



Time for Me

Dear God,

I'm at the end of my rope.

I really, really need some time for me, even though this little voice keeps whispering,
“You should be able to do it all! Just try harder!”

A year ago I had two fully capable parents. Now they need me at their house most of the time.

Whenever I bring up alternative living arrangements, they get stubborn.

Add to that stress that I have a teenaged daughter who is bipolar and learning to drive.

I quit my job, thinking it would help, but I'm still grumpy and snap at everyone—

including the paper boy. I'm no fun anymore. In fact, *I* don't even like me!

I love my family. I'm constantly thinking about how I can be the perfect caregiver, and



JOY-spirations for Caregivers

yet I keep wanting some time just for me. I'm ashamed
to admit it, but I'd love to
. . . relax in the shower instead of washing and running!
. . . go to bed and sleep without waiting on the phone
to ring!
. . . have a massage at a spa.

Lord, how can I survive?

I'm listening . . .

*I love You,
Your Grumpy Child*



*Then, because so many people were coming and going that they
did not even have a chance to eat, he said to them, "Come
with me by yourselves to a quiet place and get some rest."*

—Mark 6:31



Time for Me

My Child,

It's difficult to balance caring for older parents and a family member

and meeting everyone's individual needs.

There's no time left for you
to replenish yourself.

Everyone has their limits as
a caregiver.

Knowing your limits will
help to prevent burnout.



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When Jesus asked His disciples
to follow Him, they, like you,
experienced a new lifestyle.

In their own way they, too,

were caregivers meeting multiple needs of others.

They didn't always find it easy to consider their own
health.

So Jesus said, "Come with me by yourselves to a *quiet
place*

and get some rest" (Mark 6:31).

Jesus knew that if they were to be *effective*, they needed
periodic rest and renewal.



You mentioned a massage at the spa. That would help you
to relax temporarily.

But I also invite you to come to a spa for your *soul*.





It will give you everlasting hope and *real* JOY from My
presence.

As you read My Word, you'll find restoration and
peace unlike the world offers.



JOY-spirations for Caregivers

My spa for the soul is a place of solitude, a time just for *you* and Me . . .

-  where silence will slow you down and refresh your thirsty soul.
-  where I will massage your heart with My grace.
-  where obedience will become a matter of love rather than obligation.
-  where inward solitude will have outward expressions.

My dearest child, soul-nurturing is not a luxury, and it is not optional; it is a necessity.

I am waiting to restore your soul. Come.

*I love you,
God*



Be still, and know that I am God . . .

—Psalm 46:10



Today, walk in the JOY of God's Word!

Read about Jesus calling the disciples in Matthew 4:18–22.

*And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.*

—Philippians 4:7



Time for Me



Time For Me

A quiet place,
to get some rest,
“Come with me,” He said.

But when they docked,
the need was there,
to provide the folks with care.

With Him their rest,
was in the boat,
while mine is in the chair.

—*George Richardson*

Biblical Inspiration: Mark 6:31

JOY-spirations for Caregivers

Spa for your Soul—One Day at a Time!

A clock had been running for a long, long time on the mantel piece. One day the clock began to think about how many times it would have to tick during the coming year. It counted up the seconds: 31,536,000 in one year! The old clock just got too tired and said, “I can’t do it.” It stopped right then and there.

When somebody reminded the clock that it didn’t have to tick the 31,536,000 seconds all at once but rather one by one, the clock began to run again, and everything was all right.

One day at a time, dear caregiver!

Many times every day, go to the spa for your soul. Bring your prayers before your heavenly Father and be *still* . . . *listen* . . . *linger* . . . and then enter your day JOY-filled!



Dear Caregiver, One thing that I learned as a frazzled caregiver was to purposely **S.T.O.P.** or **Start Taking Occasional Pauses.** I needed time out to be *still* with the Lord. After all my car won’t run on empty and neither can I. Being *still* even for a few minutes to pray or read a verse of Scripture connected me to the ultimate power Source, Jesus Christ, and calmed my frazzled nerves.

Annetta

