse:** "A joyful heart is good medicine, but a broken spirit dries up the bones."  
*Proverbs 17:22*

At CMC, if we genuinely believe that our vision is to bear witness to the healing ministry of Christ through excellence in education, service, and research, then each of us needs to periodically introspect where we stand in relation to our Vision Statement.

Most often, when we think of holistic healthcare, we focus on the multitude of patients and their families who come to CMC with great hope for healing from their sickness. Recently, at CMC, we popularised the slogan "Patient First". To truly prioritise the patient first, we need to genuinely put God first and ensure our "house is in order" at the institutional, departmental, interpersonal, and personal levels. Therefore, this meditation is about our health—the health of CMC staff, who are the organisation's lifeblood. Is the health of the CMC staff holistic?

1 Thessalonians 5:23 says "may your spirit and soul and body be kept sound and blameless," which highlights the interconnectedness of the three key aspects of a person – the spirit, the mind, and the body. The order of these words is important because the most vital aspect of life is our relationship with our Creator and Saviour, Jesus Christ, followed by the health of our mind, and then our body. With these three core aspects of ourselves in a good state, we can say we are as complete as a human can be, which should be a goal for every responsible person. We will never be entirely whole on this earth, nor will we ever be completely

blameless. Nevertheless, we are exhorted to strive towards a life of blamelessness and to be as whole as possible.

All of us have noticed how some colleagues with a "joyful heart" are a pleasure to work with, while colleagues with a "broken spirit" are not. As we go about our work, striving for excellence in education, service, and research, let us also aim to be a source of healing for colleagues who are not as whole as they could be. Together—as individuals, interdependent colleagues, departments, and as an institution—we must unite our efforts for holistic healing among ourselves and for holistic healthcare for our patients.

**For reflection and discussion:**

1. How can we become more "whole in spirit, mind, and body" as individuals and as an institution providing healthcare and medical education?
2. Are we providing holistic healthcare for our patients? If not, what should we do to rectify this?

*Pray for:*

**Distance Education  
Endocrinology**

Khasi Jaintia Presbyterian Assembly  
 Hospital: Dr. H. Gordon Roberts Hospital,  
 Shillong, Norman Tunnel Hospital, Jowai



**Father's Love****1 John 3: 1 - 10**

**Key verse:** "See what love the Father has given us, that we should be called children of God, and that is what we are..." 1 John 3:1

All of us are children of our earthly fathers. We are fortunate if we have experienced the love of our fathers. Unfortunately, this is not true for everyone. Jesus' earthly father was Joseph. However, Jesus mainly spoke about His heavenly Father while he was on earth. In John 14, Jesus talks about his intimacy with God. He calls God His Father. He does not consider God as One who is far away and fearsome.

Jesus says, 'I am in the Father and the Father in me' (John 14:11). Jesus also invites His disciples and all of us to come to share in the intimate relation with His Heavenly Father and with Him: 'I am in my Father, and you in me, and I in you' (John 14: 20); 'If a man loves Me he will keep My word, and My Father will love him, and We will come to him and make Our home with him' (John 14: 23).

Jesus invites us to have a closer relationship with Him. Our relationship with God and Christ is a privilege and an honour; we are called children of the God of the universe. Do we truly understand and value the significance and depth of this fact? This relationship helps us to overcome feelings of insecurity and a lack of confidence in one's identity.

How different our lives would be if we constantly rested in our Father's love and providence! As we celebrate Father's Day this week, let us remember that our Heavenly Father's love is perfect—unlike human love, which is sometimes absent, broken, or limited. For some of us, this day may bring painful memories of loss or distance from our earthly fathers. Yet, in the hospital setting, we are reminded every day of a Father whose love heals, comforts, and restores. His love reaches

patients lying in beds, healthcare personnel rushing through wards, and families waiting in hope.

Let us express that love through our words and actions—listening with compassion, serving with humility, and caring with tenderness. When we love others as the Father has loved us, we become channels of His grace in this place of healing. Today, let us ask God to help us personally experience the love of the Father, so that those around us in the workplace and at home can be blessed.

**For reflection and discussion:**

1. Jesus expressed His close connection with God as a loving Father, rather than as a powerful being who controls from a distance. How do we perceive God in our lives? How do we experience our blessed role as God's beloved children?
2. How can we, as caregivers or colleagues in this hospital, reflect the Father's love to those who are hurting or afraid?

*Pray for:*

**Obstetrics and Gynaecology**

**Fetal Medicine**

**Gynaecologic Oncology**

**Reproductive Medicine & Surgery**

**Neonatology Unit**

Mennonite Medical Board of the Mennonite Church in India

Hospital: Dhamtari Christian Hospital, Chattisgarh and others



**The Visible Presence of God****2 Corinthians 2: 12 - 3: 3**

**Key verse:** "...through us spreads in every place the fragrance that comes from knowing Him." 2 Corinthians 2: 14

God is omnipresent. We cannot limit God's presence to a few places. He is anywhere and everywhere. As the church in Corinth city was grappling with various problems and divisions, the apostle Paul reminded them that they are the 'aroma of Christ' as well as the 'letter of Christ' in this world, and that they have the responsibility to spread the fragrance of Christ, wherever they go. God expects His children to be His representatives on earth. We are the outward and visible presence of God in a world filled with pain and suffering. The healing team has a special responsibility to be the 'visible presence of God' to those who are in pain and suffering. Presence is defined as a learned and practised way of caring, based on humble availability to be used by the Holy Spirit to help meet the perceived needs of others. We need to live in such a way that the presence of God is central in all that we do.

"I see God in you", was the statement made by a sick person to one member of the healing team. Many people long for something tangible while they are in their sick beds. The healing team can be the messengers of God's love in such situations. Through our presence, words, and actions, we can direct them to the source of all comfort and healing.

People continue to come to CMC essentially because they sense the Spirit of God moving in this place. May God help us to be a tangible witness to His living power and presence

among us, as we care for the sick and suffering, so that we can experience the Kingdom of God on earth.

**For reflection and discussion:**

1. How can we make God's presence central in all that we do?
2. How do we allow God's presence to burn bright within us?

*Pray for:*

**Engineering**

**(Civil & Planning) Department**

**Mechanical Engineering**

**Electrical Department**

**Air Conditioning Engineering**

**Environmental Engineering**

**Electronic Engineering**

**Communications**

CSI Rayalaseema Diocese

Hospital: CSI Arogyavaram Medical Centre,

Arogyavaram

MLL Hospital, Madanapally and other

CSI Campbell Hospital, Jammalamadugu



## Perils of Judging Others

**Key verse:** “Do not judge, so that you may not be judged. For the judgment you give will be the judgment you get, and the measure you give will be the measure you get.” Matthew 7:1-2

Judging others involves forming opinions or evaluations about someone based on their behaviour, appearance, choices, or perceived character. When we assess a situation or person, our judgment can be either positive or negative. For example, if you meet someone new and think they are kind and helpful, that is a favourable judgment. Conversely, if you believe someone is not trustworthy without clear evidence, that would be an adverse judgment.

These judgments can happen consciously or unconsciously, without us noticing, for example, forming an instinctive opinion based on gut feelings. Swiss Psychologist Carl Jung said, “Thinking is difficult, that’s why most people judge.” Our brains are wired to make quick, automatic assessments of others’ behaviour to help us navigate the world efficiently without spending time understanding everything we encounter. For example, when we see a young person dressed in unfamiliar attire, we often judge without considering its usefulness, appropriateness, or creativity, simply accepting or dismissing it without much thought.

