

## Session 1: Dr. Ben McKinney // The Unique Opportunity of Healthcare

All right, I'm starting off with negativity. Not a good place to start. Not the uplifting. Come here to be encouraged and excited about medicine. Here's just some random graphs. They're too small to read. I recognize that. The point of this is, all of those numbers are getting higher and higher. So in the bottom left, we see how much we're spending in our country.

The top left, we see the rate and frequency of diabetes. The top right, anxiety. The top or the bottom right, depression. This is the reality of the world we're living in. We're spending crazy money and everything's getting worse. The health of our country is getting worse and worse despite our money, despite our resources.

I don't need to convince you that it's broken. I was talking to a third year medical student recently and he was talking about already at this place of just like, what are we doing? Medicine is broken. I can't do the things I thought I was going to be able to do. Medicine is corrupt. Doctors only think about money.

The healthcare system only thinks about money. The insurance companies only think about money. It's so full of corruption. It's broken and I feel like I can't do anything. Now he's a third year med student that actually can't do anything. But, Just kidding, if you're a med student in here, love you. But the reality is, like, it doesn't take long in the healthcare world to have that feeling.

It didn't take long in the practice of medicine where it's like, I'm going to change the world to realize medicine is not going to be the way that I'm going to change the lives of my people. But it is a means to show them Jesus. He is the great healer. Yes, I want to get A1Cs down. Yes, I want to get PHQ 9s under control and depression treated, and I believe medicine can help those things.

I'm not up here advocating for faith healing, but I believe that Jesus is a healer. And He's more of a healer in the great depths of the soul, in the life that we long for, and we long to

see our patients encounter, than we want to give them credit for often. So my desire today is to remember that, and to renew that.

And as we see these stats, there's plenty of responses we could have. Oftentimes it's numbing, right? An ICU nurse gave her testimony last night. It was really sweet. I was encouraged by it. And she was talking about the reality of being in COVID in ICU. And you just, when you see death all the time, you can just, it's just easy to numb to the realities of the brokenness of the world.

I live in South Dallas. I've lived down there for seven years. It's not protected by Botox injection and plastic surgery in the beauty of the world, like North Dallas is. The hurt and the brokenness is the same. The sin is the same. There's just not the beautiful protection against it. It's more obvious and more apparent.

And I'm confronted with it on a regular basis every time I drive around. Every time I walk around. It's easy to be numb. But God is inviting us to more. We're numb because we're afraid of the hurt. We're numb because we don't know what to do. We're numb because we can't fix it. We're numb because we think we can't handle it.

But we can't. We cannot fix it. We cannot handle it. And we cannot do anything about it in and of ourselves. But the beauty is, is that God is with us. And he will empower us, and he will equip us, and he will show us what he has for us to do in response to the things that we see. Another thing that I've seen, I'll talk about it later, is in my journey, as I saw the great problems, I feel like God has given me eyes to see on a bigger level of all the different issues and problems, and especially moving into a community for the first time seven years ago, I was just overwhelmed by all the different things that could be done, and the needs here and there, and I never felt like I was doing enough.

I never felt like I was doing enough. No matter how much I tried to do, no matter how many good things I was doing, it was never enough. It was never enough. And I think oftentimes we see these stats and can oftentimes feel overwhelmed by the reality. Overwhelmed by, everyone's sick, everyone's dying, everything's broken, people are leaving the church.

We see these numbers and we're just overwhelmed by it. Instead of saying, God, what do you want me to know? What do you want me to do? Who have you made me to be? And what are you asking me to do in response right now? And then trust that that is all. Letting go of all the rest. I cannot fix, I cannot do everything, but I can do something.

And you have uniquely equipped me to be a part of your mission and your kingdom. So what is that that you're inviting me into? That has to be the cry of our heart. If you are overwhelmed, then let go of these things. It's easier said than done, but bring it to him. Let him see, let him know he is not afraid of our anger, our frustration, our lament of the brokenness of the world, our lament over the brokenness of medicine, the brokenness of our families, our communities.

We, we read the promises of Jesus in the Bible and we say, I want that, but I don't see that, bring that to him. You said your throne is built on righteousness and justice, but I don't see it. I want more of it. Bring that to him and see what he'll do. Getting ahead of myself. Some more sad news. Bottom left, this is a poverty map or a wealth map, depending on which way you're looking at it, of Dallas County.

