



Baptist Nursing Fellowship

CALLED TO
care
for One Another



A Resource Guide for Caring for and Ministering to Nursing Students, Nurses and other Healthcare Workers

“Be devoted to one another.” Romans 12:10

“Build up one another.” Romans 14:19

“Care for one another.” 1 Corinthians 12:25

“Serve one another.” Galatians 5:13

BNF on Mission

Baptist Nursing Fellowship exists to **empower, educate**, and to **encourage** nurses and other medical workers to be on mission for Christ. This is accomplished through three major avenues:

- Maintain a major focus on medical missions.
- Provide fellowship for Great Commission nurses and healthcare workers.
- Promote continuing professional education and growth.

This booklet contains several ministry options and suggestions. It is provided to members as a resource to:

1. Minister to nursing students, nurses, and medical workers.
2. Provide gospel-related activities to reach non-believing nursing students, nurses, and medical workers.
3. Promote Baptist Nursing Fellowship and provide opportunities for participants to join.

Due to college graduations and National Nurses Week, most mission and ministry opportunities occur during the month of May. This resource can be used during May or any time of the year you find an opportunity to minister to your healthcare community. This is not an all-inclusive list of ministry ideas. We welcome your input and want to share your ministry ideas with the membership.



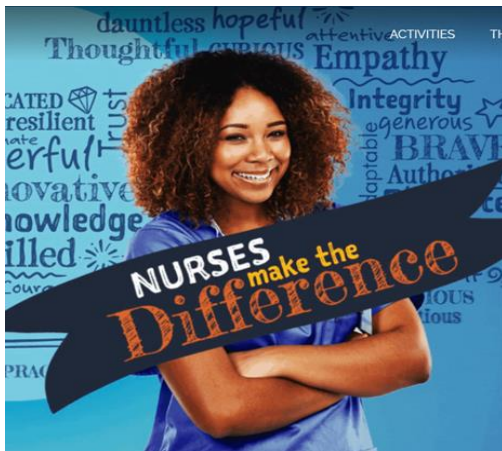
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Goody Bags for Nursing Students

Prepare goody bags of snacks and small treats for the students during the week of final exams. Below are some suggested items.

- 8 oz. bottle of water
- Trail mix (no nuts, if possible)
- Chocolate candy bar
- Hard peppermint candy
- Bag of popcorn
- Cheese & Cracker Package
- Fruit such as apple or orange
- Breakfast or Protein Bar
- Kleenex tissue
- Ink pen



Be sure to include a BNF rack card (available from BNF), a Gospel tract, and an encouraging note that includes encouraging scripture. Be sure to pray for each student that will receive a bag.

Other Activities for Nursing Students

There are many activities that can be done to engage nursing students.

- ◆ Goody bags can be given any time of the year.
- ◆ Survival Kits (see pg. 5)
- ◆ Adopt a student and provide support and mentoring through the year.
- ◆ Set up a BNF table at student orientation, job fair events, or similar occasions.
- ◆ Provide a meal for students during the year.
- ◆ Blessing of the Hands Gift Bag (see pg. 10)
- ◆ Blessing of the Hands Ceremony at Graduation (see pgs. 6-7)

Survival Kits

Purpose

To encourage nurses during nurses week (05/06/24—05/12/24) or at any time.

Project Logistics

Collaborate with hospitals and other nursing employers. Provide survival kit bags to show appreciation and thank them for their work.

Survival Kit Items

Include the following items in the bags. Attach the survival kit tag (see QR code below) to each bag. Be sure to include a personal note of blessing, prayer, and/or scripture.

1. **Lifesaver:** A reminder of the many times others will need your help.
2. **Tootsie Roll:** To help you roll through the day.
3. **Paper Clip:** To hold it all together.
4. **Starburst:** To give you a “burst” of energy.
5. **Gum:** To help you tackle those “sticky” situations.
6. **Cross:** To remind you that God is always with you.

For additional ideas, use your preferred search engine (Google, Pinterest, etc.) to search ‘Survival Kits for Nurses’.



Scan for the
Nurses Survival
Kit Tag template.