Judging others can be hypocritical because it often involves criticising others for their faults while ignoring our similar shortcomings. Jesus warns against this hypocritical behaviour. This kind of judgment is rooted in pride, not love. The apostle James reminds us that the true judge is not humankind but the sovereign Lord, who created us. No human being has the authority to judge another. Furthermore, human judgments are always partial because we can only see a person’s exterior; only God can truly know the

heart, which is what matters. (1 Samuel 16:7) Take a moment today to reflect on the judgments you make. Before forming opinions about others, pause to seek God’s wisdom and remember that He alone understands the heart. Choose to approach every interaction with humility, patience, and love. Commit yourself to examining your own heart and extending grace, nurturing a Christ-like spirit in your daily life.

### For reflection and discussion:

1. Sometimes we judge others silently — through our attitudes, tone, or body language.
2. What small changes in our communication or approach can reflect more of Christ’s humility and love?
3. How can we avoid making unfair judgments and instead strive to understand one another’s perspectives?

*Pray for:*

**Gastrointestinal Sciences  
Clinical Gastroenterology  
and Hepatology**



**Welcome Trust Research Laboratory  
Medical Genetics**

Jeypore Evangelical Lutheran Church  
Hospital: Christian Hospital, Nabarangpur and  
Bissamcuttack.

Church Mission Society

## Overcoming Evil with Good

**Key verse:** “Instead, love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High, for He Himself is kind to the ungrateful and the wicked.” Luke 6:35

This is truly a difficult teaching, and even more challenging to live out. We find no trouble in loving our family and friends, or even our neighbour. But how on earth are we meant to love people who have deeply hurt us and keep doing so?

What does Jesus mean here? Not that we should have warm, fuzzy feelings when thinking of our enemies. Here, love is defined more as a verb. It's more a matter of the will, rather than an emotional sensation. If we wait for the emotional feeling to come first so that we can act in love toward our enemies later, it will never arrive.

We must make the decision with our minds and will to love and act accordingly. Since it's an application of the will, it is so challenging, since we are all inherently emotional beings! But does this mean that justice has no role? Certainly not! If we have an enemy who constantly harms or abuses us, we should report it to the authorities so they can administer justice. However, on an individual level, we continue to pray and persuade our will to love our enemies.

Mahatma Gandhi experimented with this approach and found it effective. He perceived ‘ahimsa’ not as a passive avoidance of conflict, but as a powerful, active force for change. He actively challenged injustice, yet simultaneously refused to harbour hatred

towards his opponents. He famously stated, “Whenever you are confronted with an opponent, conquer him with love.”

The Bible teaches that we all have sinned and were alienated from God and were His enemies (Romans 3:23; Colossians 1:21). But how did God relate to us? He still continued to extend His favour and His love. Since we are created in God's image (Genesis 1:27), aren't we supposed to reflect His exact nature of forgiveness and love towards enemies?

Could we give this a try? A practical way to do so is through a 30-day challenge. Let's pray for the people we see as enemies for 30 days and observe what God does in their lives and ours.

### For reflection and discussion:

1. Share experiences where you have overcome evil with good.
2. What practical steps can we take to apply this in our lives?

*Pray for:*

### Dermatology

Assemblies of God in North India  
Hospital: Mission of Mercy Hospital and  
Research Centre, Kolkata.



## Are You Listening?

**Key verse:** *"Listen carefully to me... incline your ear and come to Me; listen, so that you may live."* Isaiah 55: 2,3

Listening includes verbal and non-verbal communication. Listening could be applied to what is outside and what is inside. It pertains to others, nature, God, anything outside ourselves, even one's own self. Listening is an activity of the heart, not just of the ears. Listening leads to understanding, which in turn leads to action. In this sense, listening is an integral part of caring.

Listening as a follower of Christ is more than hearing sounds; it means receiving, accepting, and obeying God's word. Listening to God is central to faith (John 10:27), and listening to others shows love, humility, and community care. As a boy, Samuel listened when God called (1Samuel 3:10). Israel often faced judgment for refusing to listen to God (Jeremiah 7:24; Zechariah 7:11-12).

Through the prophet Isaiah, God is asking the people of Israel to listen carefully to Him. God commands them to listen so that they may live abundantly. When they listen to God, it leads to obedience and following His instructions. It is not only that God asks us to listen; He also listens to us attentively to every conversation we have with others and our prayers to Him. Listening makes interpersonal communication complete.

When we minister to the sick and suffering, there is a great need and urgency to listen, especially to patients and their loved ones. When we listen, we gain understanding of their history, reasons for suffering, fears and anxieties, aspirations, and even doubts and uncertainties. We pay close attention to all details. Good listening fosters a therapeutic

relationship, which further promotes healing. However, in our daily lives, we often fail to listen to our patients, students, colleagues, and even family members for various reasons. Conversely, we have also experienced the feeling of not being listened to by others when we needed it. So, let us have an attentive ear to listen.

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

1. What are the blocks we experience when we listen to God?
2. Identify the reasons why we do not listen to others wholeheartedly. Share an experience.

*Pray for:*

**General Pathology**

**Forensic Medicine**

**Cytogenetics**

Council of Baptist Churches in

North East India

Hospital: Satribari Christian Hospital, Guwahati

Jorhat Christian Medical Centre

Tura Christian Hospital

Christian Hospital, Babupara and others.

Eastern Regional Board of Health Services

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

Friends of Vellore, U.K.



**Called to Be a Community of Blessing****Galatians 6: 1 - 5**

**Key verse:** “Bear one another’s burdens, and in this way you will fulfill the law of Christ.”  
**Galatians 6:2**

What can we achieve as a community? The term “community” refers to a group of people living in the same place or sharing a particular characteristic. The importance of community was emphasised by God when He declared, “It is not good that the man should be alone” (Genesis 2:18). As staff members of CMC, we form a community united by a common motto: “Not to be ministered unto, but to minister” (Mark 10:45).

What can be achieved collectively is often difficult to accomplish individually. Consider the anchor of a ship: a chain of interconnected rings can securely hold a massive vessel in place, a feature impossible for a single ring. Similarly, a swarm of bees produces honey, and ants can enhance their water repellence by linking their bodies together to form a waterproof fabric. Fire ants even self-assemble into waterproof rafts to survive floods.

The Israelites, as a community, were able to destroy the wall of Jericho by God’s grace. Jesus, the Son of God, gathered a group of disciples and prepared them during His time on earth. After ascending to heaven, the twelve disciples travelled the world, spreading the word of God. He sets apart communities for His purposes, and He commands us saying, “Love one another. Just as I have loved you” (John 13:34). Likewise, as CMC staff, when we unite with one vision, mission, and goal,

we can touch the lives of thousands and be a witness to the healing ministry of Christ for those seeking solace.

The key verse encourages us to support and help each other, especially in times of difficulty or weakness. The phrase “bear one another’s burdens” refers to sharing the weight of someone else’s struggles, whether emotional, spiritual, or practical. By doing this, we fulfil the law of Christ, which refers to Jesus’ command to love one another (John 13:34).

**For reflection and discussion:**

1. How can we improve our community life as individuals?
2. As a community, how can we realistically bear one another’s burdens?

*Pray for:*

**Neurological Sciences**

**Paediatric Neurology**

**Neuro Chemistry**

**Dept. of Infectious Diseases**

**Neuro ICU**

CSI South Kerala Diocese

Hospital: Dr. Somervell Memorial CSI Medical College and Hospital, Karakonam and others



**Forgiveness: Offering and Accepting****Colossians 3: 12 - 15**

**Key verse:** “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

Colossians 3:12-15 places forgiveness at the core of Christ-centred living. The passage highlights the gospel-driven dynamics involved in both giving and receiving forgiveness. These aspects can be understood through three key elements from the passage.

### **1. Identify: The Call to Truthful Reconciliation**

Biblical forgiveness acknowledges human weakness by honestly recognising wounds and calling them grievances (Colossians 3:13). In our community, these grievances include harsh words, betrayals, or neglect in times of need. Pretending these hurts don't exist by putting on a false sense of peace is contrary to the command to “speak the truth in love” (Ephesians 4:15). Forgiveness isn't about spiritual avoidance; it's a courageous, sometimes painful process of acknowledging breaches to enable healing through grace. It begins with honestly confessing our pain to God, trusting that He is a refuge for the wounded (Psalm 34:18).

