



Laren Tan

# Welcome to AMEN 2018

## *Call to Service*

### Breakout Session C



Carissa McSherry



LOMA LINDA UNIVERSITY  
HEALTH



# Lost Opportunities

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# DISCLOSURES

Laren Tan and Carissa McSherry have nothing to disclose.

**GOD LOVES YOU!**  
(Pass it on!)



## 8 lessons from older Americans

- » Karl Pillemer, a gerontologist at Cornell, author of “30 Lessons for Living: Tried and True Advice from the Wisest Americans”
- » Interviewed 1,500 people over 65 about what haunts them most about their life choices.
  - ~ Biggest regrets or “**Lost Opportunities**” and their advice on how not to make the same mistakes:



## 8 lessons from older Americans

1. NOT BEING CAREFUL ENOUGH WHEN CHOOSING A LIFE PARTNER
2. NOT RESOLVING A FAMILY ESTRANGEMENT
3. PUTTING OFF SAYING HOW YOU FEEL
4. NOT TRAVELING ENOUGH
5. SPENDING TOO MUCH TIME WORRYING
6. NOT BEING HONEST
7. NOT TAKING ENOUGH CAREER CHANCES
8. NOT TAKING CARE OF YOUR BODY



# 1. NOT BEING CAREFUL ENOUGH WHEN CHOOSING A LIFE PARTNER

- » The elders agreed choosing a mate is one of the most important decisions a human being makes, but looking back over their own experience, they believe many people aren't careful enough.
- » **Their advice:** Take the time to get to know someone before committing. Really make sure the person is the right one.

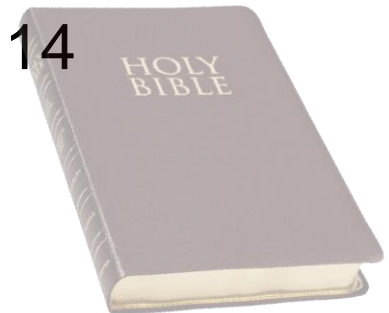


# 1. NOT BEING CAREFUL ENOUGH WHEN CHOOSING A LIFE PARTNER

» **Their advice:** Take the time to get to know someone before committing. Really make sure the person is the right one.

» “Whoso findeth a wife findeth a good thing, and obtaineth favor of the LORD.” - Proverbs 18:22

» “House and riches are the inheritance of fathers: and a prudent wife is from the LORD.” -Proverbs 19:14





## 2. NOT RESOLVING A FAMILY ESTRANGEMENT

- » Almost all wished they had tried harder to reconcile, asked for forgiveness, apologized or tried to communicate before it became too late.
- » **Their advice:** If it's within your power to resolve an estrangement — whether with a child, parent, a sibling or a friend — do whatever you can to repair that rift. Explore opportunities for forgiveness and reconciliation.





## 2. NOT RESOLVING A FAMILY ESTRANGEMENT

- » Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord, and that he may send the Messiah, who has been appointed for you.- Acts 3:19-20
- » Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. – Heb 12:14
- » Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. - Eph 4:32





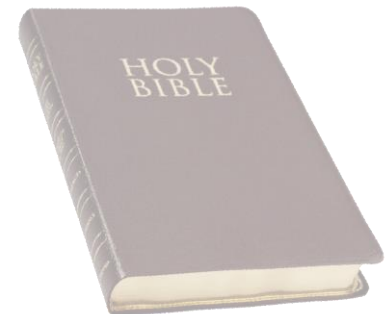
## 3. PUTTING OFF SAYING HOW YOU FEEL

- » Often, a big regret of older men was not expressing love frequently enough to their wife, Pillemer said. But it could be anything you feel strongly about, but hesitate to bring up.
- » **Their advice:** Don't wait. Say what's on your mind now while the person is still around.



## 3. PUTTING OFF SAYING HOW YOU FEEL

- » **Their advice:** Don't wait. Say what's on your mind now while the person is still around.
- » And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. – Heb 10:24-25





### 3. PUTTING OFF SAYING HOW YOU FEEL

- » Men and women can reach God's ideal for them if they will take Christ as their helper. What human wisdom cannot do, His grace will accomplish for those who give themselves to Him in loving trust.
- » His providence's can unite hearts in bonds that are of heavenly origin. Love will not be a mere exchange of soft and flattering words.