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Blessing of the Hands Ceremonies

For Nursing Graduates (note: with water)

Introduction: Good afternoon nursing graduates.... Baptist Nursing Fellowship is honored to be with you on this very important day to bless you in a special way as you receive your nursing school pin.

Reading: This Blessing of the Hands for nurses as they graduate is a timeless tradition. With this ceremony we pass on the blessing given to us, as well as the accountability placed in us to use our hands with great care as we practice the nursing arts.

Nurses.... Look at your hands. Hands that are young and smooth. Hands prepared to write a history of caring and healing for your nursing journey.

The hands of a nurse were created to be one of your most important assessment tools; strong hands yet gentle hands, empowered by the passion of our profession. Your hands detect skin temperature, hydration, and edema. Your hands are a mode of treatment to calm an upset patient, hold pressure on wounds, to steady the aged, welcome a new life into this world, and comfort someone as they leave their earthly home. Nurse’s hands are those that even when wrung out by exhaustion or overwhelmed by too many tasks to do, will never be too busy to reach out to our patients with tenderness that nurses convey with just a touch.

God has blessed each of you with the gift of nursing. Some of you already know the path you will take; some of you are still exploring where nursing will ultimately take you. Trust God’s direction and you will find your way. Proverbs 3:5-6 “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will direct your path.” As your patients put their trust in your hands, place your trust in His holy hands.

The blessing of your hands today with water and towel is significant. The towel represents serving,.. the water..... healing; and just as Jesus took up a towel, and with a basin of water, demonstrated a servant spirit, so too should you be His servant to the patients you care for each day.

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Please bow with me for the prayer of blessing for your hands.

Blessed be these hands that touch lives with healing.
Blessed be these hands that sense and ease pain.
Blessed be these hands that embrace with compassion.
Blessed be these hands that draw blood, start IVs and administer medicines.
Blessed be these hands that wash patients, clean beds, and dispose of waste.
Blessed be these hands that comfort the dying and hold the dead.
Blessed be these hands today and for each future day in nursing.
Blessed be these hands for they are the work of Your creative hands, O Holy God. Amen

Anointing Procedure:

Items needed: wash cloth for each participant, pitcher of water, towel or container to catch the water as it is poured.

Following the prayer, the person(s) assigned to anoint the graduates will anoint each graduate, one by one.

Pour a small amount of water into the open palms of the student, place the washcloth into their palms and say the blessing below.

I anoint you in the name of the Father who created, loves, and sustains you, the Son who redeems you, and the Holy Spirit who empowers you. May your words and actions always bring comfort and healing to those you touch, to the honor and glory of God.



Blessing of the Hands Ceremonies (cont.)

For Nurses, etc. (note: with oil)

Needed items: Vial of oil. Assign anointer(s). When there are a large number of participants, consider breaking into groups with an assigned anointer to each group.

Responsive Reading:

Program Leader: We now enter a time of blessing that has marked the commissioning of nurses for many years. Each group has an assigned anointer to lead you in this holy time. Please bow in prayer with me.

Almighty God—Father, Son, and Holy Spirit—we invite your presence with us now as we come to you to dedicate ourselves to your sacred work of nursing.

We express our commitment to follow and serve You, Jesus, with our whole selves and in our nursing—body, mind, and spirit, with these scriptures and words, spoken out loud by table Leaders and with responses from your BNF family and friends.

Anointer: *Jesus, we acknowledge that you came and gave your life to save us and make us right with God. You have given us the Holy Spirit to be with us, and the Holy Spirit will teach us all the things you taught and want us to know.*

Participants: God, fill us with your Holy Spirit and teach us.

Anointer: *God, we want to love you with all our **heart**, with all our **soul**, and with all our **mind**—the greatest and most important commandment. And we want to love our neighbor as ourselves.*

Participants: God, help us love you with all our strength, in body, mind, and spirit; and our neighbor as ourselves.

