

Caregiving

INFORMATION

■ At some point, each of us will be called upon to be involved in the care for an aging family member. Rosalynn Carter once said, “there are only four kinds of people in the world — those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.” (From *And Thou Shalt Honor*).

■ It’s a very difficult job, yet is filled with joy in knowing that we are reaching out with love, mercy and compassion to others in need.

SCRIPTURES

■ **Colossians 3: 23-24** — Whatever you do, work at it with all your heart and you will receive an inheritance from the Lord.

■ **Matthew 25: 31-40** — Whatever you did for one of the least of these, you did for me.

■ **1 Corinthians 15:58** — Always give yourselves fully to the work of the Lord.

■ **Hebrews 6:10** — God will not forget your work as you have helped his people and continue to help them.

■ **Psalms 119:105** — Your word is a lamp to my feet and a light to my path.

■ **Philippians 4:11** — Content with whatever the circumstances.

■ **Deuteronomy 31:8** — The Lord goes before you and will be with you.

■ **Psalms 121** — My help comes from the Lord.

■ **John 16:33** — You may have peace in this world.

■ **Psalms 46** — God is our refuge and strength, an ever present help in trouble.

■ **Psalms 27:4-5** — Dwell in the house of the Lord all the days of my life.

Caregiving

- **Exodus 20:12** — Honor your mother and father.
- **Matthew 7:7-8** — Ask, seek, knock.
- **Psalm 55:22** — Cast your cares on the Lord.
- **Isaiah 35:3-4** — Strengthen the feeble hands, steady the knees; be strong and do not fear.

PRAYER

Gracious, Holy God, you have called me to this task for such a time as this, to enter into this caregiving journey with my loved one. Lord, it's not easy when the work of the day extends to all twenty four hours, when I wonder if I'll ever rest again. Lord, strengthen me for what lies ahead. I'm often afraid it will never end, and at the same time I'm afraid it will. Give me peace and rest; courage and compassion. Lord, I pray for others who are helping me. May they feel blessed in this time and not feel burdened. I pray for my loved one who is experiencing this dependence on my care. May they know that you are with them, your Holy Spirit is surrounding them, and your peace that passes all understanding. In Christ I pray. Amen.

SUGGESTED READING

- *The Caregiver's Survival Handbook* by Alexis Abramson (Berkeley, 2004).
- *124 Prayers for Caregivers* by J. Guntzelman (Ligouri, 2003)
- *The 36-Hour Day*. By Nancy Mace and Peter Rabins (Johns Hopkins University Press, 1981)

RESOURCES

- **The Alzheimer's Association** — www.alz.org
- **Area Agencies on Aging** — Google area agency on aging and your county - **Mid East Missouri Agency on Aging,**

**www.agingmissouri.org, 14535 Manchester Road
Ballwin, MO 63011**