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1 Corinthians 2 (ESV)

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1 Corinthians 2 (ESV)

9 But, as it is written, “What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him” 10 these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. 11 For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. 12 Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God.

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1 Corinthians 2 (ESV)

13 And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual. 14 The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. 15 The spiritual person judges all things, but is himself to be judged by no one. 16 “For who has understood the mind of the Lord so as to instruct him?”

But we have the mind of Christ.

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Main Idea

Christian caregiving is Spirit-led, rooted in divine wisdom, and reaches the soul where human discernment cannot fully go.

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Faith is the Eyes of Your Soul

- Councilors can help us understand emotions & behaviors, but faith penetrates deeper - into the soul, where eternal hope & divine peace reside.
- Caregiving often requires more than coping strategies; it requires spiritual strength that sustains when human reasoning falls short.

10 “I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.” (Jeremiah 17:10 ESV)

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Faith is the Eyes of Your Soul

- Scripture discerns motives & thoughts, cutting deeper than therapy.

12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

(Hebrews 4:12 ESV)

Faith is the Eyes of Your Soul

- The Spirit reveals mysteries the world cannot explain.

10 these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. (1 Corinthians 2:10 ESV)

- God draws near to the brokenhearted, offering comfort beyond words.

18 The Lord is near to the brokenhearted and saves the crushed in spirit. (Psalm 34:18 ESV)

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Faith is the Eyes of Your Soul

- Peace that surpasses understanding is a divine gift, not a human technique.

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7 ESV)

Spiritual
&
Emotional
Support



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Emotional & Spiritual Support

- True caregiving is holistic—meeting emotional needs while also nurturing spiritual life.
- Caregivers often feel isolated, but Christian caregiving reminds us that we are never alone.
- Emotional empathy & spiritual encouragement work together to strengthen both caregiver & loved one.

Spiritual Support

- We must enter the emotions of others with compassion.
15 Rejoice with those who rejoice, weep with those who weep. (Romans 12:15 ESV)
- Bearing burdens is both emotional support and spiritual obedience.
2 Bear one another's burdens, and so fulfill the law of Christ. (Galatians 6:2 ESV)

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Spiritual Support

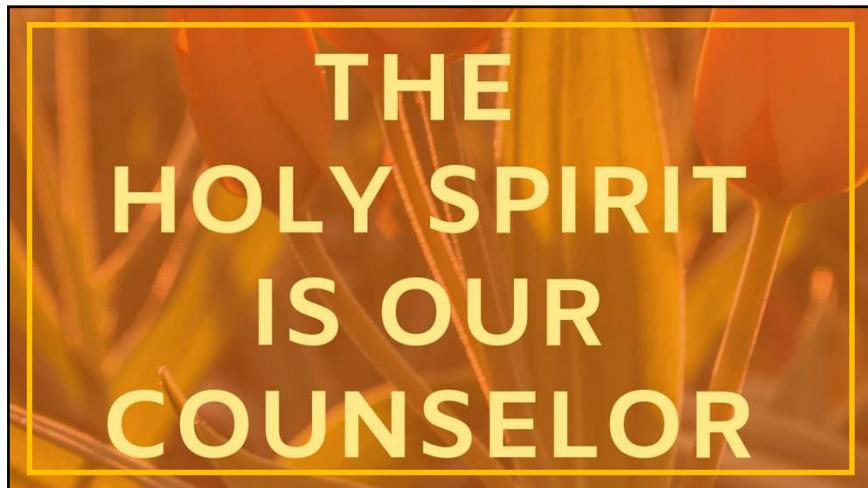
- Encouragement builds resilience in weary hearts.
11 Therefore encourage one another and build one another up, just as you are doing. (1 Thessalonians 5:11 ESV)
- Gentle, gracious speech ministers to both emotions & spirit.
6 Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person. (Colossians 4:6 ESV)

Spiritual Support

- Love is the foundation that builds up beyond psychology.
1 Now concerning food offered to idols: we know that “all of us possess knowledge.” This “knowledge” puffs up, but love builds up. (1 Corinthians 8:1 ESV)

