

One of the best ways to care for yourself as you care for others is to stay in close communion with our Heavenly Father. God wants to give you peace, strength and joy every day! Practice these 17 prayer prompts to keep your heart and mind focused on the presence and power of God – the provider of all strength – and joy! **[Cast] all your care upon him; for he careth for you.** 1 Peter 5:7

Pray by journaling – your journal, your heart, your words.

Trust in him at all times; ye people, pour out your heart before him. Psalm 62:8

Pray with your imagination. Imagine Jesus sitting beside you. What would He say? What will you say?

I will never leave thee, nor forsake thee. Hebrews 13:5

Pray by meditating on a word or phrase from Scripture.

O how love I thy law! It is my meditation all the day. Psalm 119:97

Pray throughout your caregiving actions.

Pray without ceasing. 1 Thessalonians 5:17

Pray focusing your attention on God by repeating a Scripture passage or affirmation.

I love the LORD, because he hath heard my voice. Psalm 116:1

What is NCBAM?

North Carolina Baptist Aging Ministry (NCBAM) is a dynamic Christian resource dedicated to serving North Carolina's aging (65 years and older) and their families by providing information and referrals, connecting the aging and their families with resources to meet needs, and coordinating practical ministries. In partnership with North Carolina Baptists and social agencies, NCBAM strives to enable the aging to maintain independence and a quality life.

 This booklet is an NCBAM **Christ the Cornerstone Project** and is an intentional outreach of NCBAM to aging adults and their caregivers based on the belief that Christ is truly 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.

NCBAM is a ministry of Baptist Children's Homes of North Carolina.

JE_NCBAM_1/2012
REPRINT_2/2016

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for the
journey

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17 Pathways to Power

Caregiver's Prompts for Praying



North Carolina Baptist Aging Ministry



Pray sacrificial prayers of praise. When you don't feel like praising God, and you praise Him anyway, that's a sacrifice – one that God will accept and honor.

Let us offer the sacrifice of praise to God continually... the fruit of our lips giving thanks to his name. Hebrews 13:15

Pray with joy. Happiness depends on what is happening around you. But the joy of the Lord can be experienced by all who belong to Him. As this powerful fruit of the Spirit grows in your life, you'll become more joyful, and stronger, too!

The joy of the LORD is your strength.
Nehemiah 8:10

Pray with a grateful heart. Thank the Lord for entrusting the care of His beloved to you. From the cross, Jesus commended the care of His mother to His most beloved disciple. Consider yourself equally privileged.

When Jesus therefore saw his mother, and the disciple standing by, whom he loved, he saith. . . to the disciple, Behold thy mother! John 19:26-27

Pray a cry-of-the-heart prayer using the examples of the publican's cry for mercy, the blind man's cry, and the cry of the ten lepers.

God be merciful to me a sinner! Jesus, thou Son of David, have mercy on me. Jesus, Master, have mercy on us. Luke 18:13, 38; 17:13

Pray for others. Cast your cares on the Lord and focus on the needs of others.

Bear ye one another's burdens, and so fulfil the law of Christ. Galatians 6:2

Pray by recalling how God has provided for you in the past. With trust in His faithfulness, take your current needs to the Lord.

I will remember the works of the LORD.
Psalm 77:11

Pray during faith walks. Focus your mind to think or speak only in prayer during this time.

Cause me to know the way wherein I should walk; for I lift up my soul unto thee.
Psalm 143:8

Pray by simply being in God's presence. The closest friendships enjoy quiet moments.

Be still, and know that I am God.
Psalm 46:10

Pray in agreement with a prayer partner.

If two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. Matthew 18:19

Pray with music.

I will praise the name of God with a song.
Psalm 69:30

Pray in faith for your loved one.

The effectual fervent prayer of a righteous man availeth much. James 5:16

Pray first and last. Establish a habit of praying God's Word as your first and last thoughts of the day.

This is the day which the LORD hath made; we will rejoice and be glad in it.

Psalm 118:24

He giveth his beloved sleep. Psalm 127:2

