

Caregiver Support Group Devotion



December Devotion CGSG

As we honor our role as caregiver, we also recognize it as one of life's difficulties that comes with being in a relationship with another human being that God has created. As we are called to care for our loved ones we are not called to care alone.

"God had seen the misery of the world and had come himself in order to help. Now he was there, not as a mighty one, but in the obscurity of humanity, where there is sinfulness, weakness, wretchedness, and misery in the world. That is where God goes, and there he lets himself be found by everyone. And this proclamation moves through the world anew, year after year, and again this year also comes to us." (from God is in the Manger, Reflections on Advent and Christmas)

Christmas season can often challenge us in many ways as caregivers as we walk in the world around us.

"We all come with different personal feelings to the Christmas festival. One comes with pure joy as he looks forward to this day of rejoicing, of friendships renewed, and of love.... Others look for a moment of peace under the Christmas tree, peace from the pressures of daily work... Others again approach Christmas with great apprehension. It will be no festival of joy to them. Personal sorrow is painful especially on this day for those whose loneliness is deepened at Christmastime.... And despite it all, Christmas comes. Whether we wish it or not, whether we are sure or not, we must hear the words once again; Christ the Savior is here! The world that Christ comes to save is our fallen and lost world. None other. (from Sermon to a German-speaking church in Havana, Cuba, Dec. 21, 1930)

We all may reflect on various past Christmas times that held a variety of different feelings. As caregivers we may struggle with stress, expectations and many things that lead to negative emotions during the Christmas season as we try to meet the world view of Christmastime. The real question is.....

Who among us will celebrate Christmas correctly? Whoever finally lays down all power, all honor, all reputation, all vanity, all arrogance, all individualism beside the manger; whoever remains lowly and lets God alone be high; whoever looks at the child in the manger and sees the glory of God precisely in his lowliness. Dietrich Bonhoeffer

Let us take a moment, take some time and strip it all away this Christmas. Let us leave nothing but the manger, nothing but Christ and what His birth has to offer us as caregivers. Nothing else matters this year or any year for that matter.

Let us reflect on the following scripture:

Mary's Song Luke 1:46-55

And Mary said,

"My soul glorifies the Lord,

and my spirit rejoices in God my Savior,

for he has looked been mindful

of the humble state of his servant.

From now on all generations will call me blessed;

for the Mighty One has done great things for me,

and holy is his name.

His mercy extends to those who fear him,

from generation to generation.

He has performed mighty deeds with his arm;

he has scattered those who are proud in their inmost thoughts.

He has brought down rulers from their thrones,

and lifted up the humble.

He has filled the hungry with good things,

and sent the rich away empty.

He has helped his servant Israel,

Remembering to be merciful

to Abraham and his descendants forever,

just as he promised our ancestors."

What do you find from Mary's song that can give you strength and comfort in your caregiving this season?

How does the idea of celebrating Christmas correctly take the stress off you as a caregiver this year?

Let us pray:

Dear Heavenly Father as Mary sang, Our souls glorify you this Christmastime. We place ourselves at the lowly manger and give you all praise, glory and worship. We thank you that we can strip away all the stress of the season around us and remember that you are the reason for the season. And that you are our constant strength, companion, mercy and help in our journey of caregiving. Glory be to you Christ Jesus! Amen

May you be blessed by the Baby in the manger this Christmas!