Anointer: *Holy God, help us keep our minds focused on You. You have told us, “You will keep the mind that is dependent on you in perfect peace, for it is trusting in you. Trust in the Lord forever, because in the Lord, the Lord himself, is an everlasting rock! And that “those who live according to the Spirit have their minds set on the things of the Spirit.*

Participants: God, help us keep our minds set on you.

Anointer: *God, we acknowledge that our bodies are a temple of the Holy Spirit who is in us. We are not our own but were bought at a price by you, to know you. In view of your mercy, we offer our bodies “as a living sacrifice, holy and pleasing to God—this is our true and proper worship. We do not want to conform to the pattern of this world but be transformed by the renewing of our minds” by studying your Word and spending time in prayer and fellowship with other Christ followers.*

Participants: We offer our bodies and minds to do your sacred work of nursing. We commit to seek you in regular Bible study, prayer, and Christian community.

Anointer: *God, you have shown us what you want from us; help us as nurses, “To act justly and to love mercy and to walk humbly with you.”*

Participants: We commit ourselves as Christ’s nurses and with God’s help, to act righteously, compassionately, and respectfully towards God and all others.

Anointer: In the precious name of Jesus, amen.

Program Leader : **One by one please extend both hands, palms up to be anointed with oil by your assigned anointer with a simple blessing on each of you. Following receiving the blessing remain in a posture of prayer.**

Anointer Directions:

Go to your assigned group as the Program Leader introduces the Blessing of the Hands and begins with prayer. Following the prayer lead your group in the words of blessing and commitment using the script.

After your amen, the Program Leader will give instructions for the anointing. One by one anoint each set of hands in your group with a small dab of oil with your thumb or finger. Give the blessing by making the sign of the Cross on each palm while saying:

I anoint you in the name of the Father who created, loves, and sustains you, the Son who redeems you, and the Holy Spirit who empowers you. May your words and actions always bring comfort and healing to those you touch, to the honor and glory of God.



Blessing of the Hands Gift Bag

Place all the following items in a gift bag . Be sure to include a personal note of blessing for the recipient, a written prayer and scripture card.

- Hand soap
- Nail clippers
- Band-aids
- Nail file
- Small container of oil
- Small tube of lotion
- Hand sanitizer
- Blessing of the Hands explanation card
- BNF Rack Card (available from BNF)

Blessed be your hands...

That will provide hope and strengths to patients who are suffering.

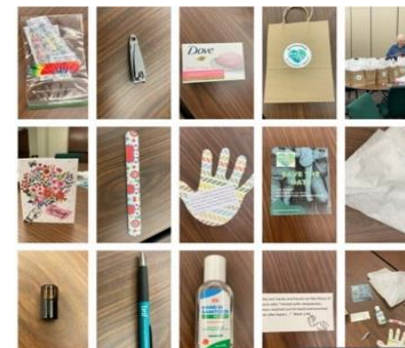
That give peace and hope to those in fear and pain.

That nurture and care for the lonely.

That embrace others with compassion.



“Father God , Bless these hands for they are the work of Your creative hands.” Amen



Promoting and Practicing Self Care

According to the Healthy Nurse, Healthy Nation Enterprise's website "Nurses are less healthy than the average American. Research shows that nurses are more likely to be overweight, have higher levels of stress, and get less sleep. As the largest and most trusted health care profession, nurses are critical to the health of the nation. Healthy nurses are significant role models for their patients, colleagues, families, and neighbors."

Living a healthy lifestyle and self-care for any nurse, even a Christian nurse, may seem like a contradiction. Even an impossibility. How do you stay humble, care for patients, love your neighbor as yourself, deal with life's daily demands, and stay true to God's call for self-sacrifice and stay healthy? What is your Superpower?

While the Bible does not talk about self-care explicitly, the importance of a relationship with God, rest and stewardship are essential choices for a person who walks faithfully and obediently with the Lord. Our personal relationship with God is our Superpower. As nurses, God created us to care for others. As we deepen our relationship with God, we come to the knowledge that we, "*can do all things through him who strengthens me.*" (Philippians 4:13 NIV). This verse is a reminder that nothing is too hard for God and that if we stay connected to God, he will provide us with the strength we need for any obstacle.

