



# 10 Truths for Transformation

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**Biblical Encouragement  
for Caregivers**



**North Carolina Baptist Aging Ministry**

**C**aring for a family member with a disability, chronic illness or age-related frailty can be demanding. Exhaustion can take a toll on emotions as well as physical and financial resources. As needs continue, caregivers can feel isolated and alone. The truth is you are not alone. God is with you. He hears your prayers and He loves the person you are caring for more than you do! Consider these truths from Scripture often. Allow God's word to transform you from overwhelmed to overjoyed.

**1 For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.**

Mark 10:45

Jesus knows what it is like to serve others. It is the very reason He stepped down from heaven. (Philippians 2:6-7) Caring for and serving others is a high and honorable calling.

**2 Greater love hath no man than this, that a man lay down his life for his friends.** John 15:13

You may have given up your plans, your career, or even your home to care for your loved one. Jesus knows that great love and compassion often require sacrifice and yours will be rewarded. (Galatians 6:9)

**3 Then they cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains.** Psalm 107:13-14

You may feel guilty that providing care for a beloved family member has caused you to feel stressed, overwhelmed, or forsaken. But God already knows how you feel. Even while experiencing feelings of anger, hurt, or fear, crying out to the Lord is far better than turning away. Remember, even Jesus cried out to His Father in dismay. (Matthew 27:46)

**4 For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.** Isaiah 55:8-9

The illness or disability of your loved one may cause you to wonder why God allows suffering. God's ways are not our ways and He works all things together for our good—even suffering. Check out the life stories of Ruth (the book of Ruth) and Joseph (Genesis 37-50).

**5 I have learned, in whatsoever state I am, therewith to be content.** Philippians 4:11

The isolation and loneliness of caring for someone who is house-bound can feel as if you are imprisoned. Be encouraged by the words from Paul, who was "in chains for Christ." God sees you and is working through you, even in your isolation.

**6 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.** 1 Thessalonians 5:18

When you give thanks in a difficult situation, you acknowledge that God and His goodness have authority over your situation—not the illness or disability.

**7 Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.** Luke 10:41-42

Don't add to your responsibilities by worrying what others are doing (or not doing). Focus on the Lord's abiding presence and ask Him to help you or to send helpers to you.

## **8 We love because he first loved us.**

1 John 4:19

The most effective form of self-care you can do is the emotional and spiritual work required to realize how much you are loved by God. When you do this important work, you will realize that you can then unconditionally love and care for another person.

## **9 They forced him to carry the cross.**

Mark 15:21

You are not the one who is sick or disabled, yet you may be carrying the weight of the illness on your shoulders – and not by choice. Even though Simon of Cyrene had no plans to carry Jesus' cross, the difficult and public task was thrust upon him. But if, like Simon, we can help someone carry their cross with patience and peace, we can be a witness to what true compassion looks like.

## **10 I was sick and you looked after me.**

Matthew 25:36

Let Paul's words to the Colossians have the last word in your heart as you look after your loved one. "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." (Colossians 3:23-24)

## Our Mission

The mission of North Carolina Baptist Aging Ministry (NCBAM) is to provide “help for the journey” to individuals 65+ in ways that help them maintain their independence and enjoy quality of life.

NCBAM’s Call Center provides information and referrals to callers and makes connections with volunteers from Baptist churches, other denominations, and civic groups. NCBAM’s regional directors serve throughout the state—engaging with local churches to increase awareness of the needs of frail-aging adults and the ministry opportunities available to churches in meeting those needs.



This booklet is an NCBAM ***Christ the Cornerstone Project*** written by Mary Tutterow, author of *The Heart of the Caregiver*. For more encouragement, visit [www.TheHeartoftheCaregiver.com](http://www.TheHeartoftheCaregiver.com).

Christ the Cornerstone Projects are an outreach of NCBAM to aging adults and their caregivers based on the belief that Christ is the cornerstone for living. Each project promotes Christian spiritual growth. NCBAM is concerned with the total needs of the aging and places a priority on individual spiritual development through biblical understanding.

*Verse numbers 1,3,8,9,10 are quoted from the NIV. Verse numbers 2,4,5,6,7 are quoted from the KJV.*

**North Carolina Baptist Aging Ministry**  
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