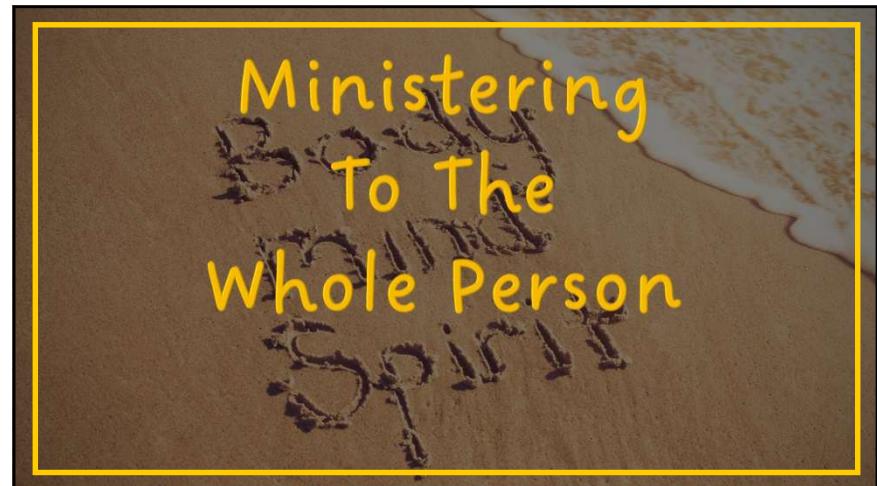


1



2

Scripture

36 I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'
(Matthew 25:36 ESV)

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. (Philippians 4:8 ESV)

3

Scripture (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. (Matthew 11:28–29 ESV)

4

Main Idea

Ministering to the whole person means caring for body, mind, and spirit - meeting physical needs with compassion, renewing thoughts with God's truth, and finding rest in Jesus for the soul.

5



6

Serve With Compassion

- Every act of physical care - feeding, bathing, dressing - reflects Jesus' love in action. (Matthew 25:36 ESV)
- Meeting bodily needs honors the truth that our bodies are temples of the Holy Spirit, worthy of dignity & respect.

19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body. (1 Corinthians 6:19–20 ESV)

7

Serve With Compassion

- Caregiving for the body is not just practical - it is spiritual worship, offering ourselves as living sacrifices.

1 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. (Romans 12:1 ESV)

8

Serve With Compassion

- When we strengthen the weak & comfort the afflicted, we embody Isaiah's vision of light rising in darkness.

10 if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday. 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 58:10–11 ESV)

9

Serve With Compassion

- Physical caregiving becomes a testimony to the world that God's compassion is tangible & visible through His people.

10

GUARDING OUR THOUGHTS



11

Guarding Our Thoughts

- Renewing the mind daily helps caregivers resist despair & remain anchored in God's promises.

2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:2 ESV)

- Choosing to dwell on what is true, honorable & lovely protects us from being consumed by worry (Philippians 4:8).

12

Guarding Our Thoughts

- God promises perfect peace to those whose minds are steadfastly fixed on Him, even in the chaos of dementia care.

3 You keep him in perfect peace whose mind is stayed on you, because he trusts in you. (Isaiah 26:3 ESV)

- We are given a spirit of power, love & self-control, enabling us to think clearly & act wisely.

7 for God gave us a spirit not of fear but of power and love and self-control. (2 Timothy 1:7 ESV)

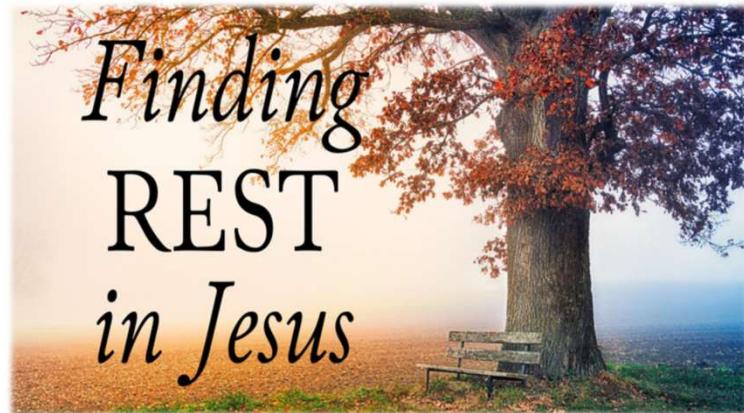
13

Guarding Our Thoughts

- Guarding the mind is not only self-care - it equips us to encourage our loved ones with words of hope & truth.

14

***Finding
REST
in Jesus***



15

Finding Rest in Jesus

- Jesus invites weary caregivers to lay down burdens & find rest for our souls (Matthew 11:28–29).
- The Lord restores the soul, leading us to still waters when exhaustion threatens to overwhelm.

1 The Lord is my shepherd; I shall not want. 2 He makes me lie down in green pastures. He leads me beside still waters. 3 He restores my soul. He leads me in paths of righteousness for his name's sake. (Psalm 23:1–3 ESV)

16

Finding Rest in Jesus

- Spiritual renewal is essential—without it, we risk burnout; with it, we gain strength to endure.

*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)*

- The fruit of the Spirit - love, joy, peace, patience - equips us to respond with grace in difficult moments (Galatians 5:22–23).

17

Finding Rest in Jesus

- Caring for the spirit reminds us that our identity & strength come not from our role alone, but from Jesus' abiding presence.

18

Discussion Questions

- How do you guard your thoughts against discouragement when caregiving feels overwhelming?
- What practices help you find rest in Jesus when your soul feels burdened?
- How has your caregiving journey shown Jesus' love to others around you?
- Which of the three areas (body, mind, spirit) do you most need encouragement in today, and how can the group support you?

19

Ministering
To The
Whole Person

20