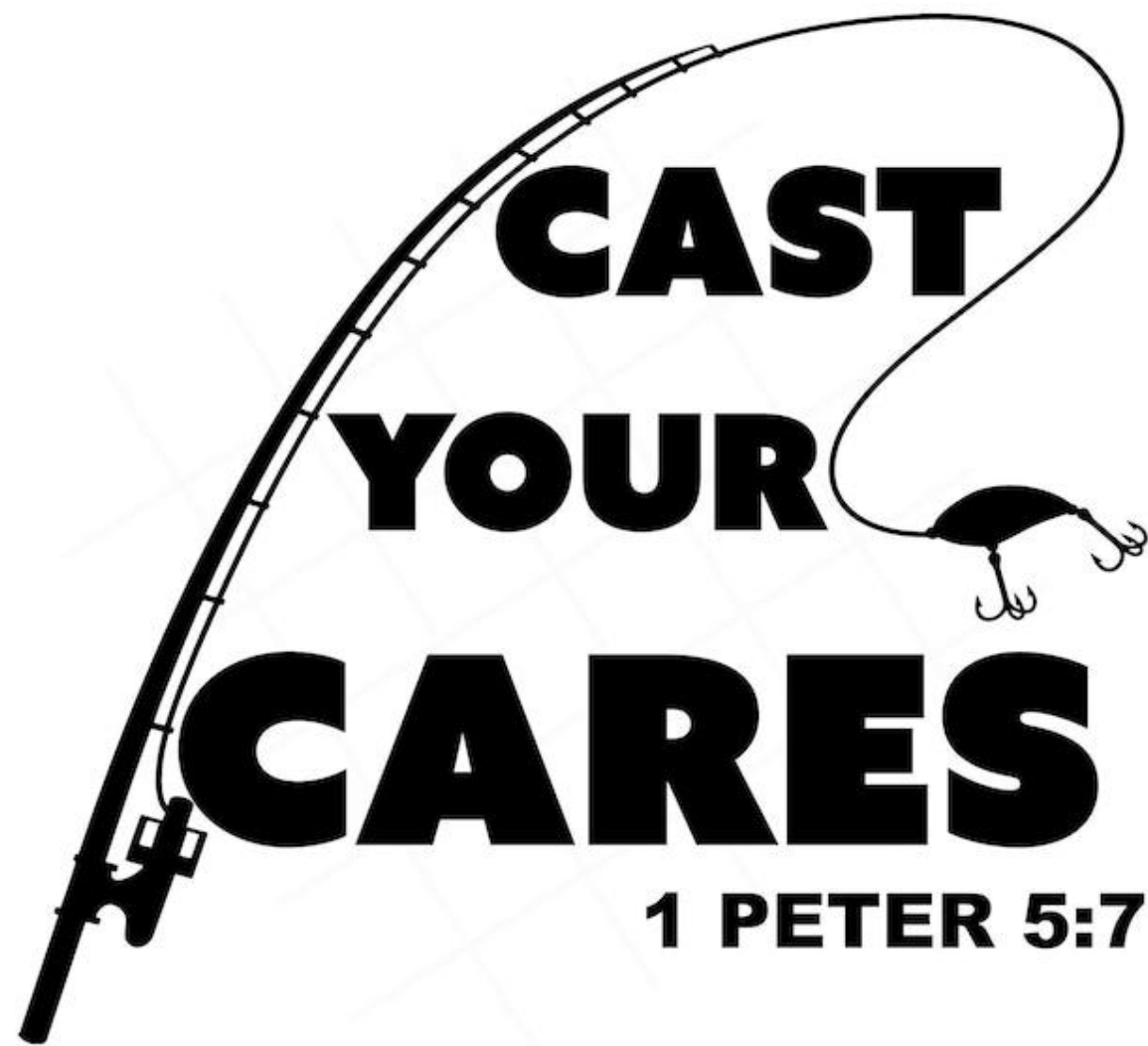


LIVING HOPE
DEMENTIA CAREGIVER
SUPPORT COMMUNITY

Agenda

- Welcome/Introductions & Opening Prayer - TBD
- Worship Music – *Cast My Cares (Finding Favour)*
- Discussion Video – *His Grace is Enough: Cast Your Cares* - Ed
- Open Discussion - Dena
- Prayer Requests - Sharon
- Closing & Prayer - Sharon