The dark red is concentrated poverty. The dark green is concentrated wealth. The stats are astounding. Top 100 millionaires in the world in Dallas. And many major metroplex. Just recently, top wealthiest cities, top 100 wealthiest cities in the world in Dallas. And yet, These numbers, and on the top right of insurance, uninsured patients in the United States, 9%, Texas, 17, Dallas, 21%.

I'm not here advocating a political response of, if we just insure everyone, everything's better. I'm not ignorant to the reality that that doesn't fix everything. But there is something to be said about all of this wealth and yet so many people struggling. And how many people have never even seen.

Proximity matters. And if you never put yourself in a situation where you see the hurting and the broken, it's really easy to forget about them. That's a hard word. I'm coming on intense. Forgive me. I want to build you up. I'm not trying to put something else on top of you. I'm not trying to add more burden on you.

And we're going to get to the secret of how to respond and the secret of drawing near to God and being empowered by Him. In the bottom right, this is the thing that breaks my heart. This is the thing that drew me to Dallas from Memphis when I finished up residency seven years ago. The side by side reality of the disparity and the poverty.

And yet, at the top of the list of most Christianized cities in our entire country, Dallas, number one.

Number one. When Paul went out on his missionary journey, and he's planting churches, making disciples, doing all these amazing things, he comes back to the leaders in Jerusalem, he asks them, Hey, do you approve of everything I'm doing? The response is, keep doing everything you're doing except for this one thing, don't forget the poor.

Watermark Health is doing amazing things. Watermark as a whole is doing really cool things in partnerships. It's not a chastisement of you individually, the church that we're standing in. It is a call to more. It's a call to more. It's a call to ask, What else could I do? Could we do something different?

And then on an individual level, the reality of mental health days and burnout, turnover, feeling harassed at work, not good numbers over the last several years. Burnout is higher. Poor mental health days are higher in the last 30 days. This is the reality of the medical field that we're working in. Real quick, I'm going to do this at the beginning.

If you work in healthcare, please raise your hand. If you are in direct patient care, raise your hand. If you are more of the administrative side in the background, not in direct patient care, raise your hand. If you're not in healthcare in any way, raise your hand. Atta boy, Matt. Appreciate you. Love it. So here's the thing.

This is our reality. But I want to invite us into this. There is a better way. I believe Christ is the answer. I believe that we have what the world needs. We have what our patients need. We have what our co workers need. How many of you work in a hospital setting? So many.

It was mentioned last night, the reality of the frequency of gossip, the frequency of negativity, right?

In the workplace, in the teams that we work with. The constant complaining, the constant negativity, the barrage of tearing people down. In the operating room, how often is the talk so negative about that person that's there in the most vulnerable place ever? How often in the emergency room do we label people as frequent flyers, as drug seekers, as homeless, and allows us to treat them less?

How To think of them as less, to think of them as not worthy. But here's the beauty of the reality of God and the kingdom of God is God says that all were made in his image, not all who do the right things, not all who earn it. All were made in his image. The Imago Dei is in every single person you're looking at.

Every single person you're taking care of is the Imago Dei. How do we tap into seeing that in them every single moment? That's the key because in the busyness and the stress and the frustrations, as we look at ourselves and we get so selfish on my desires, my wants, we forget the Imago Dei. And then there's this extra next step of beauty and worth in the innate value of being a child of God.

On Team Jesus, once you commit your life to following Him, we are sealed with the Holy Spirit and we become a child, a daughter, or a son of the King of the Universe. That is crazy. You're a son. You're a daughter. You're a son. You're a daughter. Walk in that innate value. How do we walk in the fullness of who God made us to be and see that?

And see our patients and the people that we're interacting with our teammates. When they're not demonstrating the Imago day, how do we still see that in them and call that out and not walk into criticality or write writing people off? I think there's a better way. The phrase that came to me, a few phrases that I want to you to take away today.

Listen and obey. Don't do what Ben says. Don't do what Ben does. Listen. So much of my life has been monologuing with Jesus, monologuing with God in prayer. I talk and I talk and I talk, and you can hear today I can talk a lot.

