

LIVING HOPE

DEMENTIA CAREGIVER
SUPPORT COMMUNITY



Agenda

- Welcome/Introductions & Opening Prayer - Sharon
- Worship Music – *I Can't Even Walk (Without You Holding My Hand) (Gaithers)*
- Discussion Video – *His Grace is Enough: Do Not Be Anxious* - Ed
- Open Discussion - Dena
- Prayer Requests - Sharon
- Closing & Prayer - Sharon

His!
Grace
is ✕
enough



DO NOT BE

ANXIOUS

ABOUT

ANYTHING

Philippians 4 ESV

4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4 ESV

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Main Idea

As caregivers, when we rejoice in the Lord, pray with thanksgiving & fix our minds on God's truth, He replaces our anxiety with a peace that guards our hearts & minds in Christ Jesus.



PRAYER

**REJOICING IN PRAYER
PHILIPPIANS 4:1-9**

Rejoicing in Prayer

- We are to “Rejoice in the Lord always,” not because of our circumstances, but because of who God is - unchanging & faithful.
- Joy is a fruit we can experience by focusing on God’s promises, even in painful caregiving situations.
- Prayer shifts the burden off our shoulders & places it into God's hands.

Rejoicing in Prayer

- When we give thanks, we stop dwelling on what is missing and start recognizing God's ongoing provision.

18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you. (1 Thessalonians 5:18 ESV)

- Jesus is both willing & able to carry our cares.

22 Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved. (Psalm 55:22 ESV)



*God's Perfect
Peace*

God's Perfect Peace

- God promises perfect peace to those whose minds are steadfast, trusting in Him - not in their own understanding or outcomes.

3 You keep him in perfect peace whose mind is stayed on you, because he trusts in you. (Isaiah 26:3 ESV)

God's Perfect Peace

- Jesus offers peace that is not like the world's temporary comfort but a deep, sustaining calm in the soul.

27 Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. (John 14:27 ESV)

God's Perfect Peace

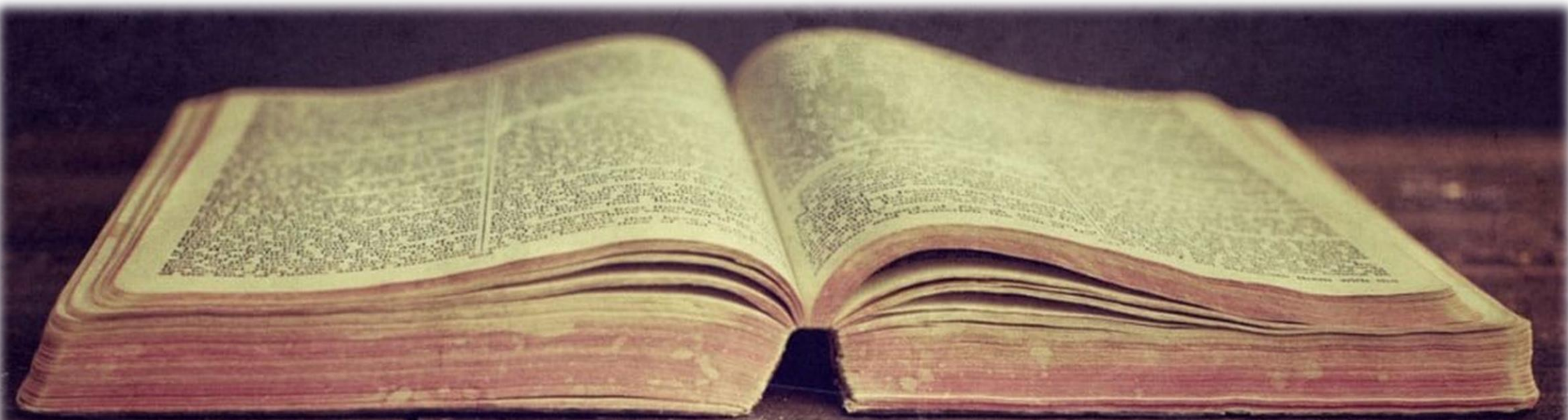
- We are called us to “let the peace of Christ rule” (Colossians 3:15) in our hearts, allowing it to guide our responses when we feel overwhelmed.
- The peace God gives is present at all times & in every way - especially in stressful caregiving moments.

***16 Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.
(2 Thessalonians 3:16 ESV)***

God's Perfect Peace

- God offers hope that even in mental or emotional exhaustion, we can lie down in peace & sleep, because He keeps us safe.

24 If you lie down, you will not be afraid; when you lie down, your sleep will be sweet. (Proverbs 3:24 ESV)



GOD'S TRUTH

God's Truth

- Philippians 4:8 lists what we should focus on: whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy - this refocuses our minds on what honors God.
- Transformation comes by the renewing of our minds - not conforming to fear or worry but trusting in God's will.

(Romans 12:2)

God's Truth

2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:2 ESV)

- 2 Corinthians 10:5 tells us to “take every thought captive” and make it obedient to Christ - choosing faith over fear.

God's Truth

- The one who delights in God's Word, meditating on it day & night—this guards our minds against spiraling into anxiety.

2 but his delight is in the law[a] of the Lord, and on his law he meditates day and night. (Psalm 1:2 ESV)

- God's ways & thoughts are higher than ours - we may not understand, but we can trust His purpose.

(Isaiah 55:8–9 ESV)

God's Truth

8 For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. 9 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 ESV)

God's Truth

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Discussion Questions

- What does it mean to “rejoice in the Lord always” when you’re facing the daily challenges of caregiving?
- How has prayer helped you experience God’s peace during times of stress or uncertainty in your caregiving journey?
- How can focusing on what is true, noble & pure change the way you approach caregiving challenges?
- How can we support one another to help align our thinking with God’s truth rather than our fears or frustrations?



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