### **2. Identity: The Foundation of Gospel Motivation**

The power to forgive does not come from the strength of our own determination but from our new identity in Christ. The world encourages us to hold on to our victimhood, letting hurt define us. The gospel, however, redefines us as “God's chosen people, holy and dearly loved” (Colossians 3:12). This is our primary and eternal identity. When we are wronged, we are called to affirm this truth. This new self, clothed in love (Colossians 3:14), is empowered to forgive because it is the natural expression of who we now are.

### **3. Identical: The Model of Christ's Forgiveness**

Finally, we are called to forgive as we have been

forgiven by the Lord (Matthew 6:9-13). The command is clear: “Forgive as the Lord forgave you” (Colossians 3:13). We are involved on both sides of this equation: we have been deeply wounded, and we have undoubtedly wounded others, sometimes unintentionally or intentionally. Recognising that we are equally in need of grace breaks down the wall of self-righteousness. When we forgive, we are not just saying, “I am capable of the same failure,” but also realising, “I have received a far greater forgiveness for my failures against God, and therefore I must extend this same grace to you.”

Forgiveness frees us from the bondage of bitterness, restores broken fellowship, and enables us to serve one another wholeheartedly, clothed in compassion, kindness, and love that identify us as His disciples.

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

1. Have you ever found it hard to forgive someone in a time of stress or suffering? What made it difficult?
2. Can forgiveness bring healing even when the situation hasn't changed? How?
3. Is there someone you feel God is inviting you to forgive or reconcile with today? What could be your first step?

*Pray for:*

**Clinical Microbiology**

**Clinical Virology**

**CSI Vellore Diocese**

**Hospital: Scudder Memorial Hospital, Ranipet and CSI Hospital, Vandavasi.**

**Council for World Mission**



**Unity in Diversity****Colossians 3: 1 - 11**

**Key verse:** “Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you be in agreement and that there be no divisions among you but that you be knit together in the same mind and the same purpose.” 1 Corinthians 1: 10.

Today, our community's togetherness has been challenged in many ways. It is not surprising that we feel confused about experiencing unity with one another, since every member of our community has a unique identity. We are challenged to build a community of belonging while being apart. Our daily routines are emotionally, physically, and spiritually draining. In this context, we are called to practise unity when we live among a diverse community. What must we do differently?

Unity does not mean homogeneity. God brings us together from different parts of the world, knowing that our backgrounds and perspectives may differ. He still calls us to be one body, many parts with one purpose, functioning interdependently. Despite our differences, we adopt a posture of humility and gentleness while pursuing the unity of the Spirit in peace (Ephesians 4:1–3). We must be willing to stand firm on our convictions without judging or treating others with contempt. When togetherness is our goal, even when we disagree, we choose to care for one another genuinely, and we do so for the primary reason that God is love and God's love is on display through our oneness.

Our pursuit of unity is designed to give us many opportunities to die to ourselves and to consider others better than ourselves. Where there is much self-centredness, unity will be greatly challenged. Let us not seek to alienate others based on how they differ from us, but

instead draw closer together and appreciate the beauty that lies in those very differences.

As we celebrate the 80th Independence Day of our nation, a subcontinent experiencing freedom from many forms of bondage, let's also recognise the diversity of our country. Let us learn to embrace differences rather than merely tolerate them. It can be a heartbreakingly difficult endeavour at times, given how often we fall short. But let's keep it in perspective. For unity is not about fulfilling our idealised expectations, but about demonstrating the reality of God's redeeming and sanctifying love for one another.

**For reflection and discussion:**

1. How can we better appreciate the diversity within our community?
2. Discuss some of the challenges in exercising unity in diversity.

Pray for:

**Division of Surgery**

**Endocrine Surgery**

**Hepato Pancreatic Biliary Surgery**

**Vascular Surgery**

**Trauma Surgery**

**Head & Neck Surgery**

Kotagiri Medical Fellowship Hospital,  
Kotagiri



## Encouragement

**Key verse:** “Do not fear, for I am with you.” *Isaiah 43:5*

We all need encouragement on our life's journey. Sometimes, we may feel discouraged in our personal lives, within our families, at our workplaces, or in our communities. Children may experience fears in unfamiliar situations. They turn to their parents for comfort, who stay close by, hold their hands, and say, “Do not be afraid.” It is remarkable that this very same parent-child relationship is the pattern set by God to encourage His children. We are continually reminded by the Holy Spirit that we are children of God. God is always with us until the end of the age. He tells us to trust Him and not be afraid.

In *Isaiah 43*, God states that we face trials and hardships in life. When confronted with seemingly hopeless situations described here as passing through fire or crossing a river that threatens to sweep us away, our loving God tells us not to be afraid. The reason is clear: He is with us even in such situations. He knows each of us by name! We are precious to God. He has paid a huge price to redeem us from the evil one. We need to trust Him and turn to Him to remove the mountain or obstacle in our path.

The command to “fear not” reminds us that our worth and security do not come from the world but from belonging to God. Even when we pass through the waters and the fire—symbols of trials and hardships, He promises His presence and protection. Everyone called by His name was created for His glory. Our lives find true meaning when we reflect His character in the world.

Patients and their attendants coming to the hospital for treatment especially need words of encouragement. Our own colleagues, students, and staff also need encouragement. As the Word of God says, let our words comfort and encourage others. Many go through various stressful episodes in life that others may not know. So, in everything, let our words and deeds encourage others because God encourages us to do so.

**For reflection and discussion:**

1. How can we obtain encouragement from God?
2. How do we encourage others and become channels of His love?

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  
American Leprosy Mission  
Hospital: SIH-R&LC, Karigiri and others**

## Deep Roots

## Psalm 1

**Key verse:** “They are like a tree planted by streams of water, which yields their fruit in its season and their leaves do not wither. In all that they do, they prosper.” Psalm 1:3

At Christian Medical College Vellore, where care is provided during vulnerable moments, strength, stability, and spiritual nourishment are essential. Staff members are encouraged to draw strength from their relationship with God, much like a tree drawing from deep roots, to foster service, compassion, and excellence. Psalm 1 depicts two paths: the righteous and the wicked, highlighting the idea of “blessedness” as a profound, sustained well-being derived from walking with God. In Hebrew, this word is actually plural. It literally translates to “blessednesses” or “deep happinesses.” It refers not to fleeting happiness but to an abundant, layered, and enduring sense of well-being that comes from walking with God.

This psalm warns against a slow slide into ungodliness through the actions of walking, standing, and sitting, which symbolise increasing compromise and sin. It emphasises the dangers of adopting ungodly philosophies and lifestyles. We can consider it a warning for professionals who may let stress and worldly values weaken their spiritual well-being.

In contrast, delighting in God’s law fosters a deep emotional connection and a habitual communion with His truth, which are essential for spiritual growth. The righteous are likened to a tree planted by streams of water, symbolising intentionality and consistent nourishment from

God’s Word. Being so rooted enables them to thrive even in challenging times. Conversely, the wicked are compared to chaff—light and easily swept away. This psalm concludes with the assurance that God oversees the righteous, while the wicked face destruction.

In the busy environment of CMC, it is crucial to stay grounded in God’s Word through regular meditation, ensuring spiritual nourishment and ethical integrity. By cultivating deep roots in God’s truth, we can remain resilient and fruitful, embodying the traits of a flourishing tree planted by living water.

**For reflection and discussion:**

1. How can we be deeply rooted in God amidst our busy schedules?
2. How can we protect ourselves from the slow slide into ungodliness?