How rarely I listened for so long. How rarely I set still. The constant scrolling of our generation today. We're constantly hit with dopamine. We're constantly hit with distraction. We're constantly filling up every waking moment with something. Listening on podcasts, 1.5 speed. Listening on sermons, 1.5 speed.

We're not even reading books anymore. We just want to listen and consume as fast as possible. Everything is rushed. Everything is hurried. We always have to have the latest thing, the latest thing, the latest thing. That's faster, faster, faster. And look what it's producing. An anxious generation. The way of Jesus is better.

The way of Jesus is better. Listen and obey. And then Christ with us, walking in this reality of Christ with us, the three steps I want us to consider. It's not gonna be on any slide, but I'm gonna say it. Hopefully not just this one time that we would consistently look up. The invitation is to consistently look up before you go into the workroom, before you go into the patient room, before you get in your car, before you walk into the hospital.

Each and every moment you're consistently looking up while you're in the room with the patient. How do you listen with your physical ears to what they're saying and listen with your spiritual heart? God, what do you say? How do you see them? What do you want me to do? What do you want me to say? That's the art and you can get better at it.

It's a skill. So if you're like, I don't even know how to hear God, is that even a thing? Does he even talk? I just read the Bible and that's the only way he talks, right? No, it's not. Because we know the Bible teaches that he talks through creation, he talks through prayer, and the Holy Spirit that's in us that leads us to truth, and he doesn't just lead us to truth by what's been written down, although it's never apart from that.

He walks in us, he's with us, he's empowering us, he's equipping us, he's showing us the way. He's showing us the way to go. We just need to have ears to listen. That's it. So look up, let God look within. Recently someone told me, you're only as accountable as you want to be. You're only as accountable as you want to be.

We must let God look within us. Because I was, I was recently praying through a big decision and I thought I had pretty holy motives in this decision. And I thought I was doing this not for any things of this world or any material gain, and God showed me when I actually prayed and listened and opened up my heart, actually been, you're at the center of that vision.

And you need to get out of the way and see that it's about me and my glory, not about you. Not about what you can do. That only happened through time of prayer. That only happened through opening up my heart. That only happened through letting someone else speak into that and guide. Because what I was speaking in my processing out loud was, I'm good as I'm thinking through this.

My thought process is good. And then all of a sudden I open up my heart to God and He said otherwise, and I have to listen to that. He's speaking when we open up our hearts and our minds to Him. When we trust Him, when we trust that when He pokes His finger on something, it's for our good. His conviction is for our good.

His conviction is not against us, it's for our good to draw us into his presence. Because we need his heart to then look out with his eyes on the world. Look up, let him look within, and then we can look out with his eyes on the world. That's the invitation. Whether you're a nurse, whether you're a doctor, an APP, whether you're anything else in between the front desk person, a nurse, a phlebotomist, it doesn't matter where you are in the line, that every single moment you have with that person sitting in front of you is an encounter with an eternal being.

Thank you. An encounter with the Imago Dei, an encounter with someone whose heart is longing for the greater things of this world, whether they know it or not. That is restless until

it finds its rest in God. That is the cry of the heart, whether we numb it with social media, or alcohol, or sex, or whatever else we're numbing it with, it is still the cry of the heart.

There is a better way. When Jesus says his words, do we believe him? Do we actually take him at his word? The thief, Satan, devil. It exists. He exists. Evil is real. We live in a supernatural world. We live in a world that is not just physical. There is a supernatural reality. We are saying, we're bringing the kingdom of God.

We want to transform medicine. We're bringing the kingdom of God into this world, yet it is here, it is drawn near, but there's something against it. There's something opposing, and it's not that person, but the evil forces that are at play behind or above or inside that person. There is a team Jesus and there is a team Satan.

And if we live as if there's no spirit, supernatural reality, if we live as if it's just materialistic and physical, we will miss out on pushing back that darkness to the degree that we possibly can, because Jesus has given us authority in the spiritual realms through his spirit, through his power, through the mind of Christ within us, that we oftentimes neglect.

And we can walk in that as medical professionals. It's possible, but it's hard. Because everything that we've learned and trained seeks to push that out. Will we take Jesus at his word that his way is actually better? Not just his way on a Sunday morning or in these gigantic four walls. Is his way better in medicine?

