



Honoring

Placing the highest value on our loved one regardless of whether or not they deserve it. Deut. 5:16, Ex. 20:12, Eph. 6:2-3, Matt. 15:4-9, Mark 7:10-13

Honoring our parents, wife is a commandment. It is explicit in the ten commandments. The traditional wedding vows also include the words; love, honor and obey. Children are seen in scripture as a gift from god. So we honor god's gift and responsibility given to us by our focus on training them to fear, love and trust in God.

Honoring: high respect, esteem, recognition, distinction, great privilege.

The command to honor our parents comes with a promise of long life. Paul repeats the command and promise in Eph. 6:2-3. The NIV translates, "that you may enjoy long life on the earth." It is not just long life to be promised, it is the enjoyment of that life that is a blessing.

In the Old Testament the promise of long life is intended to mean a suitable or fitting life. So the intent is for a life that is long, suitable and fitting in relationship with God and thus a promise from God and in connection with God in our honoring.

To honor we need connection with the one honored. Obviously, we are dealing with a family connection of parent by birth or spouse by vows before God.

Honoring begins with empathy, a heart of love and understanding for the suffering, pain and struggles of our loved one.

empathy [em'pah-the]

intellectual and emotional awareness and understanding of another person's thoughts, feelings, and behavior, even those that are distressing and disturbing. Empathy emphasizes understanding; sympathy emphasizes sharing of another person's feelings and experiences.

Where do we need to focus our empathy?

- A. Indignities
- B. Loss of senses
- C. Changing roles (mother, father, hostess, cook, vocation, etc.)
- D. Perceived loss of usefulness
- E. Being needed or enjoyed
- F. Outliving family or friends
- G. Loss of home
- H. Loss of independence

What are ways as caregivers we can honor our loved one?

1. Recognize their past achievements (validation)
2. Reminisce memorable events

3. Record stories or encourage them to write, label pictures, etc.
4. Send notes and cards, read letters and cards from others
5. Help them with friends and avoid isolation
6. Encourage active life

The role reversal is a difficult transition for both you and your loved one.

Assuming more decision making

- A. Be patient with yourself
- B. Prepare - do homework
- C. Be sensitive to the Lord's timing
- D. Remember - they are aware of loss which can produce stress, anger, fear
- E. Your fear is there safety
- F. Give it time (if you have it) and pray for God's protection
- G. Do support as much freedom as possible

When honor comes hard

1. When they are mean spirited, neglectful or abusive
2. Honoring parents does not mean bowing to every demand or neglecting the needs of others in your family
3. It is important to get rid of bitterness, rage and anger. Eph 4:31-32
4. Hold on to caregiving as God's calling and move forward in God's strength

Honoring from afar

1. Gather information - neighbors, church, etc.
2. Make good use of trips
 - a. Try to arrange to go to doctor or other professional
 - b. Establish a relationship with your elder's health care team and show you care
 - c. Be specific with questions (write them down) since time is a premium.
 - d. Meet the neighbors and friends and exchange contact information.
 - e. Consider loved one's feelings before taking major steps
 - f. Moves can be traumatic, weigh wishes of independence against potential risks.
 - g. In case of dementia, focus on feelings of being secure.
3. Keep in touch
 - c. Use the web and phone to check our local resources
 - d. Check out local Area Agency on Aging for references
 - e. Get permission for loved for doctor to share health care information
 - f. Discuss legal papers like Living Will, DNR, Power of Attorney
 - g. Find or hire a caregiver locally
 - h. Keep a calendar of medical appointments
 - i. Visit as often as possible
 - j. Consider having bills sent directly to you or set up auto pay at their bank
 - k. Buy clothes from catalogs