## 8. NOT TAKING CARE OF YOUR BODY

- » Older people who smoked, didn't exercise or became obese were regretful about it, but the issue wasn't only about dying.
- » "Many people will say to themselves, 'I enjoy smoking' or 'I don't like to exercise' or 'I just like to eat — who cares if I die a little sooner?'" - Pillemer.
- » "The problem is in this day and age is you're not going to die sooner; you're going to be stuck with 10 or 20 years of chronic disease as modern medicine keeps you alive."





## 8. NOT TAKING CARE OF YOUR BODY

» **Their advice:** Pay attention to your health and change your lifestyle if it's making you unwell, otherwise the incredible burden of chronic disease will make your life miserable.



## 8. NOT TAKING CARE OF YOUR BODY Healthful Living

- » God is the owner of the whole man. Soul, body, and spirit are his. God gave his only begotten Son for the body as well as the soul, and our entire life belongs to God, to be consecrated to his service, that through the exercise of every faculty he has given, we may glorify him.—The Youth's Instructor, September 7, 1893.
- » From the first dawn of reason the human mind should become intelligent in regard to the physical structure of the body. Here Jehovah has given a specimen of himself; for man was made in the image of God.— Healthful living 9.2



## 8 lessons from older Americans

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*Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. – James 4:14*

*For we are but of yesterday, and know nothing, because our days upon earth are a shadow. Job 8:9*



**Table 19. Leading causes of death and numbers of deaths, by sex, race, and Hispanic origin: United States, 1980 and 2016**

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2017.htm#019> .

[Data are based on death certificates]

Sex, race, Hispanic origin, and rank order	1980		2016	
	Cause of death	Deaths	Cause of death	Deaths
All persons				
Rank	All causes	1,989,841	All causes	2,744,248
1	Diseases of heart	761,085	Diseases of heart	635,260
2	Malignant neoplasms	416,509	Malignant neoplasms	598,038
3	Cerebrovascular diseases	170,225	Unintentional injuries	161,374
4	Unintentional injuries	105,718	Chronic lower respiratory diseases <sup>1,2</sup>	154,596
5	Chronic obstructive pulmonary diseases <sup>1</sup>	56,050	Cerebrovascular diseases	142,142
6	Pneumonia and influenza <sup>2</sup>	54,619	Alzheimer's disease	116,103
7	Diabetes mellitus	34,851	Diabetes mellitus <sup>3</sup>	80,058
8	Chronic liver disease and cirrhosis	30,583	Influenza and pneumonia <sup>2</sup>	51,537
9	Atherosclerosis	29,449	Nephritis, nephrotic syndrome and nephrosis <sup>3</sup>	50,046
10	Suicide	26,869	Suicide	44,965



Oct 26, 2018 18:21 UTC (+7)

[Learn More](#) | [Download and Share](#)

## U.S. Population

## World Population

3 2 8 , 8 7 3 , 8 7 8

7 , 5 2 9 , 0 8 4 , 2 9 1

### Components of Population Change

18:21:18 UTC

One birth every **8 seconds**



One death every **12 seconds**



One international migrant (net) every **29 seconds**



Net gain of one person every **13 seconds**



### TOP 10 MOST POPULOUS COUNTRIES (July 1, 2018)

1. China	1,384,688,986	6. Pakistan	207,862,518
2. India	1,296,834,042	7. Nigeria	203,452,505
3. United States	329,256,465	8. Bangladesh	159,453,001
4. Indonesia	262,787,403	9. Russia	142,122,776
5. Brazil	208,846,892	10. Japan	126,168,156



Select a Date

The United States population on **October 25, 2018** was: **328,863,701**

[Learn More](#) | [Download and Share](#)

