

The Mechanism of Action of our Lives

By Logan Grove and Nate Smith

“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.” Ephesians 6:13 (ESV)

As pharmacists, we spend so much time focusing on the mechanism of action of different drugs, but how often do we reflect on the mechanism of action for our own life? What are we doing within our families, church, work, and community to show and share the love of Christ? We can put a special coating on tablets to extend its release. We can change the route of administration to avoid first pass metabolism. We can manufacture drugs that will positively impact specific medical conditions. Yet, what are we doing within our lives to make a positive impact on the world?

As I reflect on this past semester in pharmacy school, I have been considering these questions and the impact that Christian pharmacists can have on the world. We are confident that God has called us into the pharmacy profession for His glory, and that each one of us has been placed where we are for a reason.

The Dean of Cedarville University's School of Pharmacy describes us as “Kingdom Ambassadors in white coats.” In Ephesians 6:20, Paul calls himself an ambassador in chains. When I consider the enormous impact that Paul had (and still has) on the world, I dare to think about the potential impact that we as Christian pharmacists can have. Paul was in chains in a Roman prison, and we are out in the workplace (which can sometimes feel like a prison). We know that a drug can have a powerful effect on the physical body, but what impact can we have on the body of Christ? How can we strengthen and help our Christian brothers and sisters so that they are better prepared to fulfill their mission for Jesus? This must be done not only through our pharmaceutical knowledge, but also through our words and actions.

Ephesians 6:10-18 urges us to put on the whole armor of God. In a world that is moving farther and farther away from the truth of the Gospel, we must stand firm in our faith. The specific command in Ephesians 6:10 is to put on the whole (or full) armor of God, so that we can stand against the schemes of the devil. For example, Ephesians 6:15 instructs us to have our feet fitted with the readiness that comes from the gospel of peace. The best way to have our “feet fitted” is by building our foundation on the Word of God. By wearing combat boots in rough terrain instead of flip-flops, we'll have good traction and secure footing, allowing us to stand firm. In that same way, we need a foundation in the Word of God (our combat boots) to stand firm in the battles we face. One of the simplest and most effective ways to coat ourselves in the armor of God is to immerse ourselves in God's inerrant word. It's similar to coating a tablet to avoid degradation, protect stomach lining, and ultimately improve the drug's efficacy. Spending time in the Bible and in prayer is critical for our spiritual health.

When determining the routes of administration to treat medical conditions, it is obviously important to consider exactly what we are treating. A *topical application* of albuterol will not be effective in managing asthma. In the same way, Christians need to be grounded in God's Word to avoid making unwise decisions and to have the most effective outcome.

As we continue in this year, we have another opportunity to think about the trajectory of our life. Is the ‘mechanism of action’ for our lives benefiting the kingdom of God? 1 Peter 1:13 (ESV) tells us to “Prepare your minds for action ... set your hope

fully on the grace that will be brought to you at the revelation of Jesus Christ.” Let us prepare our minds through Scripture as our mechanism of action to further the Kingdom of God, to reflect God in us, and to be efficacious for Christ.



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Nate Smith completed his PharmD at Cedarville University School of Pharmacy (CUSOP). The Lord has blessed him with a wonderful wife (also a pharmacist) and three amazing kids. Nate completed a residency in Huntington, WV following graduation with a heavy focus in Cardiology. Afterwards, the Lord has brought Nate back to CUSOP to practice Cardiology at Kettering Health in Dayton and teach Cardiology to the students. More recently, however, Nate has been teaching Bioethics to the students with the focus being from a Biblical Worldview, hoping to help students realize that they are Christians who happen to be pharmacists.