



confidence

He's got your back!

Lizzie Chitty shares her
reliance on God in
tight situations

You got this! Hopefully, this is what your cheer squad (colleagues, family, church groups, etc.) are saying to you as you take your first steps as a newly qualified nurse or midwife. In my experience, though, God wants to say, 'I've got you'.

My dream of nursing in French-speaking Africa started at age 16. However, if you had asked me then what I thought that would look like, the answer would not have been 'working onboard the world's largest civilian hospital ship'.

As a newly qualified nurse, I remember the frustration of feeling nowhere near my dream, as I knew that I had at least two years of practising before I could spread my wings. Not to mention the fact that I still didn't have any idea what it was that I was working towards. The relief at getting to the end of one chapter turned quickly into wondering if I had taken the right first job for my dream to come true.

It soon became clear how important it was to stay in my first job as a surgical ward nurse for what ended up being three years. I thought it was just a starting point that I would quickly move on from once my career was mapped out. Well, that never happened! God knows

how much I love surprises and those skills were exactly what I needed to get started.

Psalm 139 has sustained me throughout my career at all stages. We are reminded there that God is with us, his spirit and his presence go with us, even if, like me, you '*settle on the far side of the sea*'. (v9) He watches over us when we walk onto the ward for a night shift after getting zero sleep during the day (v3). I have experienced his love walking up the gangway of the Mercy Ship; not just in the joy of using my skills to serve my patients, but in the community onboard and in the cultures we served. I have seen his hand in every step I have taken on this journey, even when I couldn't see the endgame.

God loves you; he knows exactly what you need, and he is always by your side. Make sure you don't forget to take that knowledge with you, along with your pens and fob watch! 🌸

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