His!
Grace
is ✕
enough



1 Peter 5 ESV

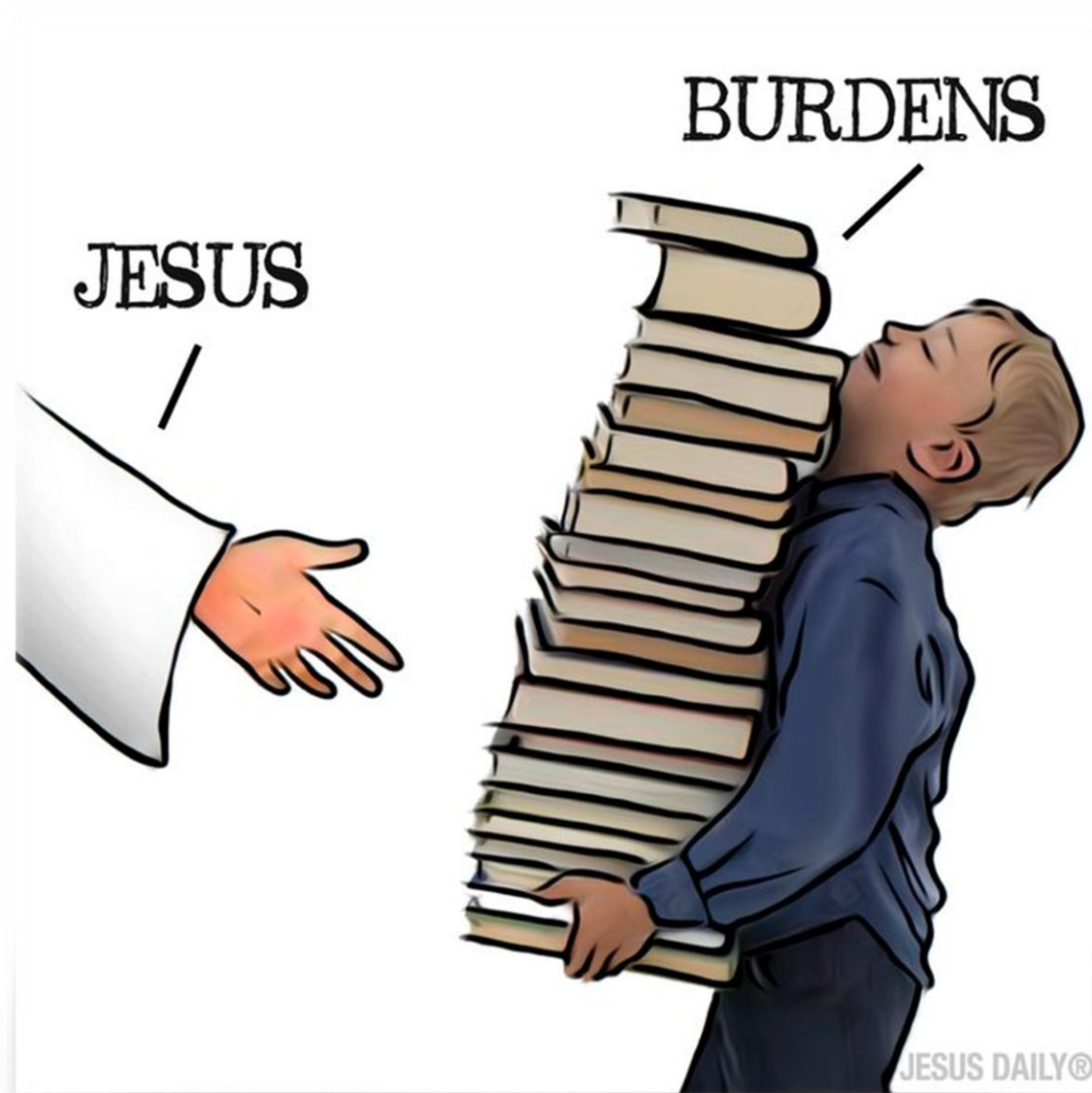
6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you. 8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. 9 Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

1 Peter 5 ESV

10 And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. 11 To him be the dominion forever and ever. Amen

Main Idea

God lovingly invites us as caregivers to humbly bring our burdens to Him, and He promises to restore, strengthen, and sustain us through every challenge.



Release Your Burdens to Jesus

- God personally cares about every worry you carry - bring them all to Him (1 Peter 5:7).
- We are safe in God's presence – We can talk to Him honestly & often.

8 Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. (Psalm 62:8 ESV)

Release Your Burdens to Jesus

- God gives you grace for today – We can leave tomorrow in His hands.

34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” (Matthew 6:34 ESV)

Release Your Burdens to Jesus

- We don't have to hide our pain - God listens when we cry out.

1 With my voice I cry out to the Lord; with my voice I plead for mercy to the Lord. 2 I pour out my complaint before him; I tell my trouble before him.

(Psalm 142:1–2 ESV)

Release Your Burdens to Jesus

- As a caregivers, we can boldly ask God for help - He welcomes us.

16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (Hebrews 4:16 ESV)



Never Hopeless

- Let go of control & trust God's strong hand to guide you.
6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, (1 Peter 5:6 ESV)
- When caregiving brings us low, God promises to lift us up.
10 Humble yourselves before the Lord, and he will exalt you. (James 4:10 ESV)

Never Hopeless

- Even when things don't make sense, keep trusting - God will lead you.

*5 Trust in the Lord with all your heart, and do not lean on your own understanding. 6 In all your ways acknowledge him, and he will make straight your paths.
(Proverbs 3:5–6 ESV)*

Never Hopeless

- God will honor our humble service - it is valuable in His sight.

2 All these things my hand has made, and so all these things came to be, declares the Lord. But this is the one to whom I will look: he who is humble and contrite in spirit and trembles at my word. (Isaiah 66:2 ESV)

Never Hopeless

- God sees every quiet sacrifice & will one day reward it.