Does he have a better way of doing nursing? Does he have a better way of doing medicine? Does he have a better way of doing administration? Does he have a better way of doing real estate? Does he have a better way of doing ministry? Is his way better for every area of our lives? Is he actually the truth, the way, the life, or just a way?

Do we believe him when he says that? And is that what our patients really need? Do we believe that? Does it feel pithy or insignificant to think that this person's great struggle in front of me as they're talking about abuse and neglect and rape and loss and loneliness



and isolation that I'm encountering on a regular basis in my clinic to say, Jesus is the answer.

It feels like it's insignificant and not really meeting them where they're at, but there is no greater way to experience healing tend to experience the love of God for that person that moment. It is not just a thing that you experience one time when you walk down an aisle or you get baptized. It is something that we can walk in every single day.

It's something that we can experience on a regular basis, and we must, and we must. Christi is talking about the feeding of the 5,000. We have to come back to the source to do the work that God has for us. Consistently, we have to come to him and then receive what he has for us.

These are the words of Jesus, his last words before he left this earth. I'm with you always. He gives us great commission. Go and do this. Make disciples baptizing in the name of the Father, Son, and the Holy Spirit. Teach them to obey, not just teach them facts about me. Teach them to obey. And behold, I am with you always.

Christ with us. He is with us. We don't have to invite Him in. We don't have to long for Him to be here, for Him to be with us. We just have to open up our hearts and our minds to know that He's there. For He is with us. He says, I will be with you. Do we believe it? What does that mean? For so long my Christian walk, a relationship with Jesus was something I talked about and I said, This is what sets Christianity apart from the other religions of the world.

It's a relationship, a relationship with God and I would say those things. I said all the right Christianies. But if you press me on it, what does that relationship look like to you? It looked like facts. It looked like knowledge. I don't know what a relationship is and it's There's more. What I've learned over these last several years is that there's more.

Is that the God of this universe actually does love me. He actually does care for me. He's actually with me and he actually wants to guide me. Whether it's there, I'm taking, I have

four little kids and I'm there like, what am I supposed to do to the rebellious heart of this little child sitting in front of me?

And I don't know. And I'm like, I don't know what to do and beating my children doesn't seem like the right thing, but that's all I have left right now. And I don't know how to get them to do what is right. And then I changed my heart to God. What would you have me do? And he says, just step into this. It's okay to not discipline right now in this moment in that way you think you need to redirect and train them in that way.

And all of a sudden he set me free of like, I don't have to come down strong and discipline every single time. And it's okay to redirect. It's okay to guide them away from that without having to deal with that every single time because God doesn't do that with me. He teaches when we open up our hearts to him, when we actually ask him, he's there for us.

He's with us. He's with us. The unique opportunity with health care is that we get to be more easily, more openly, the sheep. So the parable of sheep and the goats. It's not what makes the sheep sheep, but what the sheep are known for in this parable. Jesus at the end of the age, He said, when the Son of Man returns in glory, when I return and I'm there in the moment of judgment, I'm gonna separate the sheep and the goats.

And I'm going to look at the sheep and said, when I was hungry, you fed me. When I was thirsty, you gave me something to drink. When I was naked, you clothed me. When I was sick, you visited me. When I was in prison, you were there for me. Nice summary. And they're like, we didn't do any of this. When we never saw you, it's like, as you did to the least of these you've done to me.

Many jobs, it's really hard to maybe see the kingdom at play. It's really hard to see Jesus in the work that you're doing. If you are back in finance for a big corporation, as some people in this room have been for years in the background, and you're just looking at numbers, it's really hard to see those numbers as serving Jesus.

I would argue, having not lived in that, it would be challenging. We have the opportunity to literally look at the sick and say, Jesus says, this is me. This is the opportunity in healthcare. What an amazing opportunity. Jesus says, as you're, as you're visiting this person, as you're wiping their bottom. As you're, as you're putting a gown on the naked, you're doing that for me.

As I'm sick, alone in the hospital, and there's no one there to visit, and you come into the room and you're consumed with charting that you have to do, how many of you are nurses that just do so much charting, right? And you, all you want to do is meet that person you can, you can, it's possible. And Jesus is there.

He's with you. And he says, I am with this person, I identify with the sick. When you're doing that for them, you're doing it for me. There's a way that we can see what an amazing opportunity we have in healthcare to actually do this.