Select a Date 

» 300 deaths per hour

» 7,200 deaths per 24 hours

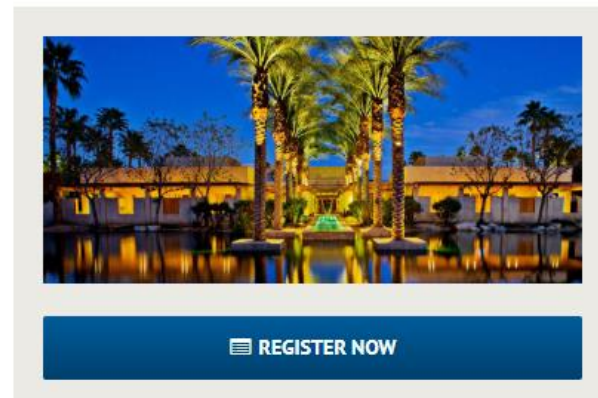




## 2018—Call to Service

- ✓ Hyatt Regency Resort & Spa, Indian Wells, CA
- 📅 Thursday, October 25 – Sunday, October 28, 2018

Do you have a passion for medical evangelism? Do you wish you knew how to share Christ with your patients? Then the AMEN conference is for you! You will be inspired by spiritual presentations, blessed by personal testimonies and enjoy wonderful food & fellowship with other medical/dental professionals.



» 28,800 deaths will have occurred during this conference.

**What more can we do to help those that are ill or are about to die?**



As you go, proclaim this message:  
“The Kingdom of heaven has come  
near.” Heal the sick, raise the dead,  
cleansse those who have leprosy,  
drive out demons. Freely you have  
received; freely give. – Matt 10:7-8





## Encouragement for the Sick

- » The question has been asked by some, "Has Sister White healed the sick?" I answer, "No, no; Sister White has often been called to pray for the sick, and to anoint them with oil in the name of the Lord Jesus, and with them she has claimed the fulfillment of the promise, 'The prayer of faith shall save the sick.'"
- » No human power can save the sick, but, through the prayer of faith, the Mighty Healer has fulfilled His promise to those who have called upon His name. No human power can pardon sin or save the sinner. None can do this but Christ, the merciful physician of body and soul.  
– *Manuscript Releases Vol.8: Page 267*



