

Talking to Your Doctor / Jesus the Physician

Storyteller: When Mari got up in the morning the skin over her tummy felt really itchy. She felt like scratching and scratching. She pulled up her nightgown and saw little red spots there. Mari was puzzled. What could they be? She wondered if she had a serious illness or just something that would go away quickly. 'I wonder what I should do?' she thought.

Carol: Welcome to Women of Hope, I'm Carol...

Tammy: ...and I'm Tammy. It's good to be with you again. And just hearing about Mari's spots made me want to scratch as well. I wonder what Mari decided to do?

Carol: What would *you* do? Let's keep listening to Mari's story and find out exactly what she did next.

Storyteller: 'Maybe Jenna will know what to do,' thought Mari. Jenna was her friend and they often talked things over together. She got dressed, had some breakfast and headed over to Jenna's house.

When Jenna looked at Mari's rash she was a bit worried. 'Mari, I think it could be infectious...other people might catch it from you. I think you should go to see the doctor.'

'What about the healing man down near the river?' asked Mari. 'He might have something to help me...and I won't have to pay much money.'

'I *really* think you *should* go to the *doctor*,' said Jenna.

'But I don't want to see the man doctor,' said Mari.

'Well you can ask for the woman. She's a good doctor. Wear clothes you can easily take off so you can show her your rash.'

Carol: You know, without seeing Mari's itchy rash it is hard to say what she might have, and even if we could see it we probably wouldn't be sure.

Tammy: Jenna was right. Mari needed to see the doctor to find out what was causing her rash and to get some medicine to help it get better. Doctors do a lot of training to learn about our bodies and what can go wrong with them.

Carol: And doctors can usually give us the best treatment. If I have a bad pain, or a rash, or I feel sick I go to my doctor. I like to see a woman doctor too but if there's no woman doctor available I'll see the man doctor. Men doctors are trained to deal with women in a respectful way so it's quite okay for them to examine you.

Tammy: Yes, I go to see a doctor when I'm worried about my health, or when I'm not feeling well. But sometimes, when I get there I forget to ask the doctor some of the things I planned to ask. Then, when I get home, I remember and I wish I'd asked those questions.

Carol: Tammy, I have done the same thing. That's why I think it is important that you make a list of the things you want to ask the doctor, so you don't forget to ask. And I also take a list of any tablets or medicines that I'm taking because the doctor needs to know about those. If you are unsure - just take your medicines with you when you go to show the doctor.

Tammy: That's a good idea for all of us! Sometimes when the doctor starts asking *me* questions I forget the questions I wanted to ask *her*, or *him*.

Carol: Here are some more things that can help us get the best out of our visit to the doctor or health care worker.

Make sure you know where the doctor's clinic is and what time you need to be there. Ask whether you need to bring anything.

And get there early - you may need to fill out a form or tell the office people about any illnesses or operations you've had in the past.

Tammy: When you're talking to the doctor don't be embarrassed if she asks you some personal questions. She may need this information to make a correct diagnosis of your problem. And be sure to be honest if she asks you things like – what you eat, whether you smoke or what medications you're taking.

Be ready to tell the doctor about your family as well – maybe your mother had a certain disease – or your father. This may help the doctor to diagnose *your* problem.

Carol: We're talking today on Women of Hope about what to remember when you need to see the doctor or health care worker. I wonder if Mari took Jenna's advice. Let's listen.

Storyteller: Mari *did* go to the doctor's clinic and told the doctor about the itchy rash. She looked carefully at the spots and asked Mari a few questions about the rash, then she looked into Mari's ears with a little tool. It didn't hurt at all. The doctor also checked inside her mouth.

Mari answered all the questions, and then *she* asked the *doctor* a question: 'What do you think is wrong with me doctor? Is it something my family and friends might catch?'

The doctor told her it was a heat rash and gave her some cream to put on it. She told her to wear cotton clothing next to her skin instead of synthetic clothing. 'And, come back to see me,' she said, 'if the rash is still there after one week.'

Carol: Well, it's good to hear that Mari didn't have a serious problem, but I wonder if she did what the doctor told her to do. You know, it's no good going to see a doctor if you are not going to do what the doctor says to do.

Tammy: That's right. Imagine if Mari just went home and didn't bother to buy the cream and use it...and kept wearing synthetic clothing next to her skin. Then the rash wouldn't go away and she would continue to feel itchy. That would really be silly.

Carol: Remember I told you I sometimes write a list of the questions I want to ask the doctor. Well, another thing I do is to write down what the doctor tells *me*. Or I might ask the *doctor* to write it down...so I don't forget it.

