



spiritual  
health

# superheroes are only human too

**Bethany Fuller** reminds us  
of where our comfort and  
strength come from

Who would have thought when the World Health Organisation designated 2020 as the International Year of the Nurse and

the Midwife that it would prove to be so poignant? This year has increasingly seen nurses and midwives, and indeed all health professions, in the public eye. We have been portrayed as superheroes, self-sacrificing beings. But the truth is we are only human too. In this current time of coronavirus, when family are often not allowed to accompany patients into hospital or have very strict and limited visiting hours imposed on them, the role of the nurse and midwife comes to the fore. Being alone in hospital can be so scary. We are often with patients in critical periods of their lives and although it may just be another day on shift for us it's a moment in time the patient may remember for years to come.

We care for others, but when we feel lonely and overwhelmed who is there to care for us?

As this year has progressed, I have been more and more reminded that the only sure thing we have to hold onto is the Lord. Truly he alone is our rock, our solid ground in the shifting sands. The thing about a rock is if you

are just passively sitting on it, it will be very easy for waves to drag you down or knock you off, but if you cling to the rock, although the waves may batter you, you will be safe and secure, fastened to the rock which cannot move, grounded firm and deep in the Saviour's love.

So, cling to the Lord and he will refresh and help you when you feel like you've got nothing left to give. Remember Paul's words to the Corinthians: *'Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in our affliction, so that we may be able to comfort those who are afflicted, with the comfort with which we ourselves are comforted by God.'* (2 Corinthians 1:3-4)

As we celebrate this International Year of the Nurse and the Midwife and care for our patients, let's rely completely on God for his comfort and strength to be able to demonstrate that mercy, care and compassion of God to those we meet, that he may be glorified. 🌟

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