*11 “For everyone who exalts himself will be humbled, and
he who humbles himself will be exalted.”
(Luke 14:11 ESV)*



God Strengthens Us

God Strengthens Us

- God will not let us stay weary forever - He will lift & restore us (1 Peter 5:10).
- God promises new strength when we feel weak & worn down.

*31 but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.
(Isaiah 40:31 ESV)*

God Strengthens Us

- God renews our spirit daily - even when our body feels exhausted.

*16 So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.
(2 Corinthians 4:16 ESV)*

- God answers when we call - He fills us with courage & strength.

3 On the day I called, you answered me; my strength of soul you increased. (Psalm 138:3 ESV)

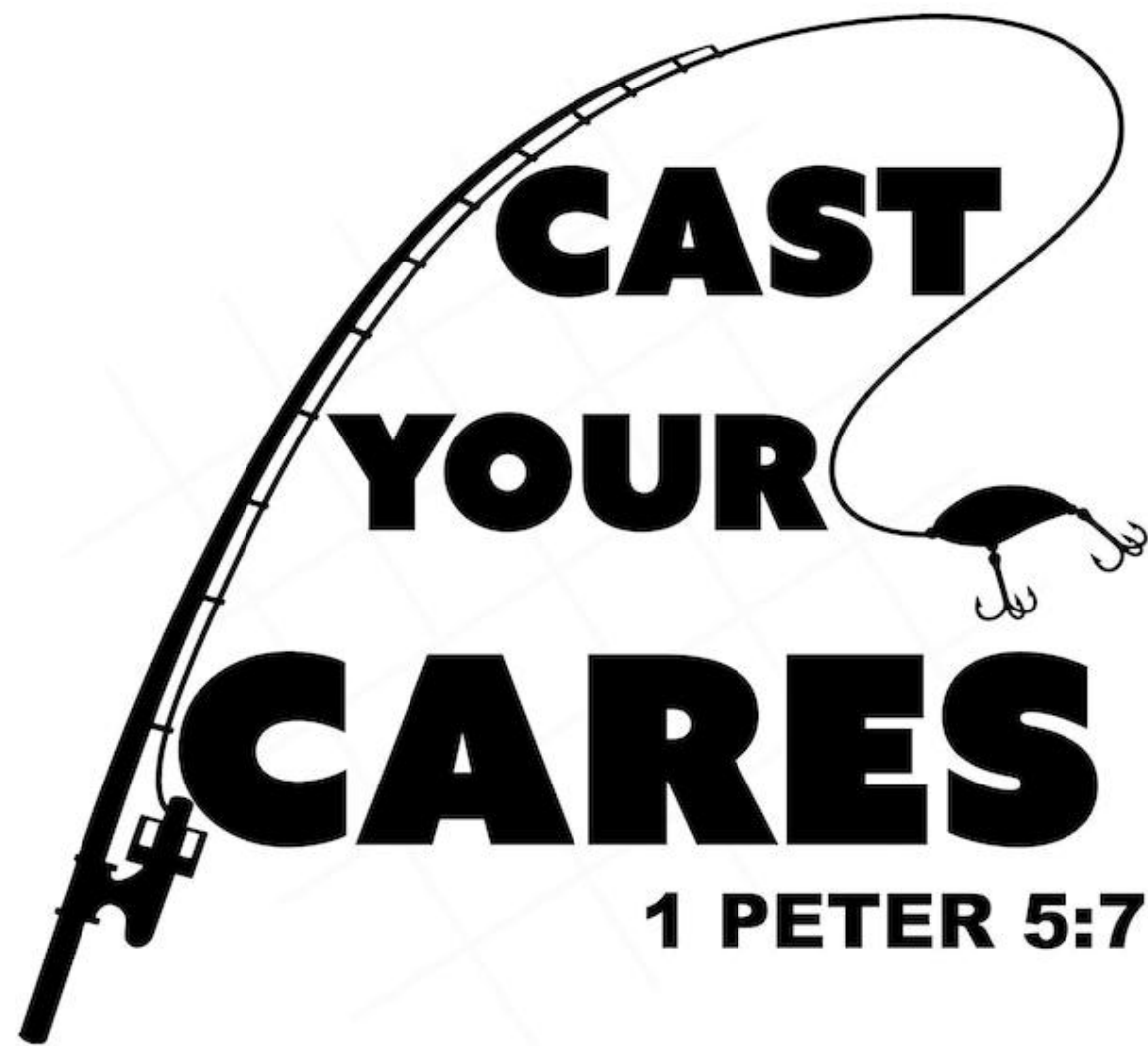
God Strengthens Us

- God offers not just strength - but hope, joy & peace through His Spirit.

13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. (Romans 15:13 ESV)

Discussion Questions

- What burdens are you currently carrying that feel too heavy & how can you begin to “cast” them on the Lord as 1 Peter 5:7 encourages?
- In what ways has caregiving humbled you & how have you seen God work through those moments of humility?
- How do you usually respond when you feel overwhelmed - do you turn to God or try to manage it alone?
- What practical steps can you take this week to trust in God more fully with your caregiving responsibilities?



His!
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