

FAITH | FORMATION | MEDICINE

Becoming a Christ-Centered Physician

Pre- and Post-Conference Participant Reflection Worksheet

Find a quiet place to prepare, listen, and respond

You do not need polished answers. Simple, honest thoughts will help you participate more fully.

How to use this worksheet

Before the conference, prayerfully take a few minutes to reflect on pages 2-5. Write down your thoughts and impressions. Consider the questions, your answers, and determine what you would like to learn or experience during the conference. Be prepared to listen to the Spirit, engage in the small group break-out session, and connect with fellow participants.

You can bring this worksheet with you to the conference, so that you can write any additional insights that you have and to use the worksheet as a reference during group discussions.

After the conference, take time to record what you heard, felt, and want to do next on pages 6-8. Set some goals and get to work. Share your experiences with others.

PRE-CONFERENCE | REFLECTION 1

What does it mean to me to be a Christ-centered physician?

CONSIDER

What attributes of Jesus Christ do I most hope to reflect in medicine?

How would my patients, classmates, colleagues, or family know that I am trying to follow Christ?

How is being Christ-centered different from simply being successful, competent, or kind?

What part of my current medical journey most needs to be more centered on Christ?

PERSONAL REFLECTION

To me, becoming a Christ-centered physician means...

PRE-CONFERENCE | REFLECTION 2

How has my faith shaped my decision to pursue medicine?

CONSIDER

How has my belief in God influenced my desire to become a physician?

When have I felt that medicine could be part of my discipleship?

How has my understanding of each person's divine worth shaped the kind of doctor I hope to become?

What sacrifices, hopes, or responsibilities feel different because of my faith?

PERSONAL REFLECTION

My faith has shaped my path toward medicine by...

PRE-CONFERENCE | REFLECTION 3

What drew me to medicine, and how has the Lord helped me get to this point?

CONSIDER

What first drew me toward medicine?

Who has the Lord placed in my life to guide, encourage, mentor, or strengthen me?

What obstacles has He helped me through?

Looking back, where can I now see the Lord's hand more clearly?

What experiences have prepared me spiritually, not just academically or professionally?

PERSONAL REFLECTION

As I look back, I can see the Lord helping me by...

PRE-CONFERENCE | REFLECTION 4

Optional Scripture Reflection

Before the conference, consider pondering one of these passages.

Alma 7:11-12 Christ understands pains, sicknesses, infirmities, and knows how to succor His people.

Mosiah 2:17 When ye are in the service of your fellow beings ye are only in the service of your God

Mosiah 18:8-10 Disciples of Christ bear burdens, mourn with those who mourn, and comfort those in need of comfort.

Matthew 25:35-40 In serving others, we serve Christ.

John 15: 1-13 Christ is the vine and we are the branches, Abide in Him and bring forth much fruit, love one another as I have love you

Doctrine and Covenants 58:27 We are invited to be anxiously engaged in a good cause.

REFLECTION QUESTION

What does this scripture teach me about medicine, healing, service, or discipleship?

Passage I chose: _____

POST-CONFERENCE | REFLECTION 1

What did I learn about becoming a Christ-centered physician?

After the conference, take time to reflect on what you heard, felt, and want to do next.

CONSIDER

What idea, phrase, scripture, or story stayed with me?

Did my understanding of Christ-centered medicine change?

What did I hear from another participant that I want to remember?

REFLECTION

One thing I want to remember is...

POST-CONFERENCE | REFLECTION 2

What did I feel invited to change?

CONSIDER

How might I better invite Christ into my study, training, patient care, leadership, or family life?

Is there a habit I should begin, restart, simplify, or strengthen?

Is there a person I feel prompted to serve, forgive, thank, or encourage?

Is there an area where I need to trust the Lord more?

REFLECTION

I feel invited to...

POST-CONFERENCE | REFLECTION 3

How will I act on this?

Choose one small, specific action to take this week.

EXAMPLES

- Pray before clinical work or study.
- Pause before entering a patient room.
- Express gratitude to a mentor, classmate, colleague, or family member.
- Reconnect with a spiritual habit that has drifted.
- Look for one patient or colleague who may feel unseen.
- Write down how the Lord has guided my path into medicine.

COMMITMENT

This week, I will...

FINAL REFLECTION QUESTION

How can I more fully become an instrument in the hands of Jesus Christ as I learn and practice medicine?