

A silhouette of a person stands on a dark, rocky shore, facing the ocean with their arms raised in a gesture of hope or triumph. The background is a warm, golden sunset over the water, with the horizon line visible. The entire image is framed by a white border.

LIVING HOPE
DEMENTIA CAREGIVER
SUPPORT COMMUNITY

Agenda

- Welcome/Introductions & Opening Prayer - TBD
- Worship Music – *Rest In Me (David Baroni)*
- Discussion Video – *His Grace is Enough: Jesus is Our Rest* - Ed
- Open Discussion - Dena
- Prayer Requests - Sharon
- Closing & Prayer - Sharon

His!
Grace
is ✕
enough



JESUS IS OUR REST

Matthew 11 ESV

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.”

Main Idea

Jesus calls the weary to come to Him, promising rest through His gentle leadership and the surrender of our burdens.

WEARY CAREGIVERS

LOVE ♥ sibling ♥
brother ♥ love family
FATHER son
neighbor partner care HOME
CAREGIVER
other support care SUPPORT ♥
care partner FRIEND parent family ♥ LOVE friend
mother grandparent home care
spouse sister caregiver
Love

Weary Caregivers

- Jesus invites the weary into rest.
- There remains a command for Sabbath-rest for God's people.

*9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his.
(Hebrews 4:9–10 ESV)*

Weary Caregivers

- Quietness & trust in Jesus is our strength.

*15 For thus said the Lord God, the Holy One of Israel,
“In returning and rest you shall be saved; in quietness
and in trust shall be your strength.” (Isaiah 30:15 ESV)*

- The Good Shepherd makes us lie down to be restored.

*2 He makes me lie down in green pastures. He leads me
beside still waters. (Psalm 23:2 ESV)*

Weary Caregivers

- Jesus is our quiet place and rest.

*31 And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat.
(Mark 6:31 ESV)*

His Yoke is
Easy



His Yoke is Easy

- God's commands are not burdensome.

3 For this is the love of God, that we keep his commandments. And his commandments are not burdensome. (1 John 5:3 ESV)

- Jesus has set us free - stand firm.

1 For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery. (Galatians 5:1 ESV)

His Yoke is Easy

- Our Lord lifts up all who are bowed down before Him.

14 The Lord upholds all who are falling and raises up all who are bowed down. (Psalm 145:14 ESV)

- He guides us & strengthens us.

*11 And the Lord will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail.
(Isaiah 58:11 ESV)*

TRUE REST
COMES FROM
SPIRITUAL
SURRENDER



True Rest Comes From Spiritual Surrender

- The Bible tells us to trust in the Lord with all our heart.

5 Trust in the Lord with all your heart, and do not lean on your own understanding. (Proverbs 3:5 ESV)

- We must offer ourselves to God.

*13 Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.
(Romans 6:13 ESV)*

True Rest Comes From Spiritual Surrender

- True rest comes from Jesus' strength.

11 Not that I am speaking of being in need, for I have learned, in whatever situation I am, to be content. 12 I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. 13 I can do all things through him who strengthens me.

(Philippians 4:11–13 ESV)

True Rest Comes From Spiritual Surrender

- We need to patiently wait on our Lord.

7 Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! (Psalm 37:7 ESV)

Discussion Questions

- How do Jesus' words "Come to Me" speak to our needs as a caregivers?
- What does His promise of rest mean for you personally?
- How can knowing Jesus' yoke is gentle change your view of following Him in daily life?
- What steps can you take this week to draw closer to Jesus when you feel overwhelmed?
- In what ways can you let go of control and trust Him more with your caregiving responsibilities?



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