*Pray for:*

**ENT Department**

Inter Ashram Fellowship

Hospital:

Christian Fellowship Hospital,

Oddanchatram and Ambilikai

Christian Fellowship Hospital, Rajnandgaon and Khariar Road.

Bishop Walsh Memorial Hospital, Tadakam



**Desiring Instruction****Psalm 119: 31 - 41**

**Key verse:** “Teach me, O Lord, the way of your statutes, and I will observe it to the end.”  
**Psalm 119: 33**

CMC Vellore considers education and training as central to its mission. Many of us see ourselves either as learners or as teachers in the process. We teach students, junior colleagues, and children at home. We learn from seniors, juniors, and legends in our respective fields and vocations. But, like Martha, we often forget the one essential thing, sitting at the feet of Jesus to learn from Him (Luke 10: 38-42).

Man does not seek something that he does not value or that which does not bring him joy. In worldly terms, we often struggle to study subjects that don't interest us. Although studying God's Word may seem like a chore, desiring and following God's instructions brings many blessings: salvation, joy, hope, peace, wisdom, and freedom from fear, sin, and disgrace (Psalm 119).

How do we practically seek instruction like the psalmist? The first step is to read the Bible and understand the value system of eternity, which will help us turn away from the vain things of this world (Psalm 119:37). The second step is to find our joy and delight in God and His word (Psalm 119:35). Looking at the parable of the treasure and the pearl of great value in Matthew 13: 44-46, we must remind ourselves that the intrinsic value of all the things of this world that we consider valuable today will be zero in the light of eternity. It is only the Kingdom of God that is everlasting. As our eyes are opened to see what lies ahead of us, the eternal weight of glory, we begin to find joy and pleasure in longing for and seeking His word.

May we ask God to give us the heart of the psalmist, to value the right things and find joy in His Word. May He also help us in our calling to be teachers of His Word as per the Great Commission (Matthew 28:20). May we join hands in fulfilling this commandment today in our institution and in our other circles. May we seek to learn and teach not only what brings academic achievements but also spiritual values to lead a life of godliness, meaning, and purpose.

**For reflection and discussion:**

1. What are the obstacles we face in seeking God and His Word? How can we overcome them?
2. How can we be good stewards of the teaching responsibilities given to us?

***Pray for:*****Ida Scudder School****Balavihar School****Campus Kids Corner****Aadhya Vikas Kids Corner****College Hill Nursery School****John Carman School****CSI Dornakal Diocese**

Hospital: CSI St. Mary's Mission Hospital, Khammam and Bishop Whitehead Hospital and others



**Hope for the Wounded****2 Corinthians 1: 3 - 10**

**Key verse:** “*who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God.*”  
**2 Corinthians 1:4**

The apostle Paul writes this second letter to the new believers in the bustling city of Corinth, who felt discouraged and doubtful. Writing from another city, he offers encouragement and welcomes them as fellow members of the universal Church.

This passage presents a Eucharistic vision: Paul shares in the bread of suffering and the wine of celebration. We, the covenant children of our mighty, trinitarian God of love, are called to find comfort and joy in His Church, His Word, and His sacraments and to share that grace generously with those around us.

In this particular passage, Paul tells us that God is the source of all comfort. Comfort doesn’t mean the absence of trouble but God’s presence amidst it. Our suffering connects us not only to Christ’s cross but also to the comfort of His resurrection.

St. Paul not only exhorts us but also serves as an example. He endures suffering for his neighbour and celebrates with his brother. He finds deep strength by surrendering his ‘self’, letting go of ambition, passion, greed, and self-love. His trust in the work of Christ is so deep that he is willing to entrust his life to God for the sake of others.

In this age of constant distraction where our attention is hijacked by seductive reels, flashy bodies, lavish meals, luxury vacations, and the endless noise of the stock market, we are invited to take a different path. Let us make a deliberate effort to let go of our ‘self.’ Let us encourage and share hope with the tired colleague, the cranky co-PG, or the volatile student.

Let us sincerely celebrate one another’s success. And in all of this, may Christ and Christ alone be honoured.

**For reflection and discussion:**

1. Have you ever felt God’s comfort during a time of suffering? How?
2. How can we become more intentional about passing on God’s hope and comfort to others?

*Pray for:*

**Ophthalmology**

**Low Cost Effective Care Unit**

**Family Medicine**

**Shalom Family Medicine Centre**

International Service Fellowship (Interserve)

Christoffel Blinden Mission



**Using Our Talents for God's Glory - Dr. C.K. Job****Mathew 25: 14 - 30**

**Key verse:** *"His master said to him, well done, good and trustworthy slave; you have been trustworthy in a few things; I will put you in charge of many things; enter into the joy of your master."* Matthew 25:21

Dr. Charles Kamalam Job joined CMC as a student in 1947. He was a brilliant pathologist and a dedicated researcher, especially known for his pioneering work in leprosy research. At a time when people with leprosy were pushed to the edges of society, Dr. Job brought hope, healing, and dignity. His research changed lives, his care comforted the hurting, and his leadership shaped the hospital for generations.

He held many significant roles: Head of Pathology, Medical Superintendent, and later Principal of our hospital. He walked humbly, worked hard, and prayed sincerely. He believed that every skill, every opportunity, and every achievement came from God and should be used for God.

For Dr. Job, his faith and work were intertwined. Whether he was leading a hospital meeting, training young doctors, or studying under a microscope, he did it all as an act of worship. His life served as an example that using your talents well is not merely about excellence or success — it is about serving God faithfully in everything He has entrusted to you. Whatever talent it is, it matters that we use our talents to the best of our ability, nurture our talents, and multiply them for His glory.

Dr. C.K. Job was like the servant who received five talents. He utilised every gift—his intelligence, leadership, compassion, and faith—to glorify God. He worked with what

God gave him, and in doing so, he brought joy to many, and honour to his Master.

Like Dr. Job, we are invited to work not for ourselves, but for the Lord. What a joy it will be to hear Him say, "Well done, good and faithful servant." That reward is greater than any award or recognition this world can give.

**For reflection and discussion:**

1. What talents or gifts has God given us, and how do we use them in our daily work?
2. Is there anything in our workplace that is hindering us from using our talents for the glory of God?

*Pray for:*

**Orthopaedics**

**Spine Surgery**

**Paediatric Orthopaedics**

**Hand and Leprosy Reconstructive Surgery**

Malankara Jacobite Syrian Orthodox Church

Hospital: MBMM Mission Hospital,

Kothamangalam

St. Mary's Hospital, Manarcadu

Mandiram Hospital, Manganam and others



## Practising Our Core Values

## 1 Peter 4: 1 - 10

**Key verse:** *"Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God what is good and acceptable and perfect."*  
*Romans 12:2*

The vision statement of our institution states that we seek to be a witness to the healing ministry of Christ through excellence in Education, Service, and Research. These three areas have evolved into a unique form that stands out from the rest of the world. We live in an age in society where the field of healthcare is seen as an industry, and the sick and suffering individuals are viewed as clients and customers. We could easily lose sight of our vision and get caught up in the rat race.

The writer who addresses the Romans urges us not to allow ourselves to be moulded by the world into its own pattern, but to act differently and go against the flow. We must live like fish. Fish in a stream are always swimming against the current. A fish that is not swimming against the current is considered dead. We are in the world but not of the world. (John 15:19 and John 17:14-16)

Modernisation and advancements in technology, the use of robots and AI, can bring seemingly huge benefits, but they can also foster a culture lacking human love and empathy. We may become healthcare workers who are deprived of humanness and compassionate Christlikeness. Let us be mindful of the dangers lurking at our door. Let the core values of Christ-like concern

and care continue to be the hallmarks of our institution always.

Let us, therefore, renew our commitment to live out these values courageously, resisting pressures to conform to worldly standards of success. May our lives and work together testify that true healing flows not merely from skill or science, but from hearts transformed by Christ.

