

*LIVING HOPE*

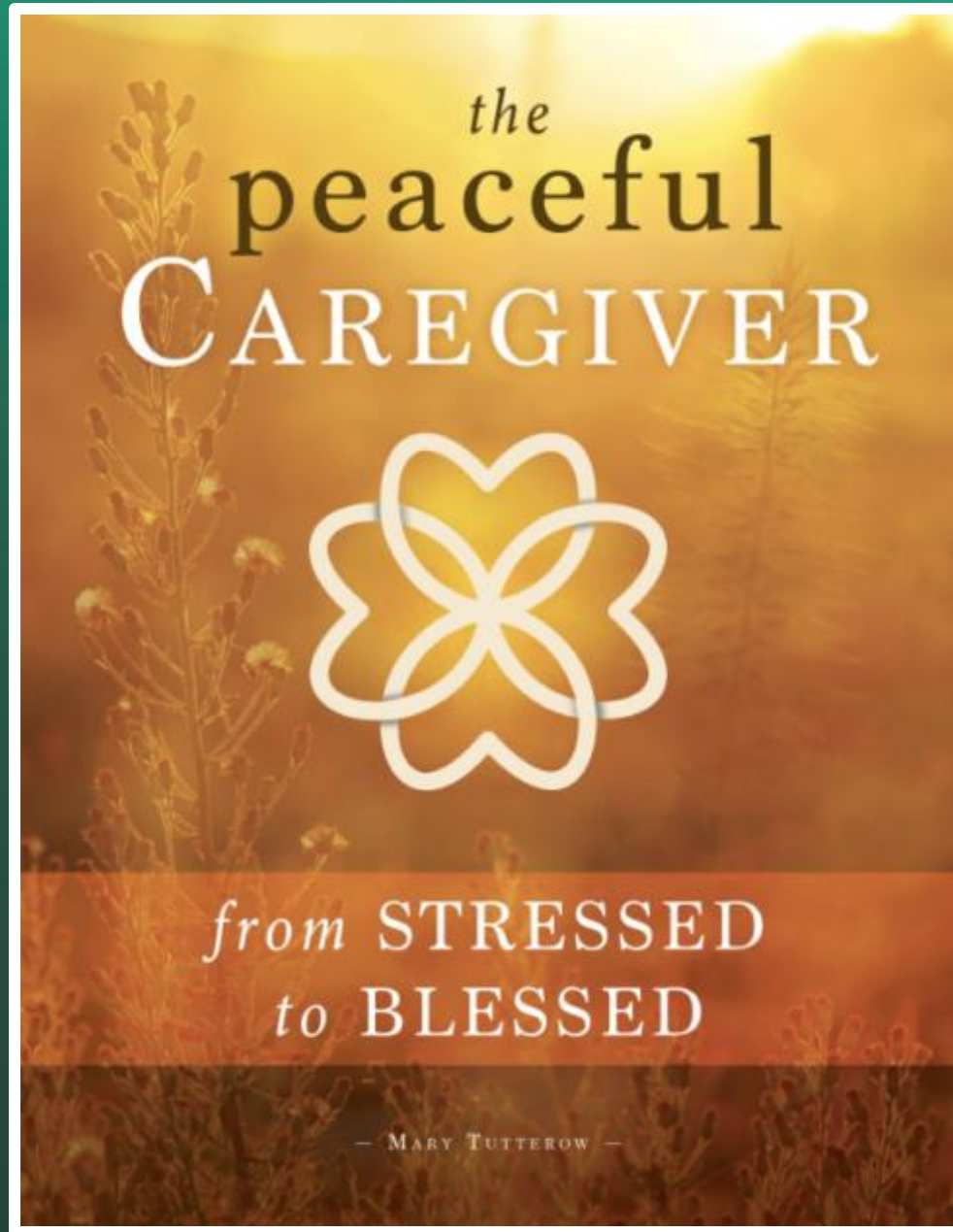
DEMENTIA CAREGIVER  
SUPPORT COMMUNITY



# Agenda

- Welcome/Introductions & Opening Prayer – Dena
- Worship Music – *Still (Hillsong Worship)*
- the Peaceful Caregiver Week 4 Video - Ed
- *Practicing Peace Part I* - Dena
- Prayer Requests - Sharon
- Closing Prayer - Sharon

## Chapter 4



## Practicing Peace Part I

*Philippians 4 (ESV)*

*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.*

The image features a serene sunset over a body of water. The sun is low on the horizon, creating a bright, warm glow that transitions from yellow to orange and red. The water is a deep blue, with gentle waves visible. A central text box with a black border contains the main message. The text is arranged in three lines: 'PRACTICING' at the top, 'PEACE' in the middle, and 'LEADS TO PEACE' at the bottom. The word 'PEACE' is written in a large, bold, blue font with a white outline, while 'PRACTICING' and 'LEADS TO' are in a smaller, black font.

