

poem

work hard, play hard

Nurses are known for working hard
and playing hard.
And as a Christian nurse?
I work hard and play hard too!

You see, when I turn up to work,
I am there to serve
You will get my best, and I will go above
and beyond
Because I'm here to serve God too
I will work like a dog and run around like
a blue-arsed fly
But I will rest.

I prioritise breaks for me and my team
We eat lunch.
And at the end of the day
With an aching back and sore feet
I pray, and I let go
My best is enough
And I walk away.

As a Christian nurse, I know when to say 'no'
No to the extra workload
No to the overtime shift
My identity isn't in how busy I am
How needed I am
I am not invincible, I am not God
I need sleep; I need food; I need drink; I need rest.

And as a Christian nurse, I play hard too!
I know how to feast and enjoy life
How to enjoy good food and good drink
and good company
To belly laugh, to dance and sing and celebrate
I know how to be thankful.

I don't overindulge
And I'm not trying to numb pain or grief
To find peace or release
But I do know how to delight in God
And him restore my soul. 🌿

Bex Lawton is a paediatric nurse in Oxford
and CMF's 'Poet in Residence'