

# Scripture Cards for the Caregiver's Heart

✂ PRINT ON CARDSTOCK · CUT · PLACE WHERE YOU NEED THEM MOST ✂

DAY 1

## When You're Running on Empty



*"He gives strength to the weary  
and increases the power of the weak."*

— Isaiah 40:29

✦ TODAY'S PRAYER ✦

*Lord, I am weary and I won't pretend otherwise.  
Fill the places in me that are empty.  
Be my strength today when mine runs out. Amen.*

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DAY 2

## When You Feel Invisible



*"The Lord your God is with you,  
the Mighty Warrior who saves.  
He will take great delight in you."*

— Zephaniah 3:17

✦ TODAY'S PRAYER ✦

*Father, remind me today that You see me.  
When the work feels invisible and thankless,  
let Your delight in me be enough. Amen.*

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DAY 3

## When You've Lost the Person You Knew



*"Jesus wept."*

— John 11:35

✦ TODAY'S PRAYER ✦

*Jesus, I am grieving what has been lost.  
Sit with me in this. Let me feel Your presence  
in the middle of this pain. Amen.*

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DAY 4

## When You Need Permission to Rest



*"Come to me, all you who are weary  
and burdened, and I will give you rest."*

— Matthew 11:28

✦ TODAY'S PRAYER ✦

*Jesus, I accept Your invitation.  
Teach me to rest without guilt.  
Restore me so I can love well. Amen.*

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DAY 5

## You Have Not Been Doing This Alone

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*"And surely I am with you always,  
to the very end of the age."*

— Matthew 28:20

✦ TODAY'S PRAYER ✦

*Thank You, Lord, for never leaving me.  
I didn't always feel You – but You were there.  
Keep walking with me. I need You every step. Amen.*

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