Again, I'm not wanting to put a heavy weight on you or a burden on you because the answer, the response is not go do more. Go care for the poor more. Go care for the sick more. Go do more. I know I'm not foolish to think that many of you have very taxing jobs and you're worn out and you may be burnt out.

You may be just tired at the end of every day or in the midst of the day. I get it. I'm not wanting to put more on you, but I'm inviting you to a better way. There's a better way to do that job in a way that you can leave healthy and refreshed. Garrett is, um, my brother in law Schwab. He is the other doctor at the clinic with me.

And there was a time when I was so burnt out. I was critical. I was cynical. I was just frustrated and irritated at everyone. And I think if you ask him now who he sees in me is the best version of myself that I've ever been. And this is not about me saying anything great. Like for the longest time, I was so irritated because I so consumed with trying to fix and control everything.

I couldn't, and I couldn't help people. And I was burnt out and I was frustrated. I can never do enough. And when God met me and he told me, and I received when he said, you are enough. And he told me that when I'm on a plane flight and I'm encountering the Jesus of the Bible, the Jesus of the Godhead sitting next to me on a plane and I'm saying, who do you say that I am?

Because all I know is what I do is my worth and I'm tired of feeling this way and I'm tired of finding my worth in all that I accomplish. Who do you say that I am? Jesus. And he says, you are enough. When I receive that and believe that, and I said, I can't be. I'm not good enough. I can never do enough. And then I say, yes, and I hold onto that in faith.

Now I can walk in joy. Now I can love people in joy and fullness. I'm operating from fullness, not from emptiness to try to earn more love or earn more affection or earn more praise from God. I can walk in that fullness. Recently, I was given a talk in a secular setting in the hospital, but I had the chance to talk about Easter and the significance of Easter to a group that was not predominantly Christian.

And in this place, I feel like it was an amazing opportunity, and all I, I was very critical of what came out of my mouth. I thought I, Garrett said I did a great job and it was really good, but I was like, I didn't want to, sometimes when you, when you're focused on the negative, no matter what good other people say, you can't hear it.

Like, you did so awesome, you did so great, it had this, no I didn't. All I know is I was mumbling through my words, it wasn't a clear presentation of the gospel, I messed up, I missed out on opportunity, I failed. That was what I was feeling in that moment. No matter what other people said, it didn't matter.

And then I'm getting back to my house that night. And it's on a Friday evening. My son, who's three, Judah, he's up there with me. I'm getting undressed from the day and just kind of putting my clothes away in the closet. And I'm just, I'm there with Judah, but in my head I'm just thinking through the talk.

I'm just replaying it and just kind of critically appraising it. And then all of a sudden I went through introspection from within. And what I thought about it. And all of a sudden there's this shift in my heart. And I said, God, what did you think about that? And I opened myself up to that reality for a moment, and I went from I did terrible to God.

What did you say about that? And you know what? I heard that is hard. Maybe for many of you to believe. It was hard for me to believe, but it brought me to my knees and tears was I was so proud of you. Nothing else mattered. I don't care what anyone thought what any fruit of that was because the God of this universe said I was proud of you.

I don't care. And when I can operate from that place that he is a loving father, I don't care if you scored the goal, Abby, I saw the joy and delight as you're running and playing on the soccer field. So my oldest daughter, that's his delight with us. Do we believe that the father of heaven and earth delights in us?

It's so pivotal. If anyone is thirsty, he should come to me and drink. The one who believes in me, as the scripture said, we'll have streams of living water flow from deep within him. This is my desire for us. Not to do more, but to receive more and pour out what God is doing in us. That's the ask. That's the invitation.

How do we do this? If anyone is thirsty, How lovely is your dwelling place, O Lord of hosts! My soul longs, yet faints for the courts of the Lord. My heart and flesh sing for joy to the living God. Much do we long for this. I long for your presence, God. I want nothing else but you. Show me yourself! I'm holding on to you in desperate prayer all night until you show up.

I need to hear from you. I need to know your love. I need to walk into presence. How many of you go to bed at night saying I can't wait to wake up early in the morning so that I can meet God again, so I can encounter and hear from him again. Are we reading our Bible just to read our Bible and check a list?

