

 Topic 2 



Asking “Why Me?”

Dear God,

Why? Why? Why?

For many years we’ve been keeping a list of our
“Retirement Dreams.”

No alarm clocks . . . Hawaii . . . The Swiss Alps . . .

Always being available when friends or grandchildren
say, “Come.”

But now, his illness has changed everything.

Why, God? Why?

Where do I begin?

I’ve never had to take care of the bills before.

What if I hit the wrong button on the computer and
delete our entire account?

I used to depend on him. Now he depends on me.

Why did I take all these things for granted?

JOY-spirations for Caregivers

My intentions were good when I planned to make a notebook to keep important information in, such as whom to call to fix the furnace or how to record a program on the TV.
Why did I put that off?

I am ashamed to admit it, but I am really angry with You, God.
I have to say I resent the loss of our unfilled dreams, and I'm scared because I don't know if I'll have what it takes to do this.
How can I do everything?
What would you have me do now?

I am listening . . .

*I love You,
Your Curious Child*



*Show me your ways, O LORD, teach me your paths; guide me
in your truth and teach me, for you are God my Savior,
and my hope is in you all day long.
—Psalm 25:4–5*



Asking “Why Me?”

My Child,

Take a deep breath and relax as you come into My presence.
Pour out your burdened heart, My child. *I am your caregiver*, and I'm waiting for you.

King David didn't tiptoe into My presence but burst into
My throne room
and cried out for all the grace and power he needed.
I encourage you to come boldly, too!

As you spend time with Me, you'll find *endless hope*.
My Word is a transcript of My love and faithfulness to
all generations.

In the book of Ruth you'll read about Naomi, who also
asked, “Why? What should I do now?”
Naomi's plans changed drastically!
Soon after her family moved to a new country, her
husband and two sons died.
And even though I provided Ruth, a devoted
daughter-in-law who vowed, “Where you go I will
go, and where you stay I will stay,” Naomi was very
angry with Me.
In fact, she changed her name to Mara, meaning
“bitter.” She focused so intently on the negative that
she could not see the good plans I was working on in
her life at that time.

Faith in Me is justified in *all* circumstances.

Through many difficult circumstances, Naomi still was
a woman of deep, spiritual
understanding. Even though she did not always
respond appropriately during her time
of affliction; through it all, she acknowledged My
presence in her life.

JOY-spirations for Caregivers





You may never understand the reasons why things happen as they do.

Even My Son, Jesus, asked, “*Why?*”

He wasn’t questioning Me but expressing the deep anguish He felt as He took on the sins of the world. He endured for *your* salvation.

Focus on the JOY in Jesus’ resurrection whenever you ask “why”!

What would I have you do now? Believe and trust that:

-  I am faithful to meet your needs.
-  You are not alone.
-  I will equip you as a caregiver.
-  I will change your sadness into *real* JOY. Trust Me!

*I love you,
God*



“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you.”

