



## The Urgent and the Important

*Are you weak? Weary? Confused? Troubled? Pressured? How is your relationship with God? Is it held in its place of priority? I believe the greater the pressure, the greater your need for time alone with Him. Kay Arthur*

A management principle stresses separating the urgent from the important.

When we are trapped by doing only the urgent and neglect the important, we are caught in a vicious circle of always reacting and seldom acting. We wish things would change but cannot do the different that will help things change.

One of the challenges for caregivers is becoming more isolated and carrying our responsibilities all by ourselves. This is especially true when we do not have family near or other have family members that cannot understand all the time we spend worrying and needs we feel we must address. We feel our situation is unique. We find ourselves doing the same thing over and over but wishing something would change. We wish others could understand.

Sometimes, finding a group of people who feel like we do, have a similar responsibility and face the frustration and exhaustion we face is more helpful than family. People who understand the stress we face. People who struggle like we do. Where can we find people like that?

Support groups are made up of people who share similar experiences and questions. They find understanding and strength in sharing their stories and learning together.

Even better is a support group that shares the encouragement of scripture and can pray for one another. Having a leader that can open up the scripture for caregiver eyes, to bring out grace filled words that encourage and point us to God. People that help us learn all that God can teach us during our caregiving time.

I know it is hard for a caregiver to add one more thing to a difficult schedule and to change a pattern of behavior. Getting together in a Christian Caregiver Support Group is one of those things under the category of important. Hebrews

10:23-25 encourages us to, *"Hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another."*

If we do not make room for the important, then everything is always urgent. It is important to fight the isolation and the depression. We are not meant to live and love that way. It take courage to reach out for new understanding friends and risk a new experience.

Scripture addresses priorities in Jesus teaching on the Sermon on the Mount. Jesus says, "Seek first the kingdom of God and His righteousness and all the things you need will be added to you." It is not natural to put God first. It takes trust to grow to the tithe. It takes trust to not just tell God what we need, but to include God in our decisions. When God is first Paul says in Philippians 4:7, "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

That is good for you and for the loved one you care for.

*"I have so much to do that I shall spend the first three hours in prayer."*  
— *Martin Luther*

Two Christian principles are:

**Seek first the kingdom of God**  
**Connect with the Body of Christ**

**Questions for discussion:**

What are the urgent things in your life?

Can you separate the urgent from the important?

What are the important things in your life?

How important is Jesus to you?

What is your prayer life like?

How can your group pray for you?

Where do you find peace?