



Prayers and Thoughts For Caregivers

By Greta Ray

Excerpts from the book "For Caregivers With Love"
published by Baker Books Grand Rapids, MI

1. Caregiver's Prayer for Strength

God,

The complexities and demands of this caregiving task take enormous strength. You know the physical strength I need to do my work; You know the emotional strength I need to remain steadfast; You know the spiritual strength I need to have hope and not despair. You are my source of all the kinds of special strength I need. Show me Your strength as You support me in the large things; assure me of Your strength as You encourage me in the small things.

Same Old Things

Another day. Same old things.

Why is it that body functions
When they function
Are subjects infrequently discussed,
Fall into such insignificance
They become life's oversights?

I'll get up in a few minutes.

But when body functions
Fail to function
They take on
Major proportions,
Major importance,
Major time consumption,
Main subjects of conversation;
Move to the forefront
Of life's efforts —
Focused hurdles, Fair accomplishments.

Yes, I heard you.
Father in heaven,
did You ever think that
You got things topsy-turvy?
All this time and
Energy and
Money and
Conversation and
Concentration
On body functions
That don't function?
This was Your intention?

OK, give me time.

Bed
Bathroom
Breakfast
Pills
Medicine
Dressed
Moved
Comfortable

Uh, huh, be patient.

Clean his face
Clean his hair
Clean his teeth
Clean his messes
Clean his body
Clean his odors
Clean his bed
Clean his clothes
Clean his room
Clean his equipment
Clean the bathroom
Clean the kitchen
Clean the sitting room
Clean the rest. ...

I'm getting up.

Why is it that soul functions
When they function
Are subjects infrequently discussed,
Fall into such insignificance
They become life's oversights?

Don't worry, I'm coming.

And that soul functions
When they malfunction
Are also infrequently discussed,
Fail to be acknowledged,
Fall victim to oversight?

I'll be right there.

Body and soul go together.
Soul functions
Are love
Giving and getting —
Soul to soul
Together
Contemplating
Concentrating
Consummating
Through body functions.

I'm up now.

Body and soul
Go together.
Inside his malfunctioning body
Is his precious soul
That needs
Loving
Giving and getting,
Connecting with mine
Through
His malfunctioning
Body functions.

I'm on my way.

Father in heaven,
Did You ever think that
I would think that
Topsy-turvy could be
Right side up?

Ahh, all my parts are functioning!

Thank You, God.

*Here I am.
Good morning, dear one.*

2. Caregiver's Prayer for Wisdom

God,

I am continually having to make decisions — small, immediate, daily decisions, as well as major, far-reaching decisions — regarding my cared-for one. For that I need wisdom: knowledge, understanding, sound reasoning, and good judgment. Hold me to Your goal for me: to do what is best, that is, what is most loving, for my cared-for one. And remind me to consider what is loving to myself also.

Not the Motive

Guilt —
The one concept
Popularly applied
To why I'm doing
What I'm doing
And why I'm doing
How I'm doing —
If people's perception,
Including the professionals',
Is that
I'm not doing
Too well

Guilt
For what?
That I used to be
Less than loving
And will forever try
To make it up?
That I now am
Less than loving
But merely do
What I'm constrained to do?

That I always feel
I never do
As much as I should
For my cared-for one?

Guilt?
I cannot say
It does not play
A part in some
People's perceptions
Of what they are
Or why they are

Caregivers —
Even mine
Sometimes.
But
I don't believe
That I could be
Motivated
Mainly
Or propelled
Perpetually
To do what I do —
What must be done
For my cared-for one —
By guilt.

Guilt
As motivator
Cannot last
But soon becomes
A detractor,
Negative reactor,
That I renounce.

For though
What I do
Brings boredom or stress,
Frustration or sadness,
I go on,
Not feeling guilt
For normal reactions,
Not feeling guilt
For not feeling guilty,
But acting
Out of love and concern
For my cared-for one.

Positively.

3. Caregiver's Prayer for Peace

God,

Turmoil and threats to the well-being of my cared-for one and me are always just around the corner. Replace my turmoil with peace and keep me free from paralyzing worry. Thank You for implanting within me a tranquil core to which I retreat and find security and renewal and You — a peaceful place in which I can turn around, then return to my caregiving lovingly and effectively.

The Basic Me

Why, how nice of you to ask!
Yes, he's doing fine. About the same.
No, no better, no worse.
I'm fine, thank you.
Yes, I'm keeping up.
It's a big job, but I'm doing just fine.
I'm one of those people who loves
to take care of people.
I wanted to be a nurse, so most of the time
I like taking care of him.
Yes, it certainly ties me down,
but there are lots of rewards.
Oh, my health is fine.
I'm blessed that way.
Plenty of energy, too.
Yes, they do, but I've learned
to be organized, and I organize them, too.
I'm fortunate. I get good help.
Still, it gets hectic.
And we have our crises.
But we are given strength.
Much strength.
No, not everyone understands. ...
The time, the energy, the worry,

his condition.
But usually I don't pay attention to that.
I just do what I have to do.
You learn to overlook a lot of things.
He's a joy to take care of, even though
he needs a lot of care.
He has an easy personality.
He's cooperative.
He's grateful.
And he tries.
He's actually a happy person.
Yes, it breaks my heart sometimes,
but I try not to worry too much.
I'm just happy to be able to
take care of him.
I know not everyone has it
as good as we do.
But I guess the best thing is
to be grateful for what we have.
We certainly have lots of help
and conveniences in this day and age.
And we are so thankful
we have each other.
Well, I guess you're right.
I am pretty happy.
Thank you. It was nice talking to you.

*Check out LHM's online store
for a variety of ministry resources*

If you would like to get hard-copy booklets
of this item, you can do so by going to

<http://www.lhmgift.org/storefront/products.asp?by=topic&id=7>.

There you will find this and other **Project Connect** booklets,
with many titles in Spanish as well. Subjects like peace,
divorce, forgiveness, cancer, gambling, post-traumatic
stress disorder and loneliness are only a few of the topics
sensitively addressed in these concise, Christ-centered volumes.



Copyright © 1997 by Lutheran Hour Ministries

Lutheran Hour Ministries is a Christian outreach ministry supporting churches
worldwide in its mission of *Bringing Christ to the Nations-and the Nations to the Church*.

Unless noted otherwise, Scripture is taken from the HOLY BIBLE: NEW INTERNATIONAL VERSION®, NIV®,
Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House.
Capitalization of pronouns referring to the Deity has been added and is not part of the original New International Version text.