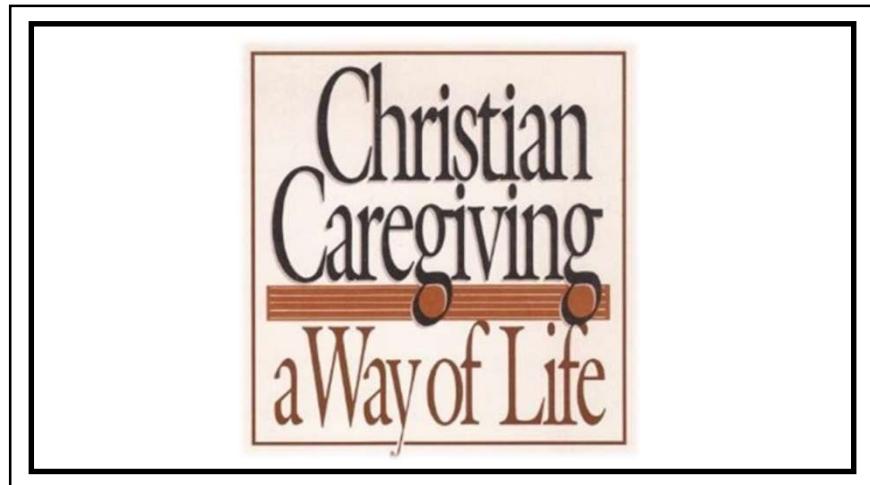




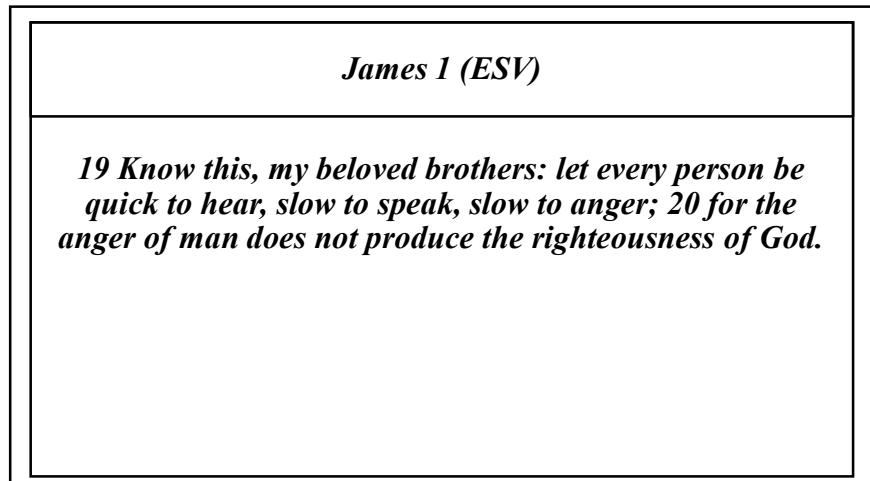
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4

Main Theme

Listening is a Christlike act of love that strengthens caregivers, honors the person they care for, and opens their hearts to God's sustaining presence.

5



6

Listening to God

- Listening to God helps caregivers discern what matters most in moments of confusion, fatigue, or emotional overwhelm.
- God invites us to hear Him.

10 And the Lord came and stood, calling as at other times, "Samuel! Samuel!" And Samuel said, "Speak, for your servant hears." (1 Samuel 3:10 ESV)

7

Listening to God

- Stillness opens our ears - God often speaks in quiet moments.

10 "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" (Psalm 46:10 ESV)

- God guides us step by step.

21 And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left. (Isaiah 30:21 ESV)

8

Listening to God

- We can rest in Jesus' attentive leadership.

27 My sheep hear my voice, and I know them, and they follow me. (John 10:27 ESV)

9

LISTEN
with
COMPASSION

10

Listen with Compassion

- Caregivers often must listen beyond logic - hearing fear, frustration, or longing beneath the surface.
- This is holy work.
- God models attentive listening.

15 The eyes of the Lord are toward the righteous and his ears toward their cry. (Psalm 34:15 ESV)

11

Listen with Compassion

- Dementia changes communication, not dignity - Listening affirms personhood.
- Emotions often speak louder than words - Tone, expression & behavior become communication.
- Listening builds connection even when memory fades.
- Presence communicates safety.

12



13

LISTEN TO YOUR SOUL.

Listen to Your Soul

- Listening inwardly helps us recognize when we need rest, support, or encouragement - without guilt.
- We need space to breathe - Even Jesus withdrew to quiet places.

***16 But he would withdraw to desolate places and pray.
(Luke 5:16 ESV)***

- Listening to your limits is wisdom, not weakness.

***5 Let the wise hear and increase in learning,
(Proverbs 1:5 ESV)***

14

Listen to Your Soul

- God cares about our burdens.

7 casting all your anxieties on him, because he cares for you. (1 Peter 5:7 ESV)

- Ignoring our needs leads to exhaustion - Listening to our soul prevents burnout.
- Self-compassion strengthens long-term caregiving - We cannot pour from an empty vessel.

15

Discussion Questions

- Which of the three types of listening - listening to God, listening to your loved one, or listening to your own soul - feels most difficult right now?
- How have you experienced God guiding you in small, quiet ways during your caregiving journey?
- In what ways does listening to your loved one help you understand their emotional needs beyond their words?
- What signs tell you that your own soul is asking for rest, support, or encouragement?

16