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

1. What conditions and situations prevent us from practising the core values of our institution?
2. What are the ways in which we can commit to practising our core values?

*Pray for:*

**Pharmacy Service**

**Pharmacology**

**Clinical Pharmacology**



Reynolds Memorial Hospital, Washim

Samavesam of Telugu Baptist Church

Reformed Church in America

Evangelical Lutheran Church in America

**Living with Purpose****Jeremiah 1 : 4 - 10**

**Key verse:** “For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.” Jeremiah 29:11

The dictionary defines the word ‘purpose’ as “an intended use or result”. In its use as a verb, this word is often heard in the context of an action or a feeling that provides someone with a ‘sense of purpose’. What does this mean? In the first chapter of his book, The Purpose Driven Life, Rick Warren begins with these lines: “It all starts with God, it’s not about you!” We might ask, if it’s not about me, then how do I know my purpose?

God’s Word tells us of many who have gone before us and lived with clear conviction and purpose. God had a purpose for Jeremiah’s life. He knew him before he was born (Jeremiah 1:4,5). What a privilege to be known by God! It does not matter whether the world knows us or not. What matters is that we are known to God, not just in a casual sense. He knows us by name! (Isaiah 43:1).

Jeremiah was not only called, but God Himself equipped him. God’s words became Jeremiah’s words, and he was sent out to the nations and kingdoms with a clear plan and purpose. When God calls us, He always equips us, and we go out with His touch in our lives. We read in Jeremiah 29:11 that the Lord has the best-laid plans for our lives, just as He did for Jeremiah. Our life’s purpose is not about what we can do for God, but rather it is about what God can do through us if we will submit our lives to Him and allow Him to work in us.

Jesus was very clear about His purpose on this earth. We read His words in John 6:38: “For I have come down from heaven not to do My own will but the will of Him who sent me.” His close communion with His Father gave Him the clarity of the purpose for which He was sent. God our Father gives us purpose, but to find that purpose, stay focused on it, and follow it to fulfilment, we need to be in close communion with our Father. This can only happen through the reading and meditation of His Word and conversing with Him in prayer. Living a purpose-filled life always starts with God, not with you or me.

**For reflection and discussion:**

1. How can I find divine purpose in the work that God has called me to do?
2. What stops us today from living a purpose-filled life?

*Pray for:*

**Pulmonary Medicine**

**Respiratory Medicine**

Poona Christian Medical Association

Hospital: Jalna Mission Hospital, Jalna



**Strong When Weak****2 Corinthians 12: 1 - 10**

**Key verse:** *"But He said to me, 'My grace is sufficient for you, for My power is made perfect in weakness.' So I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me."* 2 Corinthians 12:9

Paul's words provide profound insight into suffering and how God governs the world. It is evident in this passage that Paul is enduring hardship, whether illness or something else, but what stands out is his understanding of its purpose.

He refers to a "thorn in his flesh," a messenger of Satan tormenting him. Satan uses trials to shake our faith and pull us away from God. This echoes in the story of Job, a righteous man tested severely by Satan to discredit his faith. Yet we also see that, while suffering may originate in evil, God remains sovereign. He doesn't abandon us. He controls the extent of our trials and ensures we're not tested beyond our limits. Through suffering, He also fulfills His purposes. The most powerful example of this is Christ's crucifixion, which Satan intended for evil, but became God's means to save humanity (Acts 2:23-24).

Paul explains that his suffering humbled him. Because of the great revelations he received, the "thorn" kept him from becoming proud. Suffering often prompts us to examine our lives. Are we being warned about pride, wrong motives, or sin? Even when we don't understand the reason, we can trust that God is working for our ultimate good. The challenge is to cooperate with Him during difficult times so that He can transform us.

Paul goes even further, saying, *"I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties."* This is difficult for human nature to accept. Yet, it is often in

our struggles that we learn to depend on God. Without them, we might believe we are in control. Weakness reminds us of our need for God. In those times, we discover His strength carrying us, often through the people He places in our lives. We can rejoice in our suffering, not because it is pleasant, but because we know God is present in it, transforming us, humbling us, and showing His power through our weakness.

**For reflection and discussion:**

1. How have you experienced God's strength in your own moments of weakness or suffering?
2. Why do you think God sometimes allows suffering even when we faithfully follow Him?

*Pray for:*

**Staff and Students' Health Service**

**Outpatient Services**

**Medical Records Department**

**Medical Assistance**

**Clinical Assistance**

**ACCESS**

**Call Centre & Receptionists**

**MCTT**

Malankara Orthodox Syrian Church

Catholicate of the East

Hospital: M.O.S.C Medical Mission Hospital, Kolencherry and others



**Key verse:** "Those of steadfast mind You keep in peace, because they trust in You." Isaiah 26:3

Psalm 4 is a personal lament of David, written during a time of distress. David cries out to God for relief, recognising Him as the righteous deliverer. The heart of the psalm lies in verse 7: "*You have filled my heart with greater joy than when their grain and new wine abound.*" David's joy and peace are rooted not in prosperity but in God's presence, which fosters inner peace and serene trust in Him.

Here at CMC, where healing, learning, and service meet, inner peace isn't just a personal aspiration, it is a foundational virtue. The academic and clinical environment can be intense, challenging, and demanding. In such circumstances, inner peace is experienced through God's presence in our hearts. It serves as a source of strength as we act with integrity and love. Inner peace cultivates an atmosphere of healing, not only for patients but also within the community that serves them. When we are at peace within, our care becomes more compassionate, our decisions more ethical, and our interactions more Christ-like.

In our quest for inner peace, we become not only more effective in our roles but also more aligned with Christ's call to be peacemakers in a broken world.

#### Practical ways to nurture inner peace:

- Begin the day with prayer or Scripture reading. Even five minutes of silence and reflection can reorient the heart toward peace.
- Pause before responding in challenging situations; cultivating the habit of taking a deep breath in a stressful situation can foster composure.

- Engage in journaling and self-reflection to process emotions and regain mental clarity.
- Honour rest as both a spiritual and physical need.
- Seek guidance and encouragement from a trusted community, as peace often flourishes within supportive relationships.
- Invite God into daily work through silent prayers or intentional reminders of God's presence.

#### For reflection and discussion:

1. How does Psalm 4 show us the difference between worldly security and God's peace?
2. In your daily work or studies, what situations challenge your inner peace the most?

*Pray for:*

#### Transfusion Medicine and Immunohaematology

The Salvation Army India South  
Western Territory

Evangeline Booth General Hospital,  
Ernakulam &

The Salvation Army Medical Centre, Kottayam  
The Salvation Army India Western Territory  
Hospital: Evangeline Booth Hospital,  
Ahmednagar and others.

The Salvation Army India South Eastern  
Territory

Catherine Booth Hospital, Nagercoil.



## Lessons from the Samaritan

**Key verse:** “So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, while travelling, came upon him, and when he saw him, he was moved with compassion.” Luke 10: 32-33

In the parable of the Good Samaritan, a man is robbed, beaten, and left to die. A priest and a Levite both deliberately pass by on the other side. Finally, a Samaritan, from a community that suffered severe prejudice and discrimination, stops without hesitation to care for the man and goes the extra mile to ensure his recovery.

Why did the priest and Levite turn away? Possibly, they regarded the situation as an inconvenience. According to their religious beliefs, a bleeding man was unclean, which likely justified their indifference. However, their inaction resulted in a dying man being left behind.

In contrast, Jesus Himself often welcomed interruptions. Blind beggars called out to Jesus as He walked by, and He stopped: He had life-changing conversations with them, healed them, and they were never the same again. When the hungry crowd followed Him, He did not turn them away; instead, He showed compassion by multiplying loaves and fish to meet their needs.