Tammy: That's a good idea too. Take a little notebook with you when you go to the doctor.

Carol: or a piece of paper and a pen. The doctor's quite happy to write things down for me. Sometimes it's good to take someone with you when you visit the doctor – maybe your sister, or your grown-up daughter, or a good friend. They can help by listening to what the doctor says and

helping you remember. And don't be afraid to say, 'I don't understand', or 'Please say that again.'

Tammy: It's so important to do what the doctor tells us to isn't it. When we get tablets or medicine, the doctor or the pharmacist usually writes on the packet when to take them, how many to take and how many days to keep taking them. We should do exactly as the doctor or the health care worker says. It's really important.

Carol: If they tell you to take medicine or tablets ask if there will be any other effects on you. Some medicine can make you sleepy or make you thirsty.

Tammy: And if you feel strange in any way or you get worse after you start taking the medicine or tablets, or using a cream or ointment, contact the doctor right away.

Carol: But let's talk about all of the other people who give us advice about our health. Should we listen to them?

Tammy: Some people can give us good advice too but we should always ask the doctor about what they suggest and only do it if the doctor agrees that it's a good idea. We give you health advice on Women of Hope, but we always check it with our doctor friend first.

Carol: So what about Mari? Shall we find out what she did after seeing the doctor?

Storyteller: Mari went straight to the pharmacy, got the cream that the doctor told her to get and rubbed it on the rash on her stomach. She did this each morning and night for seven days. And she made sure she wore cotton clothes next to her skin. She didn't need to go back to the doctor because her itchy spots were all gone by the end of that week.

Tammy: Good on Mari! She followed the doctor's instructions carefully and she was soon better. So just like Mari, visit the doctor or health care worker, ask them your questions and then do just what they say to do.

Carol: And write down what the doctor says to do so you don't forget.

Tammy: It's good to be with you on Women of Hope today. Our friend Ros has joined us. And

she wants to share something with us about how Jesus cared for people who were sick. Hello Ros.

Ros: Thanks Tammy, hi Carol...and hello to you. I wish I could see you, but I know you're here with us. I wonder what you're doing as you listen. You may be sitting with some friends, or you may be doing your work as you listen. Whichever it is, we just love being with you and sharing things from our hearts to yours.

I want to share something from my heart today about the one true God and what he tells us in his word, the Bible. If you've been listening to Women of Hope often, you will have heard many stories about Jesus, God's son. He came to our world for a special purpose. He came as a baby, born to Mary, his mother. Joseph took on being his earthly father, but God was his true father so we call Jesus the son of God.

Some people call him the Great Physician – or the *famous doctor*, as he healed many sick people. But he didn't only come to heal our bodies; he came to heal our hearts too.

Let me tell you about him from God's true word, the Bible. Luke was a doctor, and he told a lot of stories about how Jesus cared for sick people. In chapter 5 he told us how Jesus healed a man with leprosy, a disease that affects a person's skin and nervous systems. The man came to Jesus and said, "Lord, if you are willing you can heal me and make me clean." Jesus stretched out his hand and did something that others would not do...he *touched* him and said, "I *am* willing. Be healed." Instantly the leprosy disappeared.

Tammy: Imagine how the man would have felt. Now, he could go wherever he wanted – people would no longer call him 'unclean'. And Jesus even told him to go to the temple and show the priest that he was well. I don't think he would have been able to visit the temple for a long time do you?

Ros: Not with leprosy! Jesus told him, "Go to the priest and let him examine you. Take along the offering required in the law of Moses for those who have been healed of leprosy. This will be a public testimony that you have been healed." (from Luke 5:12-15)

Carol: Think of the difference this would have made to this man's life. Now he was free to go to

the temple and worship God whenever he could.

Ros: And even though Jesus told him not to tell anyone about it, except the priest, he did. So, the news spread and many more people came to hear Jesus teach and to be healed of their diseases.

Tammy: On Women of Hope today, Ros is sharing some stories about Jesus and how he cared for the sick.

Ros: Luke wrote about another day, when Jesus was teaching the people and some teachers of religious law came to listen in. Soon, some men came along carrying a man who was paralyzed and couldn't walk. I wonder if you know how that man felt? ...Or if you have a friend or a family member who's paralyzed? They would be just like this man and need other people to help them all the time.

The Bible tells us: 'There were too many people in the room, so they took some tiles off the roof and let him down, right in front of Jesus. Jesus, seeing the faith of these helpers, said to the man, "Young man, your sins are forgiven."

