

LIVING HOPE
DEMENTIA CAREGIVER
SUPPORT COMMUNITY

Agenda

- Welcome/Introductions & Opening Prayer - TBD
- Worship Music – *Spirit of the Living God*
- Discussion Video – *His Grace is Enough: Fruit of the Spirit in Caregiving* - Ed
- Open Discussion - Dena
- Prayer Requests - Sharon
- Closing & Prayer - Sharon

His!
Grace
is ✕
enough

the fruit
of the
spirit in
caregiving



Galatians 5 ESV

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also keep in step with the Spirit. 26 Let us not become conceited, provoking one another, envying one another.

Main Idea

Caregiving becomes a Spirit-led ministry when we rely on God's presence to cultivate love, patience, and inner transformation.

A white dove is shown in flight, wings spread, against a background of a teal sky and purple mountains. The text "SPIRIT EMPOWERED LIVING" is overlaid on the left side of the image.

SPIRIT EMPOWERED LIVING

Spirit Empowered Living

- Caregiving is a sacred calling that often stretches emotional & physical limits.
- Love - the first fruit of the Spirit - is not something we must manufacture on our own. (1 Corinthians 13:4–7)

4 Love is patient and kind; love does not envy or boast; it is not arrogant 5 or rude. It does not insist on its own way; it is not irritable or resentful; 6 it does not rejoice at wrongdoing, but rejoices with the truth.

Spirit Empowered Living

7 Love bears all things, believes all things, hopes all things, endures all things.

(1 Corinthians 13:4–7 ESV)

- This love is poured into us by the Holy Spirit enabling us to reflect Jesus' love even in moments of exhaustion or frustration.

5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. (Romans 5:5 ESV)

Spirit Empowered Living

- This inner strength comes from the Spirit, not self-effort.

16 that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, 18 may have strength to comprehend with all the saints what is the breadth and length and height and depth, (Ephesians 3:16–17 ESV)



FORESTPARK

CHURCH OF CHRIST

Patience & Kindness



All Things

Patience and Kindness

- Kindness & patience are especially vital in caregiving, where frustration, repetition & emotional fatigue are common.
- Scripture urges us to “clothe” ourselves in kindness, making it visible & intentional.

12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, (Colossians 3:12 ESV)

Patience and Kindness

- James teaches emotional restraint - listening before reacting.

*19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;
(James 1:19 ESV)*

- Paul emphasizes kindness as a mark of God's servant.

*24 And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil,
(2 Timothy 2:24 ESV)*

Patience and Kindness

- We can ask the Spirit to help us respond gently, even when provoked.
- As we saw in our rest study, we need to create space for silence & listening in caregiving routines.



***The Holy Spirit
changes your heart***

The Holy Spirit Changes Your Heart

- Caregiving can expose the limits of our natural strength & reveal the need for spiritual renewal.
- Transformation doesn't come from trying harder - it comes from walking daily with the Spirit, who reshapes our hearts & minds to reflect Jesus.
- Scripture promises a new heart & Spirit-led obedience.

(Ezekiel 36:26–27)

The Holy Spirit Changes Your Heart

26 And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. 27 And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules. (Ezekiel 36:26–27 ESV)

- Paul contrasts the peace of a Spirit-led mind with the turmoil of self-reliance.

6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. (Romans 8:6 ESV)

The Holy Spirit Changes Your Heart

- John reminds us that apart from Jesus, we can do nothing.

5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. (John 15:5 ESV)

- In prayer we can invite God to transform our reactions, thoughts & motives.
- We can trust that spiritual renewal is possible - even in the midst of caregiving fatigue.

Discussion Questions

- When caregiving feels overwhelming, how do you experience the Spirit's help in loving well?
- What does "kindness" look like in your daily caregiving routines, especially when patience is tested?
- How has your heart changed since you began this caregiving journey?
- In what ways do you see caregiving as a form of worship?
- What Scripture or prayer has anchored you during moments of grief, confusion, or fatigue?

the fruit
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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 sun low on the horizon. The entire scene is framed by a thin white border.

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