
The Compassionate Caregiver

CHRISTIAN WOMEN'S CORNER
7-DAY DEVOTIONAL JOURNAL



Welcome

IT'S TIME TO DIG A LITTLE DEEPER INTO COMPASSIONATE CAREGIVING.

This 7-day devotional journal was created to complement our [Compassionate Caregiver](#) blog post.

Journaling is a great way to help you digest what you're learning through the written word. We hope you find this useful during the difficult work of caregiving. Enjoy your journaling time!

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The Good Samaritan

“But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him.” – Luke 10:33

In response to a religious scholar inquiring who his neighbor was, Jesus gave him an explanation that probably surprised the man.

A Jewish man was attacked by thieves, and they left him for dead. Numerous people saw the traveler lying on the side of the road and ignored his suffering. But not the Good Samaritan.

He didn't stand around asking the injured man what he needed. He didn't wait for someone else to step in and assist.

Instead, the Good Samaritan saw a need and answered that need. He brought the man to an inn and cared for him. When it was time to continue his journey, he paid the innkeeper to ensure the injured man was cared for in his absence.

Jews and Samaritans weren't friends by any stretch of the imagination. There was conflict and bitterness between the two groups. But the Samaritan didn't see an enemy who needed help. He saw only a neighbor, and he chose to act in love.

So often, when you see a need, it's the Holy Spirit nudging you to also reach out in love.

God, help me to be aware of situations where others need my help. Let me also react out of love as the Good Samaritan did. In Jesus' name, Amen.

Journal Your Thoughts

1. Have you ever had a stranger show you kindness? What happened?

2. When was the last time you spotted someone in need? How did you respond?

3. How often do you ask God to open your eyes to those in need of caregiving?

Finding Peace

“Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping.” – Matthew 8:24

The disciples were in a boat on the Sea of Galilee. This body of water is surrounded by mountains, and the weather can be unpredictable. What might start out as a calm day can quickly turn into a stormy one.

When the disciples first set out, all was well with the weather. Then without warning, huge waves began pouring into the boat.

The storm and the surge of water were so fierce that the disciples forgot the One who was with them and instead focused on the storm.

Just like what the disciples experienced, we can also panic when circumstances get rough because we forget Who is with us. There may be times in your life when you feel as if Jesus is sleeping on the job.

But God is always with you, listening to your cries. He can calm the storm of the circumstances, and He can also calm the storm of anxiety within you.

God, when the storms in my life are raging, and all I see are tumultuous waves and worse-case scenarios, help me to focus my attention back on You. In Jesus' name, Amen.

Journal Your Thoughts

1. What storms have appeared out of nowhere in your life?

2. When are you tempted to believe that Jesus is sleeping on the job?

3. How have you experienced Jesus calming your storm?

The Misunderstood Caregiver

“Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus’ feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.” – John 12:3

It was less than a week before the Passover when Jesus showed up at Lazarus’ house. A flurry of activity began. Martha got busy in the kitchen preparing a feast. But Mary brought out a bottle of expensive, imported perfume.

She poured this perfume on His feet only to dry them with her hair. Her act was one of gratitude and love for the One who’d restored her brother to life. It was also an act of devotion and caregiving.

Some judged her for using the expensive perfume in this manner. They thought it was wasteful and had plenty to say about it. But Jesus instructed them to leave her alone. He knew the meaning of her service came from the heart and was meant in care of Him.

When you care for someone else, you’re washing the feet of Jesus. Others may misunderstand what you’re doing or even resent you for it, but Jesus sees your heart.

God, help me to remember that taking care of others is the same as caring for You. Open my eyes toward those You’d have me help. Give me an abundance of wisdom to know and understand their needs. In Jesus’ name, Amen.

Journal Your Thoughts

1. When have you been misunderstood by others?

2. In what ways have you washed the feet of Jesus?

3. What are you grateful to Jesus for doing in your life?

Your Future Is Bright

But Ruth replied, “Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.” – Ruth 1:16

Naomi’s husband and sons died, leaving her devastated. She had no money and no hope for the future. So, she told her daughter-in-law Ruth to go back to her own people. She hoped that the younger woman would remarry and have children.

But Ruth refused. She didn’t know what would happen in the future, but she knew she wanted to honor her mother-in-law and provide for her.

Eventually, they ended up in Bethlehem, which was part of God’s plan all along. He already had Boaz in place and knew that Ruth would glean the field. In time, Ruth would go on to become the great-grandmother of King David.

During those difficult days, she had no idea she was part of something much bigger than her present circumstances.

It’s the same in our lives. We might not know the future when we’re struggling, but we can face it with the knowledge that God is already preparing the way ahead of us, setting in motion a bright future.

God, remind me that though the direction of my life may end up on a different path than what I’d planned, it’s all still part of Your plan. Help me to trust when my faith is shaken that You’re still working. In Jesus’ name, Amen.