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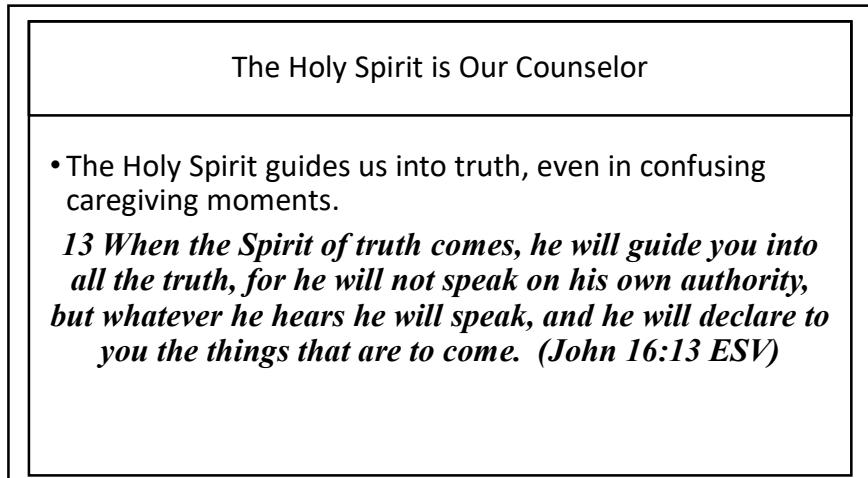
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The Holy Spirit is Our Counselor

- The Holy Spirit provides divine counsel that is perfectly tailored to each situation.
- In caregiving, the Spirit comforts, strengthens & directs decisions when human wisdom feels inadequate.
- The Spirit teaches & reminds us of Jesus' words.

26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.
(John 14:26 ESV)

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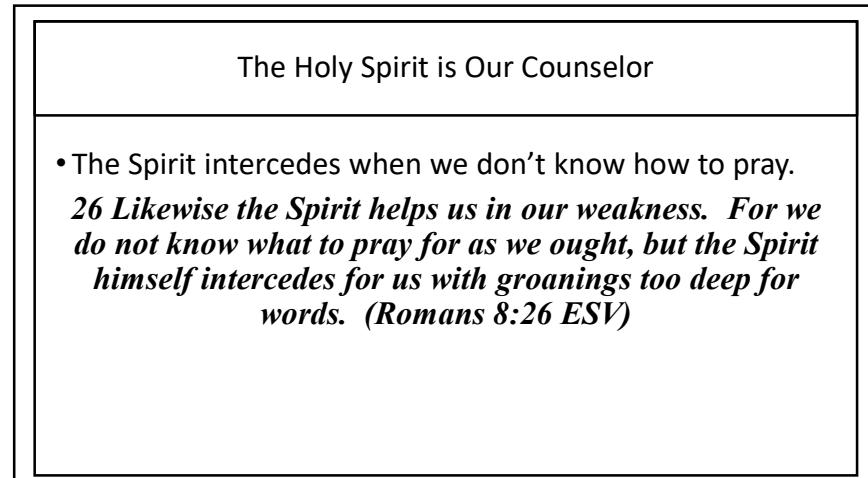


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The Holy Spirit is Our Counselor

- The Holy Spirit guides us into truth, even in confusing caregiving moments.

13 When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. (John 16:13 ESV)



20

The Holy Spirit is Our Counselor

- The Spirit intercedes when we don't know how to pray.

26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. (Romans 8:26 ESV)

The Holy Spirit is Our Counselor

- The Spirit produces fruit that transforms caregiving attitudes.

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.
(Galatians 5:22–23 ESV)

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The Holy Spirit is Our Counselor

- God's Spirit dwells in us, making caregiving sacred work.

16 Do you not know that you are God's temple and that God's Spirit dwells in you? (1 Corinthians 3:16 ESV)

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Discussion Questions

- How does your faith help you navigate emotional challenges in caregiving?
- How do you discern when to seek emotional or spiritual support?
- In what ways has the Holy Spirit guided your caregiving decisions?
- How do you integrate prayer & Scripture into emotional caregiving moments?

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