Elie Wiesel, Nobel Peace Prize laureate, once said: “The opposite of love is not hate, but indifference.” Indifference is the true enemy of compassion — a quiet paralysis of the soul.

At the core of the Good Samaritan story lies a moral challenge: to move beyond indifference into active compassion. May we never be those who “pass by on the other side,” but instead, like the Samaritan, embody Christ’s love in action.

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

1. Why should we stop and help?
2. Why do we pass by, indifferent to people and situations?

*Pray for:*

**Community Health and Development (CHAD)**



**Palliative Medicine**

National Council of Churches in India

North Bank Baptist Christian Association

Hospital: Baptist Christian Hospital, Tezpur.

**Family Time with God****Ephesians 6: 1 - 4**

**Key verse:** “.... *But as for me and my household, we will serve the LORD.*” Joshua 24:15

Throughout Scripture, we see families drawing near to God together. Abraham built altars for his household; Joshua boldly declared that his family would serve the Lord; Timothy’s faith was nurtured by his mother and grandmother. In the New Testament, entire households were baptised and worshipped together (Acts 16).

Here in CMC, we live and work in a demanding healthcare setting where schedules are stretched, and fatigue is common. Yet, the core of our mission remains unchanged: families who walk with God are better prepared to serve Him faithfully. Family prayers and devotions act as a spiritual anchor, shaping not only individual lives but also our broader community of healing.

In this passage, Joshua calls Israel to make a decisive choice that is to serve the Lord faithfully or turn away from him. His famous declaration “*As for me and my household, we will serve the LORD*” is both personal and communal. Faith in God is not meant to be lived in isolation but to be expressed and nurtured within the life of the family.

Jesus affirmed this truth by teaching that where two or three gather in His name, He is present among them (Matthew 18:20). Paul emphasised family discipleship, urging fathers to bring up children in the training and instruction of the Lord (Ephesians 6:4). Together, Scripture highlights that family devotion is both a great privilege and a sacred responsibility.

In a busy healthcare institution like CMC, carving out family time with God and each other can be challenging. Shifts, emergencies, and

academic pressures often squeeze out prayer and reflection. Yet, even short, intentional practices can transform our homes: 1. As a family, dedicate a few minutes daily to prayer, singing and reflecting on scriptures. 2. Pray together before meals or at the bedside before sleep. 3. Choose Sundays or days off as sacred times for family devotion.

When families commit to these small yet meaningful steps, they build spiritual strength and unity. Truly, a family that prays together stays together. In such homes, God’s peace reigns, and His mission through CMC is strengthened.

**For reflection and discussion:**

1. What practical challenges do we face in maintaining family time, and how can we overcome them in a busy CMC schedule?
2. What is one immediate step we can take this week to strengthen our family’s time with God and each other?

**Pray for:**

**Psychiatry**

**Radiation Therapy**

**Nuclear Medicine**



Mar Thoma Syrian Church of Malabar Hospital: Fellowship Mission Hospital, Kumbanad

Mar Thoma Mission Hospital, Chungathara and others.

## The Power of Kindness

**Key verse:** "Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you." Ephesians 4:32

Tara felt overwhelmed as she prepared for the day. Her heart was heavy, her feet dragged, and her head throbbed. Nearly all her salary went towards her mother's cancer treatment, along with mounting debts and the loss of family benefits after her father's death. She longed to be with her mother, but she was determined to finish her nine-month commitment at CMC. A work mistake resulted in a public reprimand that pushed her to her breaking point. Her friends were too busy to notice her struggles, and she felt a deep sense of hopelessness. Walking into the ward, she realised she hadn't eaten and wished the earth would swallow her whole.

If there's one place where kindness is desperately needed and constantly possible, it's here in CMC. Patients wait in pain, students struggle silently, and staff carry invisible burdens. Yet, ironically, in this very place of sacred opportunity, kindness often disappears, buried beneath routines, exhaustion, and pride. As Tara greeted her patient, a phone call interrupted her. Her junior colleague walked by, smiled, and complimented her earrings. After the call, Tara turned back to her patient, feeling much better and even in the mood to eat. Suddenly, the world seemed a bit more bearable.

In Titus 3:1-2, Paul encourages believers to show gentleness and peace. In verse 5, we are reminded that our Lord saved us through His kindness and love, not because of any righteous deeds we did, but because of His

mercy. Having received His mercy, we are called to extend the same to everyone without exception. In verses 6-8, we are compelled to do good by God's grace. Therefore, kindness is not merely optional; it is a gift and a calling.

For someone like Tara, a simple smile is all it took to turn her day around. For others, a kind word or acknowledgement of their effort can make a significant difference. Some carry invisible wounds so deep that kindness becomes a lifeline. We may not be responsible for their burdens, but the grace of God urges us to respond not because they deserve it, but because He first showed us kindness through Christ. There is power in kindness—the power to transform someone's world.

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

1. When was the last time someone's simple act of kindness made a big difference in your day?
2. Why do you think kindness often gets overlooked where it is most needed? What small, practical act of kindness can you intentionally show to someone today?

*Pray for:*

**Rural Unit for Health and  
Social Affairs (RUHSA)**

**Plastic Surgery**

International Mission Board,  
Southern Baptist Convention  
Hospital: Bangalore Baptist Hospital Society



**Healthcare as Service, Not Business****2 Kings 5: 20 - 27**

**Key verse:** “For who is greater, the one who is at the table or the one who serves? Is it not the one at the table? But I am among you as one who serves.” Luke 22: 27

Naaman, a commander of a foreign army, went to the prophet Elisha seeking to be healed of his leprosy. After being healed, he offered Elisha a gift, but Elisha declined any payment. However, Gehazi, Elisha's servant, ran after Naaman and deceptively asked for silver and clothing, which the general was only too happy to give. Yet, Gehazi couldn't hide his actions or his greed from Elisha.

At CMC, it is essential that we stay mindful of the distinction between service and transactional dealings. Serving involves helping others because they require support, acting for their benefit rather than for our own personal advantage. Businesses sell goods or services primarily for profit.

There is nothing wrong with honest business people who need to make a profit to feed themselves and their families. Thanks to the efforts of many business leaders and organisations, society has prospered, and not everyone is trying to scratch a living from the soil themselves.

Healthcare is often described as a service. However, that does not mean healthcare workers should go unpaid, or that hospitals should not aim to raise funds to develop and improve their facilities. In 1 Corinthians 9, Paul clearly teaches that workers deserve wages whether soldiers, farmers, or missionaries. The same is undoubtedly true for those who seek to prevent disease and alleviate suffering.

However, when people turn to doctors, hospitals, and pharmacies, they do so out of need, not choice. Many are in desperate situations. In this regard, the mission of CMC is set apart: it does not seek to take advantage of their illness and pain, nor does it allow profit, prestige, or any other personal ambition to motivate us. Instead, we are called to extend welcoming, compassionate hands, as Jesus did, treating each individual with respect and fairness, constantly aware of the financial burden they might be carrying.

**For reflection and discussion:**

1. Jesus said, “I am among you as one who serves.” (Luke 22:27). How did Jesus model a life of service? How can we follow His example in our work and at home?

*Pray for:*

**Nephrology and Dialysis Unit**

Emmanuel Hospital Association Hospital:

The Duncan Hospital, Raxaul  
 Asha Kiran Hospital, Lamtaput  
 Makunda Christian Hospital  
 Herbertpur Christian Hospital  
 Prem Jyoti Community Hospital  
 Chinchpada Christian Hospital and others  
 Evangelical Lutheran Church in Madhya Pradesh  
 Hospital: Padhar Hospital, Betul and others.