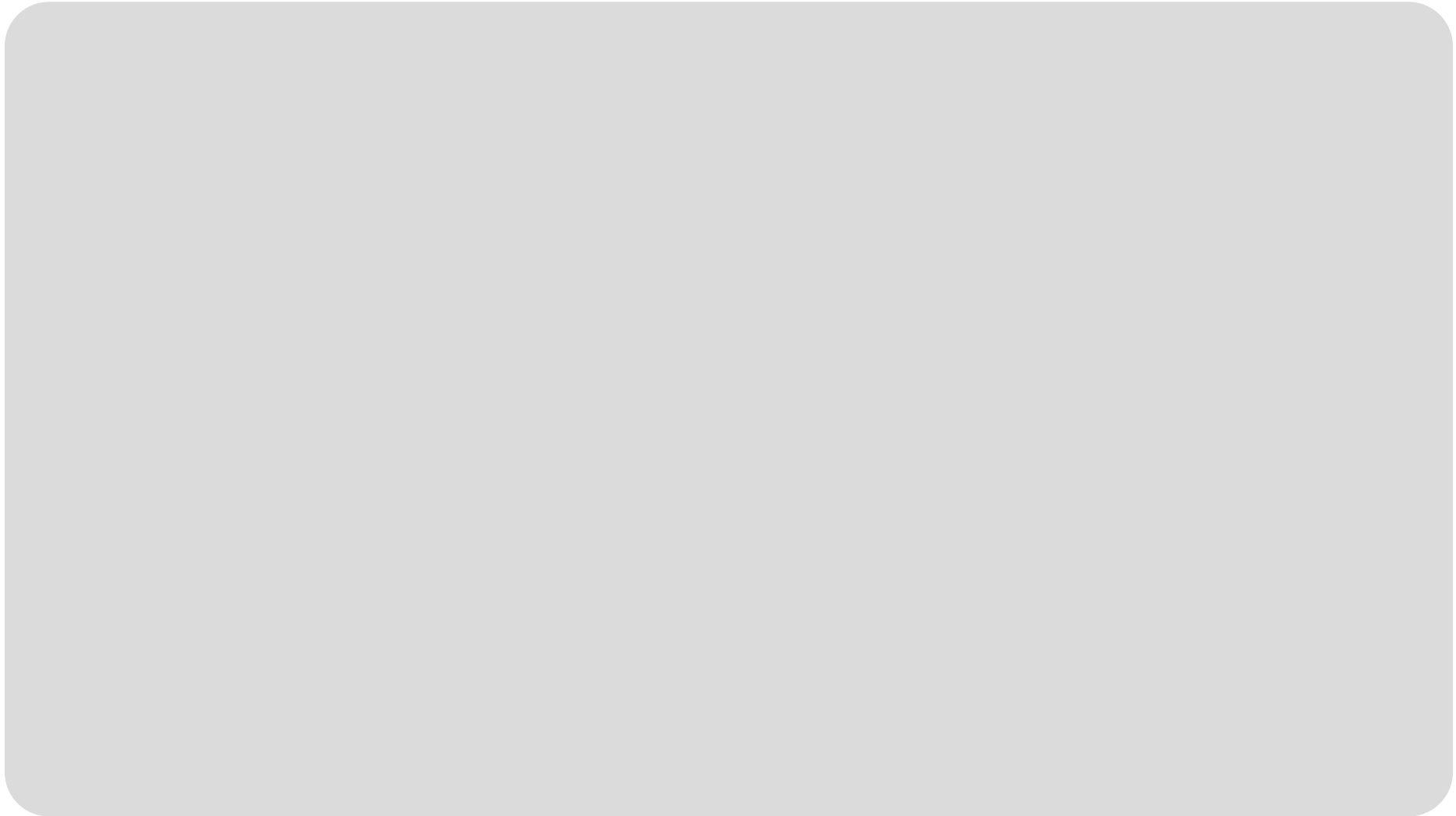
## Encouragement for the Sick

- » It has often been my privilege to pray with the sick. We should do this much more often than we do. If more prayer were offered in our sanitariums for the healing of the sick, the mighty power of the Healer would be seen. Many more would be strengthened and blessed, and many more acute sicknesses would be healed.
- » The power of Christ to stay disease has been revealed in the past in a remarkable manner. Before we were blessed with institutions where the sick could get help from suffering, **by diligent treatment and earnest prayer in faith to God**, we carried the most seemingly hopeless cases through successfully. Today the Lord invites the suffering ones to have faith in Him. Man's necessity is God's opportunity.

– *Manuscript Releases Vol.8: Page 267-268*



# Encouragement for the Sick







## Encouragement for the Sick

- » With all our treatments given to the sick, simple fervent prayer should be offered for the blessing of healing. We are to point the sick to the compassionate Savior, and His power to forgive and to heal. Through His gracious providence they may be restored. Point the sufferers to their Advocate in the heavenly courts.
- » Tell them that Christ will heal the sick, if they will repent and cease to transgress the laws of God. There is a Savior who will reveal Himself in our sanitariums to save those who will submit themselves to Him. The suffering ones can unite with you in prayer, confessing their sin, and receiving pardon. – *Manuscript Releases Vol.8: Page 268*



## Encouragement for the Sick

» Sister White has never claimed to heal the sick. It is Christ who has healed in every instance, as it was Christ who in the days of His ministry raised the dead to life. It is Christ who performs every mighty work through the ministry of His servants.

**Who has been commissioned to pray for healing of the sick?**

» It is He who imparts the ministration of healing to the sick, and physicians (**Health care provider**) are to give to Him the glory for the wonderful works performed.--Letter 158, 1908, pp. 3-5. (To J. E. White, May 14, 1908.) Released March 17, 1978.



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**Every able and willing believer...**



## Prayer initiatives at Loma Linda

- » Amongst the other many great initiatives that are ongoing at LLU.
- » Praying for the Critically Ill – 3 part series (July 2017)

**PRAYING**  
for the **Critically Ill**  
SEMINAR SERIES

Monday, July 10  
Tuesday, July 18  
Monday, July 24

12:00 - 1 p.m.  
LLUMC A-Level  
Amphitheater

For more information,  
call 877-LLUMC-4U.

