

Reflections for a Healthcare Professional

Lord, today I am at the top of my form!
I feel like a capable health care professional
able to interact with my colleagues
or answer the questions of a patient/resident
or their family
with clarity and compassion.

Guide me in times like these to be
helpful and humble;
to be less demanding of others
and more an inspiring mentor,
especially to those who have just begun
their healthcare career.

Lord, today I feel I am coasting
– not always a bad thing –
performing my day-to-day healthcare tasks;
living in the *ordinary* of my shift.

I could become bored, Lord.

Help me discover that faithfulness in small things
brings great results;
that even the most mundane service
means a great deal to those in need of care.

Lord, today I am exhausted.
I just can't seem to keep up;
there are too many demands
and not enough time.

Help me Lord to remember the reasons why I
became a healthcare professional,
And never to forget the people who inspired
me to become a caregiver.

Lord, help me to recognize that I can't be
nearly as tired as some patients/residents

must be of being sick or infirmed;
that my experience of tiredness is a
moment that won't last.

Lord, give me eyes to recognize the dignity
in each person I encounter;
to remember that their lives
were as full, at one time, as mine is now;
that they have concerns and joys,
and even in their infirmity,
they still dream.

Lord help me to honour the goodness
in my colleagues,
in the patients/residents,
yes, and in myself too.

A reflection by
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