



## Strength for the Caregiver *by Dan Carlson*

*"He gives strength to the weary and increases the power of the weak." — Isaiah 40:29*

It's not easy being a caregiver. My wife has been ailing for several years. For the last three years, she has been on dialysis three times a week. This year, she has spent more than seven months in the hospital or a rehab center. She has lost about fifty pounds and is extremely weak. Through it all, I have been her caregiver.

Somehow, God gives me strength. At my lowest moments, I know God is there to see me through. There are times when you just want to give up. Then a card or flowers arrive from the church, or a call from a friend comes just when you need it most. Those small acts of love remind me that God is near and that His people are His hands and feet.

I am extremely thankful for the support, prayers, and kindness of this loving congregation. We are blessed with good pastors, caring staff, and a compassionate church family. Thanks be to God. To God be the glory.

### **Journaling:**

When have you felt God's strength lifting you up in your moments of exhaustion or discouragement?