Are we not reading our Bible, period? Let's start. If you're reading it and it just feels like it's empty and dry, that happens for a season. But maybe the thing that we need to do is, God, show me yourself in these words. Who are you saying to be? Who are you saying that I am? Who are you revealing yourself to be in this?

Let's stop looking at the text as the end in and of itself, that it points to Jesus. Stop looking at it as the end, but it points to a relationship. It points to Jesus himself, and he wants to meet us there. I was on a hunt, a duck hunting trip a while back, and it was amazing. That we are staying in this bunk room and all of a sudden all these grown men wake up at four o'clock in the morning, eager and excited to get up and get dressed and get ready and get out while it's still dark.

If only we had that yearning desire to meet God every morning. I'm so excited to wake up and put on these clothes and go kill something, which is exciting. It's really fun if you've never done it. But how much more should we be longing for the presence of God? But stop being satisfied. with the things that are shiny in this world.

Let's stop settling for the things. Here's the thing. If you're quenching your thirst with simple carbs, and you're always hungry for more, you're always hungry for more fiber, more nourishment, more vegetables, more complex foods, this is what we're doing. We're saying the relationship with God is not to be attained.

It's too hard. It's too incomprehensible. It's a mystery. I don't like mysteries. I want what I can control. So I'm going to go to church. I'm going to be a part of my church, and that's, I'm going to read my Bible every once in a while, and I'm going to maybe be in a small group, and I'm just going to, that's it, that's the end.

But there's more. There's more. There's so much more to knowing Him and helping others know Him. Let's stop settling for the social media scrolls just to fill our emptiness. The Netflix binging just to fill the space and time. Let us be okay with more silence and solitude. And if you're like, I love silence and solitude, then let's be more okay with community and being known.

Thank you. God wants to meet us. We have to stop settling for the things of this world that satisfy that thirst and dull it. That's really made for the thirst for God. If you want to be thirsty, you have to identify that. And again, ask God, examine my heart. What is it that I'm turning to besides you? What are the idols?

If you want to use that term, what are the things I'm turning to, to find comfort? Is it ice cream? Is it fast food? Is it social media? Is it, is it, is it sex? Is it porn? Is it alcohol? Is it just connection to other people? What is it? Is it friendships? What am I turning to when I should be turning to you, God?

Show me. And then ask for the hatred of that thing. That pales in comparison to the love of God. And let Him do that work. Be willing to let Him identify those things and die to them. Be willing to say, I don't want to let go of that, but help me let go of that. I don't want to die to that thing that I'm turning to, because it feels like if I do, I don't know if you'll meet me there.

But we're willing to. We have to see God rightly. It's hard to thirst for something you don't understand and don't see rightly. In the parable of the talents, how many of you are familiar with the parable of the talents? Show of hands, cool, great. We're still awake, we're still interactive, I haven't put you to sleep or made you cry yet.

That's good. I'll actually kind of want to make you cry, but in a good way. Good. All right, not here or there. So, in the parable of the talents, oftentimes I've heard, use your talents, you're all ten talent people, go make more talents, multiply yourselves. And that's true. It's valid, the validity to that, that God has given us as healthcare workers, and the ability to go through professional school, the ability to live in America, and the money and resource halves, we have so many talents to use for the glory of God.

But today, I want to take a moment to think about that one talent person. What do they do with that one talent? Buried it. Why did they bury it? They were scared. How did they view the master? Harsh, full of wrath. When we view God, as that person with one talent, as harsh, full of wrath, that he's gonna hold our mistakes against us?

That He's gonna come down on us if we fail and mess up. That if we take this risk and we mess up, He's gonna be there scolding us. He's up on the top of the mountain holding His hands crossed like this, saying, You better make it up on your own. Climb up the mountain on your own. When we view God in that harsh way, we bury our talents.

How we view God matters. When we view Him as loving and caring and compassionate. So if we want steps to remember thirst, tell the truth. Remember the goodness of God. Tell the truth about who you are and where you're at. Let him tell it to you when you don't see it and to remember the goodness of God.

What are you doing when you encounter the presence of God most? Do more of that. What are the times in your life when you've encountered God more? Do more of that. We don't get a, as local pastor said, we don't get to control the rain, but we can definitely put ourselves in a place where it rains. We don't get to decide when the spirit moves.

