

You are the Caregiver, fear not God is in Control

Colossians 1:15-17 ¹⁵The Son is the image of the invisible God, the firstborn over all creation. ¹⁶For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. ¹⁷**He is before all things, and in him all things hold together.**

What does it look like to give God control in your caregiving?

Faith that God is in control of ALL THINGS

Assurance that God is with YOU in your caregiving

Release of what you cannot control

There are many things in our day to day role as caregivers that cannot be controlled, from disease progression to behaviors of those we care for or even the everyday little issues that arise. Lack of control increases stress, challenges our coping skills and our reactions but does not solve anything. Identifying what we can control and giving what we can't control to God can release us to be healthier and better caregivers.

Ways to beat unhealthy attempts at control

1. Knowing what you can and cannot control.

Evaluate things you worry or stress over to determine if you even have any control in that issue or situation. Address what you can control, your efforts, your attitudes and your reactions. Choose not to waste your energy on things out of your control.

John 3:8 "The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."

2. Give your fears a name.

Ask yourself what you are afraid will happen? Are you predicting worst case scenario? Are you doubting yourself? Just naming your fears can help you to look at it in a different light.

Philippians 4:13 I can do all things through Christ who strengthens me.

Psalms 34:4 New International Version (NIV)

⁴I sought the LORD, and he answered me;
he delivered me from all my fears.

3. Avoid ruminating

Replaying conversations, issues or scenarios, especially negative ones over and over in your head isn't helpful. Ask yourself whether your thinking is productive? If your thinking is leading to a solution you are problem solving. If however, you're wasting your time ruminating, change the channel in your brain. Acknowledge that your thoughts aren't productive and get up and go do something for a few minutes to get your brain focused on something more productive.

Matthew 6:34 New International Version (NIV)

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

4. Stress Management

Exercising, eating healthy, and getting plenty of sleep are just a few key things you need to do to take care of yourself. You have to make time to manage your stress so you can operate more efficiently. Find healthy stress relievers, like prayer, reading scripture, spending time with friends or engaging in a hobby. Pay attention to your stress level and notice how you cope with distress. Eliminate unhealthy coping skills.

John 14:27 New International Version (NIV)

²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

6. Develop healthy affirmations.

When you find yourself in a situation that you lack control have a scripture or phrase you can call upon to remind yourself God is in control. Let them help you combat your fears, ruminations and stress.

What areas in your caregiving do you struggle with control?

What challenges do you have in giving God control? Faith? Assurance? Release?

What is a healthy affirmation you will choose to use?