

7 Short Devotions for Caregivers

A moment of Scripture, honesty, and prayer for the days you have little left to give.

When You Are Running on Empty

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.” — Matthew 11:28

You give and give until there is nothing left. Jesus does not scold the weary — He invites them. Bring Him the empty cup; He is the one who fills it.

Prayer: Lord, I am tired. I come to You just as I am. Be my rest today. Amen.

When You Feel Guilty

“His compassions fail not. They are new every morning.” — Lamentations 3:22–23

You worry you are not doing enough, not patient enough, not enough at all. But God's mercy is new every single morning — including for you. Yesterday's shortfall is already covered by grace.

Prayer: Father, quiet my guilt. Let me receive the same mercy I try to give. Amen.

When Your Patience Is Gone

“Charity suffereth long, and is kind.” — 1 Corinthians 13:4

Love that lasts is not always love that feels gentle. On the days you snap and then ache with regret, remember: showing up again is itself an act of long-suffering love.

Prayer: Lord, refill my patience when it runs dry. Soften my words. Amen.

When You Are Grieving Slowly

“The Lord is nigh unto them that are of a broken heart.” — Psalm 34:18

Caregiving often means grieving someone who is still here — the slow goodbye. That grief is real, and God draws near to it. You do not have to wait until the end to be comforted.

Prayer: God, meet me in this long goodbye. Stay close to my breaking heart. Amen.

When You Feel Invisible

“The Lord... will not forget your work and the love you have shown him.” — Hebrews 6:10

No one sees the 3 a.m. wakings, the endless small tasks, the love poured out with no applause. God sees every one. Your hidden faithfulness is holy to Him.

Prayer: Lord, thank You that You see what no one else does. It is enough. Amen.

When You Have No Words to Pray

“The Spirit itself maketh intercession for us with groanings which cannot be uttered.” — Romans 8:26

Some days you are too depleted to form a prayer. That is not a failure of faith. The Spirit prays for you when you cannot — your sighs are heard as prayers.

Prayer: Holy Spirit, pray in me today what I cannot say. Amen.

When You Wonder If You Can Keep Going

“They that wait upon the Lord shall renew their strength.” — Isaiah 40:31

You cannot manufacture more strength by trying harder. It is renewed by waiting on Him — one honest moment turned toward God. You do not have to see the whole road; only take the next step.

Prayer: Lord, renew my strength for today. Help me take the next step, and be there when my foot lands. Amen.

You are seen, and you are not alone.

*For more, one day at a time: 90 Days of God's Strength & Poured Out — on Amazon. ·
goldenfaithpublishing.com*