KIND WORDS FOR CAREGIVERS

NOTE STARTERS

... Love your neighbor as yourself. (Matthew 22:38)

Caregivers are called to care for others with kindness, patience, mercy, compassion, and endurance. Yet in accepting that call, the best of their time and strength are poured into the first half of that commandment, causing them to skip over those two pivotal words at the end, "*as yourself.*"

Caregivers need to be reminded that their sacrifice, endurance, and compassion are noticed, that they are seen, cared about, thought of, and prayed for, that living into this vulnerable calling matters.

6 NOTE STARTERS FOR CAREGIVERS

- Thank you for the tender and selfless gift of care you give to [name].
- I see the sacrifice you make daily to care for [name]. I want you to know that it doesn't go unnoticed.
- I'm here to listen (*without judgment*) whenever you need to talk or vent.
- Our friendship is a "fix-free" zone. You can talk to me about anything. I'll listen without offering advice, telling my own story, asking "Have you tried ...?", or saying, "This worked great for [insert name]."
- I care about you and how you're doing. What can I do to help?
- I am humbled by your selfless care, so grateful for the time, energy, and love you pour into caring for [name]. [My/His/Her] life is better because of you.

"The simple act of caring is heroic."
(Edward Albert)

The LORD himself will go ahead of you. He will be with you.
He will not abandon you, and he will not forsake you.
Do not be afraid and do not be overwhelmed.
(Deuteronomy 31:8)



A PRAYER FOR MY CAREGIVER

(Mara Botonis)

Thank you for loving me enough to take care of me.

Thank you for the times your meal is cold because you make mine first.

Thank you for the times you wake up at night to check that I am safely sleeping.

Thank you for the times you worry about me, pray for me, and want the best for me.

Thank you for the times you are strong for me, advocate on my behalf, and fight for me.

Thank you for the times you patiently put up with me when I'm difficult.

Thank you for putting my needs first when it feels like yours always come last.

Thank you for the times you forgive me when I hurt you with my words or my actions.

Thank you for the times you go without a hug, a thank you, a kiss or a smile from me.

Thank you for being there for me, even when I can no longer do the same for you.

Thank you for staying right beside me, even though being together may make you feel more alone.

Thank you for loving me enough to take care of me. Amen.