



Joshua's Leadership Tip #4 Do a Heart-Check

Prove me, O Lord, and try me; test my heart and my mind. For your steadfast love is before my eyes, and I walk in your faithfulness. (Psalm 26:2).

The pandemic has been brutal on nurses. We may have found ourselves in places we never expected—like struggling with depression, anger, frustration, hopelessness, and others. Do you relate to any of these emotions? Or maybe, you have distanced yourself from God. This can be a normal reaction to difficult experiences. Or perhaps, you sense that something is amiss in your walk with God and are unsure what it is.

As nurses coming out of the wilderness experiences with the coronavirus pandemic, we may need to do a mini-spiritual assessment. Similar to the Israelites needing to be consecrated before entering the promised land. Or the need to be restored or dedicated like Peter experienced after his denial.

One way to complete a mini-spiritual assessment or “heart-check” is to reflect on a passage of scripture and explore areas of repentance and improvement. Galatians 5:22-26 is an excellent passage for reflection.

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...If we live by the Spirit, let us also walk by the Spirit. Let us not become conceited, provoking one another, envying one another. (5:22-26)

- Is your day filled with frustration instead of patience?
- Do you find yourself filled with worry instead of peace?
- Are you impatient or angry instead of self-controlled and kind?

Wilderness journeys can undermine our faith and fill us with doubt and hopelessness. It can leave us emotionally exhausted and frustrated. Sometimes, we don't even know what has happened; we just know something is amiss. Take time to invite the Holy Spirit to “Test our mind and heart.” (Psalm 26:2).

Keathley has powerful words as our final thought: “When there is a lack of consecration through confession for the defilement of sin along with a commitment to God's purpose for our lives in service or ministry, we hinder the power of God.”

Keathley III, J. Hampton, *Studies in the Life of Joshua. 3. Crossing the Jordan (Joshua 3:1-4:24)* <https://bible.org/seriespage/3-crossing-jordan-joshua-31-424>

By Carrie Dameron