

Prayers & Scriptures for the Weary Caregiver

For the days when you are running on empty — a prayer to pray, and God's Word to hold onto.

A Prayer for When You Cannot Keep Going

Lord, I am so tired. Tired in my body, tired in my heart, tired in ways I cannot always put into words. I have been pouring myself out for someone I love, and today the well feels dry.

You said to come to You when I am weary, so here I am — just as I am, with my exhaustion, my worry, and the guilt I carry for not being able to do more. Take it all. Be the strength my own strength cannot reach.

Steady my hands for the tasks ahead. Soften my words when I am short. Give me one moment of grace today — a quiet breath, a small kindness, a glimpse of the person I love behind the illness. Remind me that this work is holy, and that I do not carry it alone. Underneath me are Your everlasting arms. In Jesus' name, Amen.

Keep going, one day at a time. You are seen, and you are not alone.

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Bible Verses for an Exhausted Caregiver

Read one slowly. Let it be enough for today.

When you are weary

Matthew 11:28

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

Isaiah 40:31

“They that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary.”

Galatians 6:9

“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

When you feel weak

2 Corinthians 12:9

“My grace is sufficient for thee: for my strength is made perfect in weakness.”

Philippians 4:13

“I can do all things through Christ which strengtheneth me.”

Psalms 73:26

“My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.”

When you are afraid

Isaiah 41:10

“Fear thou not; for I am with thee: I will strengthen thee; yea, I will help thee.”

Joshua 1:9

“Be strong and of a good courage... for the LORD thy God is with thee whithersoever thou goest.”

When you feel alone

Deuteronomy 33:27

“The eternal God is thy refuge, and underneath are the everlasting arms.”

Psalms 34:18

“The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.”

When the burden is heavy

Psalms 55:22

“Cast thy burden upon the LORD, and he shall sustain thee.”

1 Peter 5:7

“Casting all your care upon him; for he careth for you.”

When you need hope

Lamentations 3:22-23

“His compassions fail not. They are new every morning: great is thy faithfulness.”

Psalms 46:1

“God is our refuge and strength, a very present help in trouble.”

For more encouragement, one day at a time: 90 Days of God's Strength for Dementia Caregivers.

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