

“SPIRITUALITY IN CLINICAL PRACTICE”

As the name sounds, “Christian Nurses,” have verse responsibilities apart from just giving medications to their patients. It is very important for nurses to be spiritually adequate in applying prayers and things of God into their practices for better results for their patients. However, “spirituality” is not a kind of game or a fast achievement, it has to be acquired by constantly reading the words of God, and liaising with our spiritual fathers in our worship places for their support and prayers. Having acquired this aspect of God’s blessings, one must be in a constant renewal of this blessing by staying close to the word of God for it to stand a taste of time. Once you deviate from God, the tendency to fall is very high. However, there are many other standard practices that may be used to support patients’ spiritual growth including meditation, prayer, journaling, yoga, or community service. These practices help individuals become more aware of their thoughts and emotions, cultivate compassion and empathy for others, and deepen their understanding of their beliefs and values.

Many articles have stressed the need for prayers in connection to patients’ quick recovery. According to Dr. Francis MacNutt, he says, “He does not deny our need for health care professionals including physicians, nurses, and pharmacists. He believes God works through every possible means. Nevertheless, he experienced prayer for healing became ordinary from extraordinary phenomena. Consequently, he considers that the healing ministry should be an ordinary part of our Christian lives. (Francis MacNutt) This shows that when you, as a nurse, are spiritually capable, adding this into nursing intervention will help your patients to recover faster and better. Dr. Francis further questioned how many Healthcare providers have prayed for their patients with emotional problems or prayed for patients with drug addictions. These are simple facts that God’s blessings are not limited, they can come from many sources not just only by giving drugs to our patients, but also, by using the spiritual knowledge of God in line with clinical practice.

From “Divine Healing” the passage included everyone as a victim of falling sick, be you a sinner or a righteous. It says, “God-fearing Christians struggle with the vulnerability of being human.” Our faith in God as Christian nurses is a strong threshold for us to be victorious even in our own struggles or in our sickness. For nurses to be able to save their patients, it is important for them to be able to save themselves in their own weakness, be it sickness or emotional problems. This

passage also asks a lot of rhetorical questions like, “Why do good people have to suffer?”; “Why doesn’t God heal everyone who prays for healing?” and many more. As a believer, it is important for us to know that God is not like humans, He does His thing the way it pleases Him. What we actually need is to be patient and believe in Him. As God, He knows us even before we were born. He knows what is good for us, as our earthly fathers provide us with our daily needs, God in heaven knows those needs that will not cause us pain, and He gives it when he feels it is safe for us.

As they say, no good thing comes easy, “He was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds, we are healed” (Isaiah 53:5) This is an indication that, while in the course of nurses discharging their duties; there may be tribulations, persecutions, and even time of compromising not only our faiths but our happiness our patients to be happy. As we all are descendants of Adam, we are bound to the sickness and death that was attached as a punishment received by Adam in eating from the tree in the middle of the Garden. The book of John 9:1-3, also explained that our physical challenges have no connection with sin, this shows that human weakness in terms of sickness may be part of life, and no one is exceptional in that area.

“Spirituality” in clinical practice has a very important role in the lives of patients. When you are spiritual, there is a gift in you to be able to know what other concerns your patients have that may hinder them from getting recovery. For instance, if a patient is suffering from a relationship crisis, and at the same time suffering from “hypertension,” it is going to be difficult to totally heal from this illness when the patient is still suffering from heartbreak. Being “spiritual” can enable the nurse to figure out that apart from this illness, something else is bothering this patient. Nurses can provide spiritual support by referring his/her patient to a man of God for counseling and prayers. The book of 1 King 19:1-4 also grouped all human beings in one section, that life’s circumstances can be so overwhelming that we become confused about a way out. This is an important and delicate area of life, and nurses should go to God in prayers for them to get healing for themselves and for their patients who are solely depending on nurses for everything. The book of Matthew 6:33, and John 15:7 encouraged us to always stay in the right relationship with God at all times for us to receive healing and God’s blessings. The words of God are everything we need to stay on top of our practice.

In conclusion, spiritual growth is a deeply personal and individual journey that may involve a wide range of experiences and practices. It is a lifelong process that requires commitment, self-reflection, and an openness to learning and growth. Spirituality in clinical practices has an important role to play, from nurses to their patients. When you include spirituality into nursing practice, nurses will be able to diagnose the psychological, emotional, and spiritual problems of their patients. The optimal way of nursing interventions is by diagnosing what the problem is, and once the problem is identified, it is much easier to find a solution.

CITATION

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