AN INFUSION OF HOPE FOR CAREGIVERS

When we feel feeling anxious and shaken, we can turn to **Psalm 23:1-3**: *The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake.*

When we need rest, we can turn to **Psalm 4:8**: *In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.*

When everything feels overwhelming, we can turn to **Psalm 91:1**: *Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."*

When fear overtakes us, we can turn to **Isaiah 41:10**: *So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

When we feel unappreciated or overlooked, we can turn to **Psalm 139:14**: *I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*

When we begin to worry about the future, we can turn to **Deuteronomy 31:8**: *The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.*

When we're experience doubt, we can turn to **Proverbs 3:5-6**: *Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

When we are weary, we can turn to **Isaiah 40:29-31**: *He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

BEATITUDES FOR CAREGIVERS

Blessed are those who care —
they will let others know they are precious and loved.

Blessed are those who are gentle and patient —
they will help others grow in grace and flourish in faith.

Blessed are those who actively listen —
they will lighten many burdens.

Blessed are those who know how and when to let go —
they will find joy in watching others discover themselves.

Blessed are those who, when nothing can be done or said,
do not walk away, but remain to provide
a comforting and supportive presence —
they will help bear their burdens of those who suffer.

Blessed are those who recognize their need to receive —
they will be strengthened to give generously and intentionally.

Blessed are those who give without hope of return —
they will help others experience God.

A BLESSING FOR CAREGIVERS

May you see with tender eyes
the wounds of those before you.
May you hear with well-tuned ears
the unspoken needs of those whose voices are muted.
May you hold with gentle hands
the bodies and the spirits of those you care for.
May the beauty of soul,
the strength of spirit,
the wholeness of being
lead you, inspire you
and let you know your own
beauty of soul,
strength of spirit,
wholeness of being.
May you know that,
as you care for others,
God cares for you, sees you,
Holds you tenderly.
Amen.
(Sr. Juliana Casey)