

Christian Caregiver Support Devotion



Christian Caregiver's New Years focus

As a Caregivers what is your key to having a Happy New Year? Did you make new year's resolutions and if you did have you broken them already? I don't know what your new year's resolutions are or if you made them, but it is true to say it is difficult to keep them. I also know that even though you have most likely wished numerous people Happy New Year's, it can be challenging to have a truly happy year even with the blessings that we all have.

In our daily lives this year we are faced with a world full of challenges, on a big scale the news around us is full of concerns, on a neighborhood scale there are those we are loosely connected with that we have compassion for and on a personal scale as caregivers we have many concerns with those closest to us and our day to day lives. Maintaining happiness in the wish Happy New Year's requires a very special new year's resolution.

This year may we look at resolving to make Matthew 6:33 a new year's resolution. "Seek first his kingdom and his righteousness, and all these things will be given to you as well." What if we daily run all our plans, decisions, direction, hopes, dreams, wishes, failures, sorrows by God and let Him help us with them, direct us, guide us and take them on. Doesn't it just feel lighter thinking about it!

Meister Eckhart said "When one turns to God, a light at once begins to glimmer and shine within, instructing one in what to do and what not to do, and giving lots of intimations of good, of which previously, one was ignorant and understood nothing."

This year what if we seek Him at the start of our day? What if your only goal of each day in this new year is to meet the expectation of the God who loves you and knows you, all about you and what that day holds? The expectations of God ONLY, don't worry about the rest of the world this year just work on seeking Him, His righteousness, His plan for you, His use of gifts in you, His restoring of strength in you, His comfort and love for you.

Throughout the day take more deep breathes and breath in the peace of God in moments you need Him most, refer to and reflect on scripture for self-help and never forget at any time in your day that He is by your side and forgives at a moment's murmur.

Then at the end of each day you tell the God who loves you and knows you intimately that you did your best and trust Him to help you be better tomorrow and you repeat that every day in this new year during your caregiving, your relationships, your good days and your bad days and the light inside you will grow from a glimmer to a shining beacon. Happy new years and may God bless each of you in as you walk with Him and serve Him in your caregiving this year!

Daily reminders

Morning Seek Him

Meet His expectations for you knowing that he knows what you can handle, He wants you to care for yourself, wants you to turn to Him for help, strength and comfort.

Throughout the day

Breathe in deep breaths of His peace when needed, remember He is present, go to scripture and prayer when needed and be assured of forgiveness in the moments of weakness that will come.

End of day

Acknowledge before God your efforts of the day and trust in His help for tomorrow.