

AFFIRMATIONS FOR THE CAREGIVER

- Send a caregiver a text the same time every day with one of these uplifting inspirational quotes or Scripture that will affirm and renew their spirit as they provide care for their loved one.
- There are only four kinds of people in the world: Those who have been caregivers; those who are currently caregivers; those who will be caregivers; and those who will need a caregiver. –Rosalyn Carter
- Asking God for the 3 P's for you today: to bless you with PATIENCE, a fresh PERSPECTIVE, and a new PEP in your step.
- After a long day of “all-in” caregiving for your loved one, I bet you go to bed happily exhausted. Praying you'll get a good night's rest.
- Take care of your body. It's the only place you have to live. –Jim Rohn
- A good laugh and a long sleep are the two best cures for anything. –Irish
- Worry robs today of its JOY. Let go and let God handle it. Have a good day. Sing Psalm 118:24: This is the day that the Lord hath made; let us be glad and rejoice in it.
- Challenges will come today. Handle with prayer. I am praying for you, too.
- Forgiveness is not an occasional act; it is an attitude. –Martin Luther King, Jr.
- Some days there won't be a song in your heart. Sing anyway. –Emory Austin
- It is not how much you do, but how much love you put in the doing. –Mother Teresa
- Caregiving often calls us to lean into love we didn't know possible. –Tia Walker
- Never underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. –Leo Buscaglia
- To care for those who once cared for us is one of the highest honors. You do it so well.
- Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. –Lao Tzu
- Never believe that a few caring people can't change the world. For indeed, that's all who ever have. –Margaret Mead

- Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness. –Harold Kushner
- The simple act of caring is heroic. –Edward Albert
- One person caring about another represents life's greatest value. –Jim Rohn
- An inconvenience is only an adventure wrongly considered. –G.K. Chesterton
- Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are. –Bernice Johnson Reagon
- They may forget what you said, but they won't forget the way you make them feel. – Carl Buehner
- Live, lead, listen with God's love that lives in you.
- May the Lord bless you and keep you; may the Lord's face shine upon you and be gracious to you. May the Lord turn his face toward you and give you peace. –Numbers 6:24-26
- Keep calm and focus on God's glory radiating through you.
- May the God of HOPE fill you with JOY and PEACE as you TRUST in Him so that you may overflow with HOPE by the power of the Holy Spirit. –Romans 15:13
- Turn your eyes upon Jesus. Look full in His wonderful face. And the things of earth will grow strangely dim, in the light of His glory and grace.
- GRACE—receiving what we don't deserve. As you extend GRACE today, may you feel God's grace poured out on you.
- MERCY—not getting what we deserve. God's mercies are new every morning. You are a reflection of those new MERCIES in your caregiving! Praying for you.
- Lord, give my friend the strength, courage, patience, wisdom, energy, hope, and love she needs to be Your hands and feet today.
- Lord, may Your love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control be evident in _____'s caregiving today.
- Praying you will see this ordinary day in an extraordinary way!
- You inspire me. I thank my God every time I think of you.