Living life with elevated levels of stress and exhaustion is not the life that God planned for us. Research shows that if you are feeling burned out and constantly working worn out, without a break, you can start to resent the patients you are caring for. Jeremiah 29:11 states, "**For I know the plans I have for you,**" declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (NIV)

Rest: Rest is a vital component of the life cycle in the Bible. God created the earth in seven days and then rested, setting up the cycle of work followed by rest. "*Come to me, all you who are weary and burdened, and I will give you rest.*" (Matthew 11:28 NIV) This Bible verse about taking care of yourself is a reminder that true rest comes through knowing Christ and walking with him.



Health Stewardship: Stewardship is defined as the careful and responsible management of something entrusted to one's care. Our minds, bodies, and hearts are all gifts from God. "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God-this is your true and proper worship. Do not conform to the patterns of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will." (Romans 12:1-2 NIV) Our bodies are the temples of the Holy Spirit. Being a good steward of our body means eating healthy and making sound decisions about our health so that we can serve God fully. In this verse Paul tells us to abandon the chase for pleasure, possessions, and status- to stop living like the world but, to change how we think, to have our minds renewed so that we can begin to understand God's will for our lives.

Our personal relationship with God, rest, and stewardship of our body and mind are the self-care tools of a Christian Nurse. On our good days and on our challenging days God is with us and will keep us and strengthen us where our abilities end. He is our source and our strength.

Self-care includes actions you take to maintain or improve your health:

- ❖ Eating a healthy diet
- ❖ Exercising
- ❖ Sleeping at least 7-8 hours a night
- ❖ Engaging in leisure and recreational activities
- ❖ Socializing
- ❖ Attending to spiritual needs

The American Nurses Association fifth provision of the Code of Ethics states that the moral respect that nurses extend to all human beings "extends to oneself as well: the same duties that we owe to others we owe to ourselves"

American Nurses Association Self- Care Tools:

<https://www.healthynursehealthynation.org/>

<https://www.nursingworld.org/thewellbeinginitiative>

<https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/the-well-being-initiative/>

The BNF Theme for 2024-2026



Additional Activities for Nurses and other Medical Workers

There are many activities and on-line resources that can be done to engage and bless nurses. Some suggestions include:

- ◆ In person or online (virtual/zoom) prayer meeting celebrating nurses and asking for God's provisions.
- ◆ Provide nursing units in hospitals and nursing homes a meal, pizza, cookies, etc.
- ◆ Provide a continuing education course.
- ◆ Provide an ongoing Bible study.
- ◆ Provide an exercise class.
- ◆ Give gift cards.
- ◆ Promote Baptist Nursing Fellowship membership. Be sure to stay in touch with new members through the year.

Sharing the Gospel

No matter what we do to care for nurses, for one another, nothing we do is as important as making sure the nurses and other medical personnel we encounter know who Jesus is and has had an opportunity to accept Him as their Savior. **Everything** we do to minister to our peers needs to include the gospel. Knowing how to share the gospel is essential to the Christian.

1. **Tell Your Story.** 1 Peter 3:15 says, "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have." You should *always* be able to tell your story of how you were before Jesus, your conversion experience, and what your life is since accepting Jesus as your Savior. You need to be able to do this in about 3 minutes. This takes practice. Write your story down and edit it to an acceptable length. Then... practice, practice, practice. Tell people you know and then people you do not know. The more you tell your story, the easier it gets.

2. **Share the Gospel.** There are many methods/tools available to help you share the gospel Find one that works for you. Be sure it includes:

- 1) God created us to live in relationship with Him,
- 2) We sinned and, therefore, are separated from God,
- 3) God provided a Savior, Jesus,
- 4) He died on the cross for our sins,
- 5) We need to confess our sins and trust Him as Savior and Lord,
- 6) We are restored to a relationship with God.



Other: It is of great benefit to memorize a very short statement that captures the essence of the gospel when asked about what it is. Such as,

The gospel is the Good News of what God has done in Christ to secure our salvation.

That statement has 17 words in it and takes about 6 seconds to say.