We're not in control as much as we would like to be. It's the scariest thing that we want the Spirit but at arm's length and on our terms, not biblical terms. Heard that said recently from the pulpit. Very convicting.

We're not in control, but what we can do is learn from the saints of old. What has been instrumental from the men and women of the faith through the 2,000 years since Jesus walked this earth that helped them know God, love him more, and walk in his presence. It's not social media, let me tell you that. I know I'm on a diatribe against technology right now, but it's so true.

If we are going to be radically different in this world, we need to do something radical with money. Because look at our city that we live in. It is full of materialism. The opportunity in medicine is to love money, to be full of ourselves and pride, and to seek the things of this world. And if we're going to say we want to be radically different, Then we have to acknowledge the opportunities for failure that are there.



How many broken marriages are amongst doctors? How much adultery is amongst doctors in the hospital and nurses? It's rampant. We live in a city that is full of materialism. I am full of materialism at times. I want to have the coolest new clothes. I want to have style. I want to do those things. And I feel that it's creeping in and I don't realize it till I leave Dallas and go back to Oklahoma.

And I realized, no one here cares. What's going on? It's just me. I've been consumed with the culture of Dallas. There is a spirit, and I'm telling you, there is a darkness in Dallas that is consuming our view of ourselves. The rampancy of Botox, not saying you're sinful if you do that, the rampancy of choosing the best, latest fashion and spending crazy amounts of money on it is all consuming in Dallas.

And if we want to say we're going to do something radically different and then we spend our money and our time just like the world, we cannot do it. It is impossible. I can't just motivate you, go change the world, go tell people that Jesus, go love your patients well, and then your rhythms never change.

There's no chance. It'll last a week, two weeks.

We have to think about what are the rhythms that lead to life? What are the rhythms that are leading towards destruction? Let's kill those. And let's get back into it. And I said this earlier, to receive God's love, we need to have faith to see ourselves as He sees us. The very first song last night, it was so beautiful.

It's about seeing the chorus, the verse, the first verse of the chorus is about giving, helping us see ourselves as you see us, God. When God says, I was so proud of you, when God says, you're enough then, I need to believe that. Because only then, when I receive His love, can I truly pour out His love on the heart of the love.

And let's be honest. There's a lot of hard to love patients that we encounter, and a lot of hard to love staff that we work with. If we're going to be different, we need to love the hardest to love people. The rest of the world can love those that are easy to love. We're

being invited to love the hardest to love, and in order to do that consistently, we need to receive this love.

When I discipline Lily by saying, Lily, you shouldn't do that, that's like the gentlest I've ever been, and I've grown to that place of having two older girls, and even now I say that. And that tone, running away crying and hiding herself in a corner. And that is what we do with God. Lily, come here. No, I'm going to go punish myself and hide in a corner.

Lily, come here. I just want to hold you. I just want to tell you how much I love you. But I want to lead you into a better choice. Lily, come here. Doesn't want anything to do with it. Hiding and crying in a corner. This is what we do with God. In shame. He already sees it. You don't have to hide yourself from Him.

He already knows that thing you did last night, that thing you thought this morning. He already knows it. Come to Him. Don't hide yourself in shame. Be known. You're only as known as you want to be. He already knows everything about you. Receive His love, having realized the reality that He knows all of it.

Stop hiding yourself from Him.

We need to walk in supernatural discernment as we're going about our lives in medicine. It is challenging and hard to know when is something spiritual, when is something physical, when is something mental. I had a recent encounter with a patient that was suicidal. She was saying all the wrong things at the end of my work day and I was not happy about it.

Because I knew what I was getting into with this patient. I knew that she was having a breakdown. Every time I've seen her for seven years, she's been having a breakdown. Pretty much not exaggeration and it's real stuff and it's really hard. And I was like, at the end of my day, I wasn't ready for it. But then I took a moment and prayed before I went into the room, which was good for me.

And I needed it desperately to have his heart for her. Then I walked in and I said, hello. And she starts bawling. I didn't even sit down yet. Hadn't said, how are you? I said, hello. And that's all it took. And instead of writing it off and saying, here we go again, I was ready. And I was listening. What do you want me to say?