Journal Your Thoughts

1. What circumstances are making you question your future?

2. How have you seen God's provision in your life?

3. Who has been like a Ruth to you in your life?

The Widow of Zarephath

“For this is what the Lord, the God of Israel, says: ‘The jar of flour will not be used up and the jug of oil will not run dry until the day the Lord sends rain on the land.’”-1 Kings 17:14

During a drought across the land that brought famine, God directed Elijah to Zarephath, a village where a poor widow lived. Things were so bad for her that she was getting ready to use the last bit of her meager supplies to make one last meal. After that, she thought she and her son would die.

When Elijah told her to first make bread for him, then feed herself and her son, she was probably shocked and maybe even a little doubtful. It may have sounded crazy to her, a poor widow, to give food to a stranger when there was almost nothing left to give.

But she followed God's leading and cared for someone else. As a result of her actions, her needs were met. Elijah told her that God promised she'd never run out of flour or olive oil during the drought.

At its heart, caregiving is an act of faith. It's trusting that God will meet your needs as you meet someone else's.

God, allow me to see that You consistently exceed my physical and financial limitations in the midst of caring for others. In Jesus' name, Amen.

Journal Your Thoughts

1. How is God calling you to walk in faith?

2. When has your life looked so bleak you lost all hope for the future? What happened?

3. Have you ever done something that seemed crazy because you felt like God was leading you to do it?

It's Okay to Retreat

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." – Mark 1:35

Jesus went off by Himself to seek solitude and to pray. This action came immediately after He'd spent hours healing and ministering to others. He knew the importance of resting after a busy day of caring for others.

Seeking time alone can quiet your thoughts and help you stay focused on what's important. It allows you to keep your priorities straight.

It can be so easy to get wrapped up in caregiving that you forget to take care of your own needs. Just as Jesus had to sometimes retreat, it's okay for an exhausted caregiver to do the same.

Maybe that means you need to spend time in an activity that relaxes you, such as knitting or doing adult coloring. Perhaps you need to sit in silent communion. It could be that you need to spend some time with God reading His word. Do whatever it is that feeds your soul and refreshes you.

God, in the middle of caring for others, remind me that You are my Caregiver. You want me to take some time to withdraw from the busy demands for a period of refreshing. Help me not neglect that in my life. In Jesus' name, Amen.

Journal Your Thoughts

1. How often do you retreat to care for yourself?

2. What activities do you find refreshing or relaxing?

3. When could you schedule a time to take a break today?

Rest is Yours

“Come to me, all you who are weary and burdened, and I will give you rest.” – Matthew 11:28

Taking care of others can drain you physically as well as emotionally. It can often involve running to and from doctor’s appointments, handling insurance issues and copays, and navigating an increasingly complex medical system.

It can mean hours of being stuck in heavy traffic as you try to get from one health errand to the next. Or it can be time spent sitting while waiting for test results. Sometimes caregiving means surgical procedures or spending time with someone in hospice care.

You can be so busy caregiving that you fail to remember to rest. Yet Jesus offers rest to you. This is more than physical rest.

His rest isn’t simply a stillness of the body but a peace in the heart. It’s the quiet assurance that Jesus is with you, bearing the burdens and carrying you in His arms.

His rest changes the heaviness of the day-to-day toil. Indeed, He may not remove your challenges or heal your loved one. But His rest can offer comfort, reminding you that you’re not facing this valley alone.

God, help me to bring my caregiving burdens daily to You. Open my eyes to all the ways You care for me. Give me the refreshment and rest that only You are able to do. In Jesus’ name, Amen.

Journal Your Thoughts

1. Do you view God as your Caregiver? Why or why not?

2. What ways have you found peace or rest in the middle of difficult circumstances?

3. What Bible verses are comforting you in the middle of this valley?

Congratulations!

You completed the 7-day devotional journal!

Our hope is that you know that if you are a compassionate caregiver, you are doing Gods work. May God bless you during your difficult tasks.



Join Our Facebook Group For Friendly Accountability And Community



The Christian Women's Corner private Facebook group was created with you in mind. CWC's goal is to provide and facilitate encouragement, accountability, and community for Christian women.

The CWC private Facebook group includes both Christian Women's Corner and Good Morning Girls resources.

What is Good Morning Girls?

Good Morning Girls meets online daily to keep each other accountable in God's word and in prayer as we read through the Bible cover to cover just one chapter a day.

We're excited and hope you will join our private Facebook group to start reading the word of God daily and have the accountability to keep up this habit and read through the entire Bible with us.

To find out more about the Christian Women's Corner Facebook group, please click the green button below.

CLICK HERE

About The Author



Alicia Bowyer created Christian Women's Corner after talking to a good friend one day. They discussed how hard it was to keep up with daily prayer, Bible reading, and telling others about Jesus who didn't share their faith. She knew that some might not struggle with these three things, but many do.

She wanted to take the knowledge that she gained from over 40 years on her Christian walk and help others.

Alicia lives in Barrie, Ontario, Canada, with her family, whom she loves dearly.

To find out more, visit: www.ChristianWomensCorner.com