

### A Biblical Example of Caregiving . . .

*“A lawyer stood up to put him to the test, saying, ‘Teacher, what shall I do to inherit eternal life?’*

*He said to him, ‘What is written in the Law? How do you read it?’*

*And he answered, ‘You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.’*

*And he said to him, ‘You have answered correctly; do this, and you will live.’*

*But he, desiring to justify himself, said to Jesus, ‘And who is my neighbor?’*

*Jesus replied, ‘A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him and departed, leaving him half dead. Now by chance a priest was going down that road, and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, “Take care of him, and whatever more you spend, I will repay you when I come back.” Which of these three, do you think, proved to be a neighbor to the man who fell among the robbers?’*

*He said, ‘The one who showed him mercy.’*

*And Jesus said to him, ‘You go, and do likewise.’*

*(Luke 10:25–37)*

**Q:** “Why do previously good relationships become painful and unhealthy in the context of constant caregiving?”

Unresolved conflicts from the past are revealed when put under the pressure of daily caregiving.

*“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”*  
*(James 1:2–4)*

**Q:** “I am doing everything that is expected of me—why am I still feeling inadequate?”

Rather than resting in the Spirit of Christ, you have given control of your life over to the paralyzing Ps of:

- **Perfectionism . . . The “Perfect Christian”**  
*“Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God.”*  
*(2 Corinthians 3:5)*
- **Performance . . . The “People Pleaser”**  
*“We make it our goal to please him [the Lord] . . . For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad.”*  
*(2 Corinthians 5:9–10)*
- **Pride . . . The “Fix It” Mentality**  
*“When pride comes, then comes disgrace, but with the humble is wisdom.”*  
*(Proverbs 11:2)*

## The Prison of Resentment

Full-time caregiving can be very demanding. Don't be surprised when negative feelings surface. These are a natural result of emotional and physical fatigue. Many caregivers feel there is no escape from their prison of constant responsibility. Yet, this is often the environment God uses to turn our hearts toward Him.

**P**hysically exhausted . . . fatigued

**R**esentful . . . bitter and angry

**I**solated . . . lonely and misunderstood

**S**tressed . . . guilty and torn

**O**verwhelmed . . . helpless

**N**eglected . . . unappreciated

*“You, O God, have tested us; you have tried us as silver is tried. You brought us into the net; you laid a crushing burden on our backs.”  
(Psalm 66:10–11)*

## The Caregiver's Crisis Checklist

- Am I easily agitated with those I love?
- Am I becoming more critical of others?
- Am I turning down most invitations to be with others?
- Am I feeling hurt when my efforts go unnoticed?
- Am I resentful when other family members are not helping?
- Am I feeling trapped by all the responsibilities?
- Am I being manipulated?
- Am I missing sleep and regular exercise?
- Am I becoming so overwhelmed that my caregiving is beginning to suffer?
- Am I losing myself in the constant demands of caregiving?
- Am I too busy for quiet time with God?
- Am I feeling guilty when I take time for myself?

*“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.”  
(1 Peter 5:6–7)*

## Key Verse to Memorize

*“Come to me, all who labor and are heavy laden, and I will give you rest.”  
(Matthew 11:28)*

## Key Passage to Read and Reread

**Galatians 6:7–10**

## Ways Friends Can Show Care

- Send cards and handwritten notes.
- Make visits to the hospital or nursing home.
- Send flowers or small gifts.
- Provide food and occasionally an entire meal.
- Take walks and do other outdoor activities.
- Offer to do laundry and housecleaning.
- Be a willing and attentive listener.
- Extend emotional and physical affection.
- Provide financial assistance.
- Become a prayer warrior.

*“We are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”  
(Ephesians 2:10)*

# Not a Prison, but a Privilege

**P**ray to have a servant's heart. (Ephesians 6:7)

**R**ealize that God has chosen you for a special assignment. (Romans 8:28)

**I**dentify attitudes that may be blocking your ability to respond to God. (Psalm 51:10)

**V**alue this opportunity, for it is only temporary. (1 Peter 1:6)

**I**nvest your life in the life of another. (Galatians 6:2)

**L**earn to live one day at a time. (Psalm 118:24)

**E**xchange your weakness for Christ's strength. (Philippians 4:13)

**G**ive up expectations. (Proverbs 12:25)

**E**xperience a deeper intimacy with God. (Psalm 139:7-10)

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## Related Topics . . .

- Aging:  
*Wisdom for the Winter Years*
- Chronic Illness/Disabilities:  
*God's Peace in the Midst of Pain*
- Euthanasia:  
*The Myth of Mercy Killing*
- Stress Management:  
*Beating Burnout*
- Terminal Illness:  
*How Can I Ever Let Go?*
- Trials:  
*Seasons of Suffering*

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### Caregiving:

*A Privilege, Not a Prison.*

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P.O. Box 7, Dallas, TX 75221

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