**PRACTICING**

**PEACE**

— LEADS TO —

**PEACE**

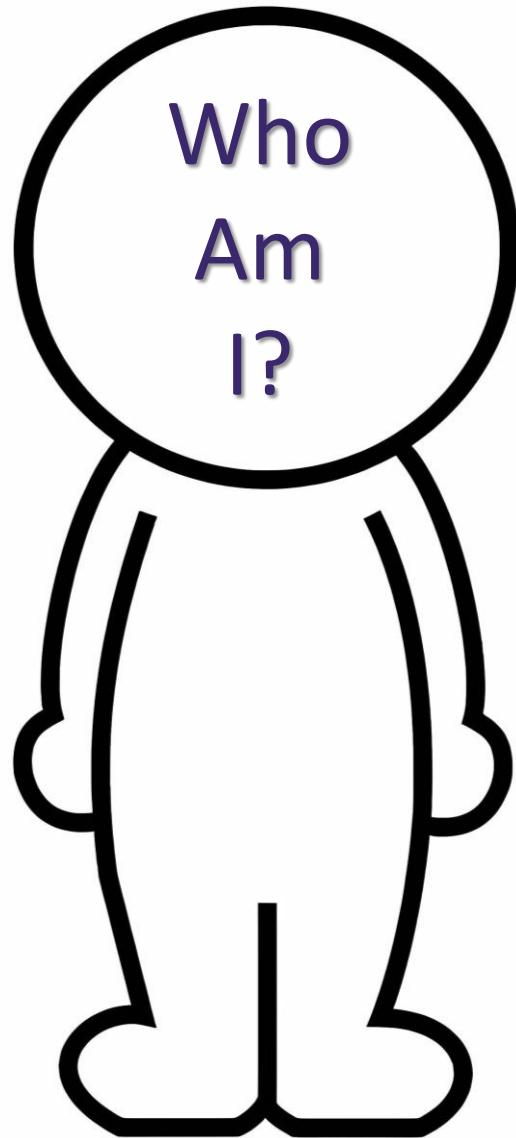
# Practicing Peace

- Ways to practice peace
  - Awareness
  - Stillness
  - Emptying
  - Listening
  - Praying

# AWARENESS

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## EGO (Judgements)

- Accepted/Rejected
- Dumb/Smart
- Able/Disabled
- Conqueror/Victim
- Ugly/Beautiful
- Worthy/Unworthy
- Success/Failure
- Accepted/Condemned
- Mean/Nice
- Lovable/Unlovable

## SPIRIT

- Image Bearer
- Loved
- Chosen
- New Creation
- Child of God
- Temple
- Complete
- Free
- Friend of Jesus
- Light



# Awareness

- We can choose
  - Spirit over flesh/ego
  - See things differently
  - A wiser & more righteous response to trials
- How we think & react to our situation can change
- When become aware of our thoughts, we can
  - Take them “captive to the mind of Christ”
  - Find peace



STILLNESS

## Stillness

- In the stillness between thought & reaction we can gain control over our thoughts
- Our ego is an enemy of stillness
  - Competition – Don't want to miss out
  - Safety – “What-iffing”
  - Guilt – The “should've and could've”
- In quieting the chatter of the ego, we can hear the voice of God

## Stillness

- In stillness we put our mind in control & don't allow our ego to form opinions from old thoughts, habits & patterns
- When we quiet our ego, we can develop a stronger sense of self, purpose & peace

## Discussion Questions

- How can being aware of your thoughts help you respond more compassionately to the needs of our loved ones?
- In what ways does your ego interfere with finding peace in caring for your loved one?
- What are some practical steps you can take to create moments of stillness in your daily caregiving routine?
- How can quieting the chatter of our minds help us hear God's voice more clearly in our caregiving journey?

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