

10 *Scriptures* for Caregiver Stress

Putting yourself between a vulnerable loved one and disaster is no easy task. With seemingly relentless crises and unending drama, it's hard to think clearly at times—and often hard to know how to pray. Here are 10 scriptures that are easy to memorize to help focus our minds and hearts when the stress of caregiving hits the “mind-numbing” stage:

- Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. *Psalm 23:4*
- He heals the brokenhearted and binds up their wounds. *Psalm 147:3*
- Blessed are those who mourn, for they shall be comforted. *Matthew 5:4*
- Come to Me, all you who labor and are heavy laden, and I will give you rest.” *Matthew 11:28*
- Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort.” *2 Corinthians 1:3*
- He sets on high those who are lowly, and those who mourn are lifted to safety. *Job 5:11*
- I believe that I shall look upon the goodness of the LORD in the land of the living! Wait for the LORD; be strong, and let your heart take courage; wait for the LORD! *Psalm 27:13-14*
- Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you, I will help you, yes, I will uphold you with My righteous right hand. *Isaiah 41:10*
- Blessed be God, the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble by the comfort with which we ourselves are comforted by God. *2 Corinthians 1:3-4*
- Though God brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to the children of men. *Lamentations 3:32-33*

Source: <https://standingwithhope.com/10-scriptures-for-caregiver-stress/>