Well, that shocked the religious teachers. "How can Jesus forgive sins?" they asked themselves. Only God can forgive sins. Jesus knew what they were thinking and said to them, "Why do you question this in your hearts? ...I will prove to you that I have the authority on earth to forgive sins." And he told the man to pick up his mat and walk. Immediately, as everyone watched, the man jumped up, picked up his mat and went home praising God. All the people began to praise God too and they said, "We have seen amazing things today." (from Luke 5:17-26)

Tammy: Oh I have always loved this story. I would love to have been there! I can just see him jump up and praise God. I'm sure I would have been praising God too, along with you!

Ros: And me!

Carol: I can only imagine what the religious teachers said then. They were not very happy with Jesus – they didn't understand that he was God's son...they were afraid that he was causing trouble.

Ros: Are you happy to hear a little more about Jesus, the Great Physician? I hope you said ‘yes’ because I’m going to tell you some more from God’s word!

Luke wrote that later that day, as Jesus left the town, he saw a tax collector named Levi (he was later called Matthew) sitting at his tax collector’s booth. “Follow me and be my disciple,” said Jesus.

Tammy: Ros, can I interrupt? It’s surprising that Jesus asked a tax collector to follow him isn’t it? People didn’t like them very much did they? They were often very dishonest, and collected more money than they were supposed to.

Ros: That’s right Tammy... So let me tell you what happened. Levi got up, left everything and followed Jesus. Later on, he held a banquet in his home with Jesus as the guest of honour. Many of Levi’s friends who were also tax collectors were there too.

Now what do you think those religious teachers thought about this? You’re right – they were not happy. They came to Jesus and asked, “Why do you eat and drink with such *scum*?”

Carol: That was a strong word those people used to describe the tax collectors! This is one of the worst words you could use to describe someone. It means, like dirt! ...the lowest form of life – completely worthless.

Tammy: Jesus knew what was in their hearts. I think they were more concerned about rules and right and wrong...and they had forgotten about caring for people with love and compassion.

Ros: Now, I love the answer that Jesus gave these religious teachers – listen – he said to them, “Healthy people don’t need a doctor, sick people do. I have come to call not those who *think* they are righteous, but those who *know* they are sinners and need to repent.”

How do you feel about this? Do you think that you’re a good person? You try very hard to do the right thing and you live a good life? That’s good – but is it enough? Do you know for sure that one day when your life here is finished, you will have eternal life...in heaven?

Or you might be thinking – ‘I’m such a bad person...I’ve done so many wrong things...I could

never get to heaven. God could never forgive me!

Well I have good news for you – whether you think you’re good, or bad. Do you remember I said earlier that Jesus came to this world for a special purpose? Was it just so that he could heal some people while he was here? Was it just so he could teach those religious leaders a lesson?

What was the most important reason that Jesus came to our world? Jesus said, “I have come that they might have life...and have it to the full.” (John 10.10) Yes, he healed many people and gave them a much better life and a body that was not sick or crippled any more. He even brought some people back to life after they had already died. But these words mean more than that.

God’s word tells us more. It says, ‘God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love. He loved us and sent his Son as a sacrifice to take away our sins.’ (1 John 4.9-10 NLT)

Eventually, Jesus was accused by the religious leaders of doing wrong. He was given a mock trial and condemned to die on a cross. But what they didn’t know was that they were helping to bring about the real reason why Jesus came.

The Bible says, ‘God presented Jesus as the sacrifice for sin. People are made right with God when they put their trust in Jesus who shed his blood for us. God did this to demonstrate his righteousness, for he himself is fair and just, and he declares sinners to be right in his sight when they believe in Jesus. (Romans 3.25-26)

Carol: So it makes no difference whether we think we’re good, or bad. It’s only when we believe in Jesus and put him in charge of our lives, that God can declare us ‘right in his sight.’ What an awesome God.

Ros: As we finish, would you like to pray with me?

Father God, thank you for loving me and sending Jesus for this special purpose – to give his life for me. Please forgive me for the wrong things I’ve done in my life and heal my heart today. Thank you for the new life I can have in you.

Tammy: Amen. Friend, we would love to hear from you. You can write to us in care of this station or at TWR Women of Hope. The email address is TWRWomenofHope@twr.org. That's TWRWomenofHope@twr.org. Or if you missed a program or want to hear one again, visit our website TWRWomenofHope.org or visit our Facebook page.

We do hope you will be with us again. Have a great week filled with God's blessings.

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