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- The importance and power of prayer
- Personal relationship and prayer – Matt 5:15-16
- Practical ways to pray in the hospital




## Prayer initiatives at Loma Linda - Videos

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Michael's Story - Praying for Criticall...



Dr. Nguyen's Story - Praying for Criti...



Senior VP of Loma Linda University...



Patricia's Story - Praying for Critically Ill





## Prayer initiatives at Loma Linda

» Revival of your calling, praying for the medical learner  
– 3 part series (April 2018)



### “REVIVAL OF YOUR CALLING” PRAYING FOR THE MEDICAL LEARNER, SEMINAR SERIES

**MONDAY, APRIL 2**  
**MONDAY, APRIL 9**  
**MONDAY, APRIL 16**

**CENTENNIAL COMPLEX CR 3208/54**  
**12:00 – 1:00 PM**

**Lunch provided for the first 30 attendees**

#### Objectives:

- Reignite the spark of purpose in “why” we choose a life of service.
- Realigning of our purpose to His calling.
- Reinvigorate the power of prayer and the need of spiritual revival in our lives.
- To touch the lives of those who need inward healing that can come only through our savior Jesus Christ.

#### Target Audience:

- o All that are still learning and practicing a life of service.
- o All who are interested in prayer are also welcomed.

*Set your minds on things  
above, not on earthly  
things. – Col. 3:2*

April 2  
The Power and Hope in Prayer  
- Pastor Kevin Matthews

April 9  
The Portrait of Prayer in The  
Life of a Medical Learner  
- Rachel VanderWel, Kayla  
Unsell, Chelsi Green, Juliette  
Personius

April 16  
Personal Stories of Prayer at  
Work, Nurture Your Prayer  
Life on Campus  
- Panel discussion

**Join us for prayer  
after each seminar**

#### **QUESTIONS**

Contact:  
Amy Hayton:  
AHayton@llu.edu

Laren Tan:  
LaTan@llu.edu or  
Ext:88081

- The power and hope in prayer
- Portrait of the current medical student/resident
- Real life stories of prayer at work, how can you grow your prayer life on campus.



## Prayer initiatives at Loma Linda - Videos



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Praying for the Medical Learner 201...



Praying for the Medical Learner 201...



Praying for the Medical Learner 201...



Praying for the Medical Learner 201...



Praying for the Medical Learner 201...





## PRAYER – Lessons learned...

### **P**ersonal Connection

- ~ Personal prayer life, personal testimony (when appropriate)

### **R**eady to

- ~ Witness through prayer

### **A**lert and aware

- ~ Holy Spirit to impress upon you, environmental awareness (i.e. Bible, wearing crosses, vocabulary)

### **Y**ield and yearn (especially for those that may be actively dying)

- ~ Holy Spirit to impress upon you

### **E**mpathy

- ~ But the Lord said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.” – *1 Sam 16:7*

### **R**esistance, be prepared

- ~ External and Internal



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Where will God lead us for 2019?





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What is God calling you to do now?





- » Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. "The Lord is very pitiful, and of tender mercy. - James 5:11
- » His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe.



- » Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest.
- » "He healeth the broken in heart, and bindeth up their wounds."  
- Psalm 147:3 The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, nor another soul for whom He gave His beloved Son.- Steps to Christ, p. 100-101





# No Greater Love



## Lessons learned...Critical Key Point

- » “In prayer for the sick it should be remembered that ‘we know not what we should pray for as we ought.’ Romans 8:26. We do not know whether the blessing we desire will be best or not.
- » Therefore our prayers should include this thought: ‘Lord, thou knowest every secret of the soul. Thou art acquainted with these persons.
- » Jesus, their Advocate, gave His life for them. His love for them is greater than ours can possibly be.





## Lessons learned...Critical Key Point

- » If, therefore, it is for Thy glory and the good of the afflicted ones, we ask, in the name of Jesus, that they may be restored to health.
- » If it be not Thy will that they may be restored, we ask that Thy grace may comfort and Thy presence sustain them in their sufferings.” Ministry of Healing, p. 229.



**Redeem The Time**