And she starts to unload this broken, broken place of suicidal thoughts that are actively suicidal, dangerously suicidal, a knife in the purse, carrying it with me suicidal. But that was a few weeks ago and start to realize, Oh, it was just a few weeks ago. Okay. It's not now. Oh, your husband found it. You acknowledge it to him.

You pulled that away. Okay. So we're in a little bit safe. Maybe I don't have to call emergency services right now. Maybe you don't have to do this. Let me explore. What else could I do? But deep inside, I'm like, I'm still going to have to move that way. And I'm asking God and eventually we get to a point where I feel like God highlights something to me because I'm listening and asking and it feels like there's this demonic oppression against her that every time she thinks about going to church, all she thinks of is shame and guilt.

And it wasn't because someone shamed and guilted her in the church. She actually had life giving church experience in years past and now she knows that that was what brought her life and she wants to go back. And every time she thinks about it, she has overwhelming thoughts of shame and guilt. How do you know that?

Unless you ask, how do you know that? Unless you're inquisitive. And you're observant and God can teach you how to do that. So I asked her these things, I come to find this out. And then I, and then all of a sudden this insight comes to me from this Holy Spirit. Have you ever forgiven yourself for what happened to your children?

I remembered years ago, her children were taken from her by CPS. And one of those children died, not in her custody. And all of a sudden I remember that. And in that moment, I asked about it. And in that moment, it was the thing that was the open door to the demonic attack against her. And in that place, I asked her, would you be willing to let me lead you through a time of forgiveness to close that door that you have opened up because you haven't received the forgiveness or ever forgiven yourself for that?

And what happened was the Holy Spirit moved in a powerful way in that moment. And she received the forgiveness of God for that thing that she's never forgiven herself for. And then I prayed a prayer in authority that is not because of me, but because of the Holy Spirit in me against the demonic attack on her life, because remember, we have a supernatural reality.

Let's stop acting like it's not there. Medicine tries to tell us it's not, but it's there. And then all of a sudden the darkness and heaviness in that room transformed. Cause here's the thing that took faith that was fearful for me to ask a hard question and for me not to call emergency services.

Because if I didn't do that and she killed herself, I would never forgive myself. There's a lot of fear that what if I mess up? What if I'm not hearing you God? What if I'm not listening, right? But through years of practice and learning to hear the voice of God, I haven't gotten better at it. When I get myself out of the way, when I get my sin out of the way, when I stopped being in such a hurry, and when I asked for his eyes to see patients as he sees them, and he gives me supernatural discernment.

And no matter where you are, you can do that. And what happened was three weeks later, all of a sudden her husband's on the list. I didn't see that. I was going in with the resident to do a shoulder injection on her husband. And there she is. I said, Oh, I didn't know you were here, and she was light and bubbly and laughing.

This woman that has never been that way for seven years. I said, How's it been? Have you been? I've never been better. Have you felt that way? No. Something switched that day. There's more that we can walk in. There's more that we can walk in. When we trust in the spirit, we overcome the materialistic world view of medicine and psychology.

We stop hurrying. And we bring our fear to the Lord and trust. What is the next step? He's with you. He's gifted you uniquely. What is the next step for you to walk in today? Where do you need to get rid of bad rhythms? Where do you need to adopt new rhythms? Where do you need to say no to sinful habits and confess those?

Where do you need to bring your lament and brokenness to God? I had daddy issues still to this day that even just recently, God met me in a place and gave me greater love and forgiveness for my father. 36 years old and at 36 is when I experienced that. I thought I'd done enough. I thought I'd done. I've been there.

And then God revealed something else. There's always more to grow in. And when we bring that hurt and brokenness, he'll meet us there. He goes where he's wanted most of the time. And when we hold back areas of our life and heart from him, it's really hard for him to deal with it. Let me pray for us. And for the rest of this time, God, we love you.

We thank you for your word. We thank you for your presence. Holy Spirit, thank you for filling us up. Give us more of you. We want more of you, God. We want more of you in this place, in this church. Would you move in this church in a powerful way? Would you move in Watermark Health? Would you move today in the conference?

God, would you fill us up with more of you and a deeper love and affection for you and a thirst for you? Would we, would you reveal the things that we're turning to and give us a strength to deny and kill those things in our life? God, we want more of you. Amen. We love you. We love you, God. It's in Jesus name we pray.

Amen.