



Real-Life
Encouragement
for
Caregivers

King James Version

The background of the entire page is a soft-focus photograph of two hands being held. One hand is in the foreground, palm up, while another hand is behind it, also palm up. The lighting is warm and natural, suggesting an indoor setting with light coming from a window. The hands are the central visual element, symbolizing care and support.

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Tim Wesemann

The vision of CTA is
to see Christians highly effective
in their ministry so that Christ's Kingdom
is strengthened and expanded.



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Scripture quotations are from the King James Version of the Bible.

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The Call to Care

*A new commandment I give unto
you, that ye love one another; as
I have loved you, that ye also love
one another.*

John 13:34

Caregivers are all around. Your neighbors, your co-workers, and your friends. You! Caregivers may be parents of a child with a disability or special needs, adults with mentally ill or disabled friends, or adults with aging, sick, or dying parents. Still others provide care as part of their job. Caregiving will affect most of our lives in some way, whether we find ourselves on the giving or the receiving end.

As Christians living like Jesus, who loves so graciously and generously, we have a clear call to love and care for others. That kind of life glorifies our heavenly Father and reflects the love of the ultimate Caregiver, Jesus Christ. He promises to guide us, supplying us with the strength, wisdom, compassion, stamina, and joy we need for our journey as a caregiver.

If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to you.

John 13:14–15

The circumstances and demands of caregivers are too varied to list. While each situation is unique,

as a caregiver, you could likely describe your life as

- very blessed, but craving time to rest;
- some days thriving but, at times, just surviving;
- emotionally spent, though often content;
- sometimes struggling with guilt to the hilt;
- learning on the go, wanting to be in the know;
- desperate for respite when embattled and rattled;
- always trying, often sighing, and sometimes crying;
- defeating the blues with your Savior's Good News; and
- embracing God's forgiveness and grace every day, every place.

Unless you work as a paid, trained caregiver, your call was likely unplanned and a major interruption that changed most aspects of your life. Some respond to this call like Moses, Jeremiah, or Jonah, all of whom resisted God's will. Others echo the psalmists, who cried out to God with defeated, overwhelmed, or fearful hearts. Some respond like Isaiah, reluctant at first but then declaring, "Here am I; send me" (Isaiah 6:8). And others may realize, like Esther, that they are exactly where they need to be (Esther 4:14). In all those examples, God supplied untrained, unsuspecting men and women with the strength, grace, and ability to serve. He'll do the same for you.

Thank you for living God's call to care, serve, and love just as Christ loves, serves, and cares for you. Throughout your journey, trust the Holy Spirit to provide real-life encouragement from God's Word, his people, and I pray, even the words on these pages.



Lord God,

I'm honored that you have placed
this call to care on me,
for such a time as this.
It's a joy and a struggle.
I need your grace and forgiveness,
your wisdom and guidance.
I need your promises,
your life-giving Word.
Unprepared for so many things,
unaware of so many aspects of this calling,
I'm clinging to truth that tells me,
"My God shall supply all your need
according to his riches in glory
by Christ Jesus" (Philippians 4:19).
In the name of Jesus,
I pray, love, and live. Amen.