**Shared Tears****John 11: 31 - 40**

**Key verse:** “Jesus began to weep.” John 11:35

There is an inherent sadness and tragedy in almost every human experience, from the wars in Gaza and Ukraine to the silent suffering in hospitals like CMC. Grief is real, and many patients feel abandoned, asking, ‘God, where are you?’ Reflecting on this, our utmost commitment comes to the forefront. It is the commitment to refine our anger, disappointments, frustrations, and sadness into human sympathy and active compassion. Here are three truths to navigate those moments when we simply do not know what to do with overwhelming emotions.

**God has Compassion towards Suffering:** Tears are a powerful response to pain and injustice. They connect us, stripping away our need for control and allowing us to truly feel with others. In the Gospels, Jesus did not shy away from tears. He wept at Lazarus’s tomb (John 11:35), lamented over Jerusalem (Luke 19:41), and agonised in Gethsemane (Luke 22:44). His tears show us that God grieves with us. God does not ignore our sorrow; it is shared. God doesn’t hate anything God created, but God displays compassion for the suffering of everything.

**Empathy Transforms the Situation:** The prophet Zephaniah, who was angry and sad at the injustices of his day (Zephaniah 1:14–18), after weeping over its conditions, and experiencing deeper empathy, eventually moved beyond sorrow to glimpse God’s compassion and joy. He prophesied: “*Yahweh your God is in your midst, a victorious warrior. He will exult with joy over you, He will renew you by His love, He will dance with shouts of joy as at a festival*” (Zephaniah 3:17).

When we allow empathy to well up through tears, it can be life-changing, drawing us out of ourselves and into communion with those

around us. Jesus said, “Blessed are those who weep” (Luke 6:21). Showing deeper empathy is the characteristic of the work of the Holy Spirit. The gift of tears and the gift of healing are almost the same. That is why bereavement ministries, hospice care, and grief counselling work collaboratively and are so essential in hospitals.

**Hope is Born from Suffering:** In grief, both the caregiver and the receiver turn to God. This connection, empathy, and care move us to experience the presence of hope. The biblical notion of hope is not just a sense of optimism. It is the assurance that suffering leads us to experience God. This suffering is linked to our wellness and growth. For that reason, Paul says, “Our light and momentary troubles are achieving for us eternal glory that far outweighs them all. So, we fix our eyes not on what is seen but on what is unseen, since what is seen is temporary, but what is unseen is eternal” (2 Corinthians 4: 17, 18).

**For reflection and discussion:**

1. How do we respond with empathy to people we see suffering within the premises of our hospital?
2. Describe the process of moving from grief to hope.

*Pray for:*

**Urology**

Southern Asia Division of

Seventh day Adventists

Hospital: Aizawl Adventist Hospital

Pune Adventist Hospital

Ruby Nelson Memorial Hospital, Punjab

SDA Medical Centre, Bengaluru and others

General Conference of Seventh Day Adventist, USA



## Preparing Our Hearts for the Saviour

## Isaiah 40: 1 - 10

**Key verse:** “A voice cries out: in the wilderness prepare the way of the Lord; make straight in the desert a highway for our God.” Isaiah 40: 3

Isaiah 40 is often read during Advent, reminding us that God not only confronts sin but also offers redemption. This passage delivers three life-changing messages of hope.

**Preparing despite our failures:** Even though we fail, God’s final word is not destruction but redemption. In Isaiah chapter 40, “Comfort, comfort My people,” resonates not death but life, not condemnation but restoration. Our failures are no barrier to God’s mercy. This is the wonderful news that Isaiah shares here, showing that God has tender words for us today, words of compassion and hope.

**Preparing with Hope:** We want valleys lifted, mountains flattened, and uneven ground made level. We seek an end to injustice, war, sin, conflict, death, and tears. God Himself came to us in Jesus and he paid the price to restore our lives. The hope we have is that he will come again.

**Preparing in God’s Promise:** Our daily struggles—bills, stress, broken relationships—often seem bigger, more real than God’s promises. But Isaiah reminds us that everything around us is fleeting, like grass that withers or flowers that fade. It is all temporary. But we can

trust God’s promise because it is only God’s Word that stands the test of time, suffering, and death.

There is hope for us despite our failures because God will come and restore our lives, and we can count on it. With this hope, let us prepare our hearts for the Saviour.

**For reflection and discussion:**

1. Our sins are no obstacle to His compassion toward us because full payment has been made for our sins. How does this help you understand God’s nature?
2. Only God’s Word will last. Which experiences in your own life have already proven this?

*Pray for:*

**Laundry**

**Hospital Maintenance**

**College Maintenance**

Baptist Church of Mizoram

Hospital: Christian Hospital, Serkawn & others



**Hope Renewed****Matthew 1: 20 - 23**

**Key verse:** *"When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife."* Matthew 1:24

Joseph's part in the Christmas story begins in confusion and fear. Faced with a situation he could not understand, he chose the path of quiet dignity. But in that moment of uncertainty, God spoke. Through the angel's message, Joseph discovered that God was writing a story far greater than his own plans. His simple obedience, waking up and doing what God commanded, became an act of faith that opened the way for hope to enter the world. He reminds us that hope is not based on circumstances but on God's greater plan.

Hope is the expectation of a better future compared to the past or present difficult situation. Hope cannot be realistic unless the grand story is understood. The Bible presents this grand story from the beginning to the end. Matthew connects the past (prophecy), the present (Joseph's dilemma), and the future (the mission of Jesus) to show us that God's story is bigger than our immediate circumstances. Like Joseph, we may not always understand how our struggles fit into God's plan, but we can trust His guidance step by step. Through the leap of faith, we can believe that God will eventually bring everything together to establish His will.

Amid the hustle of hospital corridors and the burden of human suffering, we often face moments that challenge our faith and resilience. Like Joseph, we are called to trust God even when the future seems uncertain. Hope is restored not because circumstances change overnight, but because Emmanuel - God with us - remains present in every ward, counter, prayer, and life touched here. Let us continue to trust in the God who transforms confusion into clarity, despair into hope, and fear into faith.

**For reflection and discussion:**

1. As agents of God's healing ministry, how can we help those who have lost all hope?
2. How does this story bring hope to us?

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*Pray for:*

**Multilingual Carols**


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United Church Board of World Ministries

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**Passing on the Vision****Exodus 3: 7 - 14**

**Key verse:** *"Then the Lord said, I have observed the misery of My people... I have heard their cry... I know their sufferings, and I have come down to deliver them... Now go, I am sending you."* Exodus 3:7-10

Dr. Ida Scudder, the founder of CMC Vellore, was deeply moved by the death of three women during childbirth on the same night. She heard God's call to meet this need and committed her life to serving the poor, needy, and oppressed in the Spirit of Christ. The words of her favourite hymn, "Be thou my vision, O Lord of my heart", voiced her commitment to this vision and her sincere devotion to the Lord. She remained faithful to her calling until the end, inspiring many like-minded medical, paramedical, and support staff during her lifetime to follow this God-given vision in the Spirit of Christ.

God was deeply moved when He saw the oppression of His people in Egypt; He personally came down to deliver them from the power of their enemies. He sent Moses as His messenger and promised to accompany Him personally. The Spirit of God has inspired many human vessels to deliver the oppressed throughout all ages. About 2,000 years ago, God felt compassion for people living in darkness, in the shadow of death. At the end of the ages, Jesus Christ was manifested to remove sin by the sacrifice of Himself (Hebrews 9:26). With the help of the Holy Spirit, Christ willingly offered Himself to God to die for our sins—He being perfect, without a single sin or fault. (Hebrews 9:14). Here, we see the vision of God who willingly sacrificed His only Son to transform many into the likeness of Jesus Christ, enabling us to bring light to many living in darkness and deliver the oppressed.

Our founder's God-given vision has been passed on to many of us over the past 126 years, inspiring us to serve in the Spirit of Christ. Throughout this time, many thousands have received joyful blessings instead of mourning,

and festive praise instead of despair. Passing on this vision today means embracing the same spirit of sacrifice, innovation, and faith that characterised Dr. Ida Scudder's life. In a world that changes rapidly, the needs around us may differ, but the call to serve with compassion, excellence, and humility in the name of Christ remains unchanged. Each of us is a torchbearer of this divine mission, entrusted to carry forward the light of healing and hope to future generations. As we care for the sick, train students, and engage in research, may we do so with hearts attuned to God's purpose, ensuring that Dr. Ida's vision continues to shine brightly through our lives and work. May God grant us His grace to pass on this divine vision and serve in the spirit of Christ.

**For reflection and discussion:**

1. Share the impact of our founders' vision on your personal life, goals and ambitions.
2. Would our current working pattern in our departments reflect Aunt Ida's vision?
3. What are the ways to make our founder's vision relevant in this present generation?

***Pray for:*****Choirs and their ministries**

United Church Board of

World Ministries

The Leprosy Mission Trust India

Hospital: TLM Hospitals, Chandkhuri,

Faizabad, Naini, Purulia, Kothara and others



**Let's Go and See****Luke 2: 8 - 20**

**Key verse:** “..the shepherds said to one another, ‘Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.’” Luke 2:15

Luke 2: 8–20 recounts the key moment in the Christmas story, marking the first announcement of Christ’s birth to the shepherds. It symbolises that this good news is for everyone, not just the privileged or powerful. As the shepherds kept watch at night, an angel appeared with a message that would change history: the Saviour had been born. Jesus had arrived on earth, right in their small town, within walking distance.

**Revelation of God:** God’s revelation comes not to rulers or priests but to humble shepherds. The angel’s message, “good news of great joy for all people,” reminds us that Christ’s birth offers hope to everyone, regardless of background, age, or circumstance. The grace of God in Jesus is universal and inclusive; no one is beyond His reach. His presence encounters us not in splendour but in simplicity, entering our ordinary, even broken, moments.

**Reassurance amidst Fear and Uncertainty:** In verses 10–12, the angel’s first words are, “Do not be afraid.” The heavenly message addresses human fear—fear of the unknown, suffering, and what lies ahead. Just as the shepherds were comforted, we are reminded that God’s presence brings peace in our anxious and uncertain moments. His love drives away fear and replaces it with hope and confidence.

**Response to the Revelation:** Verses 15–20 describe the shepherds’ immediate and obedient response. Their decision to go directly to Bethlehem demonstrates faith in action. This teaches us that true revelation requires a response. Faith is not passive; it moves us to seek, to see, and to share. The shepherds

became the first witnesses of Christ’s birth, joyfully proclaiming what they had seen.

For those of us serving in CMC, each patient we care for, each act of service, can be our “Bethlehem moment” where we encounter Christ in the suffering, among the lonely and the poor. Like the shepherds, we are called not just to receive the good news, but to carry it with compassion and excellence in our work. Let us go and see what God is doing among us and join Him in bringing healing, hope, and love to all.

**For reflection and discussion:**

1. The shepherds found God’s glory in a manger. How can we recognise God’s glory in humble or unexpected places in our hospital or community?
2. How can we share the “good news of great joy” through our work, words, and compassionate service to patients and colleagues?

*Pray for:*

**Ranipet Campus**

**Chittoor Campus**



United Society for the Propagation  
of the Gospel

Board of International Ministerial Ministries of  
the American Baptist Foreign Mission Society  
Christian Institute of Health Sciences and  
Research, Dimapur.

**A Gift for All Ages****Luke 2: 1 - 7****Key verse:** "Thanks be to God for His indescribable gift." 2 Corinthians 9: 15

John 3:16 speaks about God's love for the world that He gives Himself in Christ. It speaks about God's overflowing love for His creation. In this act of self-giving (to us a Son is given, Isaiah 9: 6), we experience grace (Ephesians 2: 8-9) and eternal life (Romans 6: 23) both as gifts from God. Jesus tells the Samaritan woman, "If you know the gift of God and who it is that asks you for a drink, you would have asked Him and He would have given you living water" (John 4:10). God, through Christ, offers this gift of eternal life to everyone.

The birth of Jesus Christ, recorded in Luke 2: 1 - 7, is more than just a story of a child born into humble circumstances. It conveys a message of divine love, humility, and hope. This message resonates deeply within the core of our institution. In a place committed to healing, compassion, and service, the nativity story reminds us that Jesus, God's greatest gift, came to bring life and healing not only to the body but also to the soul. Jesus is truly a gift for all generations.

Luke tells us that Joseph and Mary gave birth to Jesus and laid Him in a manger because there was no room in the inn. The Saviour of the world entered humanity not in a palace, but among the poor, the marginalised, and the overlooked. This speaks about His presence among us all. It is why Jesus is called Emmanuel, 'God with us' (Matthew 1: 23).

In CMC, we meet patients and families who come with very little, some even with no hope. The manger scene reminds us that God's greatest work often happens in quiet, unseen

places. Healing doesn't always come with fanfare; it comes through faithful care, gentle hands, and humble service—values embedded into our mission. At CMC, we are more than just a hospital; we are a community founded on the gifts of God's love and service. As we reflect on the birth of Christ during this Christmas, every act of care, no matter how small, echoes the heart of the Gospel: God so loved the world that He gave His only Son.

**For reflection and discussion:**

1. How does the humble birth of Jesus in a manger inspire us in our daily service to patients who come from humble or challenging backgrounds?
2. In what ways do we see God's gifts of hope and healing at work in the hospital today, even amidst suffering, pain, and uncertainty?

**Pray for:****Good Samaritan Canteen**

ELS Book Shop

Central Bank of India-Hospital Campus

State Bank of India - College Campus,

Ranipet Campus

Post Office

Karpagam Co-operative Store.

College Stores and

Canteens in various campuses



**Turn to the Lord with Thanksgiving****Psalm 100**

**Key verse:** “Enter His gates with thanksgiving, and His courts with praise. Give thanks to Him, bless His name.” Psalm 100:4

Psalm 100 is a short psalm that carries a powerful message and is often called the “Psalm for giving thanks.” It reminds us to approach God with grateful hearts because He is our Creator, we are His people, and His love and faithfulness never fail. Traditionally, pilgrims sang this psalm as they entered the temple in Jerusalem, lifting their hearts in gratitude for God’s goodness. Today, this psalm invites us as a CMC community to turn our hearts to the Lord with thanksgiving.

In the hospital, we often encounter suffering, uncertainty, and emotional exhaustion. It’s easy to become focused on what’s going wrong. Thanksgiving shifts our perspective from burden to blessing. Even during difficult times, we can find reasons to thank God for the strength to work, the team around us, and small victories in patients’ lives. Gratitude opens our hearts to recognise God’s presence in our daily work.

In Luke 17:11-19, Jesus healed ten lepers, but only one returned to thank Him. Jesus asked, “Were not all ten cleansed? Where are the other nine?” That grateful leper received more than just healing; he received affirmation from Jesus. This reminds us that thanksgiving strengthens our relationship with God. The apostle Paul says in 1 Thessalonians 5:18, “*Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*”

As the agents of God’s healing ministry in CMC, Amidst challenges, let us pause to thank God for all the support He provides us. Let us begin with a silent prayer of gratitude. Turning to the Lord with thanksgiving transforms our attitude and brings peace amidst pressure.

**For reflection and discussion:**

1. What are some specific things you are thankful for in your work at CMC Hospital?
2. How can you maintain a habit of thanksgiving even in times of difficulty or pressure?

*Pray for:*

**MIQ, LIQ**

Kolhapur Church Council

Miraj Medical Centre, Maharashtra

Methodist Church in India

Methodist Hospital, Buxar, Bihar

Nurmanzil Psychiatric Centre, Lucknow

ETCM Hospital, Kolar and others.

Methodist Church Overseas Division (UK).



# MAITRI 2026

BIBLICAL REFLECTIONS



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