—Jeremiah 29:11–12



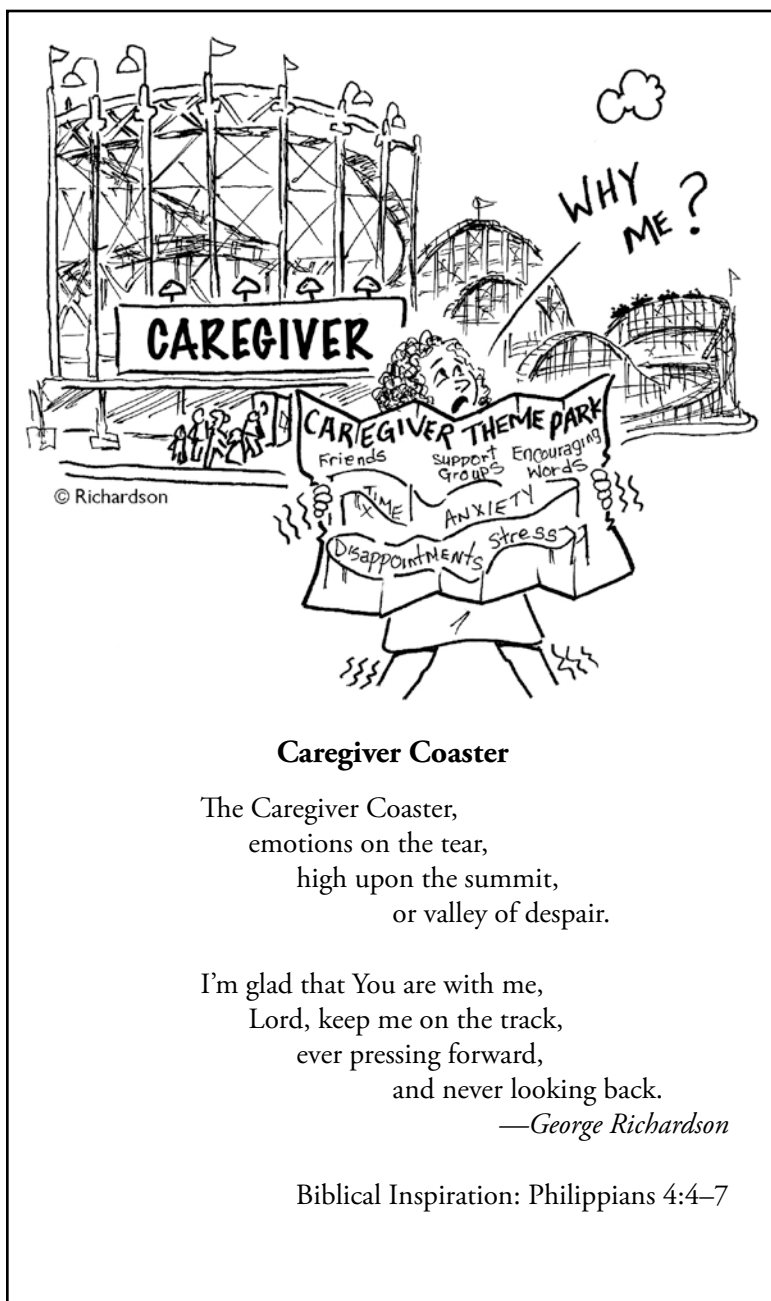
Today, walk in the JOY of God’s Word!

Read Ruth 1–4.

And at the ninth hour Jesus cried out in a loud voice, “Eloi, Eloi, lama sabachthani?”—which means, “My God, my God, why have you forsaken me?”

—Mark 15:34

Asking “Why Me?”



Caregiver Coaster

The Caregiver Coaster,
emotions on the tear,
high upon the summit,
or valley of despair.

I'm glad that You are with me,
Lord, keep me on the track,
ever pressing forward,
and never looking back.

—George Richardson

Biblical Inspiration: Philippians 4:4-7

JOY-spirations for Caregivers

Welcome to Holland

As a caregiver, have you ever compared your life to a trip that you had dreamed of taking but that suddenly took you in a different direction than you planned? That's the way Emily Pearl Kingsley described her plans before she became the parent of a Down's syndrome child. Her trip closely parallels a caregiver's emotional roller coaster ride, which can be a wonderful and memorable part of our lives even though it's challenging. Here are Emily's comments:

I am often asked to describe the experience of raising a child with a disability to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this . . .

When you're going to have a baby, it's like planning a fabulous vacation trip to Italy.

You buy a bunch of guidebooks and make your wonderful plans—the Coliseum, Michelangelo's David, the gondolas in Venice. You may even learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess announces over the intercom, "Welcome to Holland."

"Holland?" you say. "What do you mean Holland? I signed up for Italy. I'm supposed to be in Italy! All my life I've dreamed of going to Italy." But there's been a change in flight plan. They've landed in Holland, and there you must stay.

The most important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine, and disease. It's just a different

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place. So you must go out and buy new guidebooks, and you must learn a whole new language. You will meet a whole new group of people that you would never have met. It’s just a different place.

It’s slower-paced than Italy, less flashy than Italy; but after you’ve been there for awhile and you catch your breath, you look around, and you begin to notice that Holland has windmills, tulips, and Rembrandts. But everyone you know is busy coming and going from Italy, and they’re all bragging about what a wonderful time they had there. And for the rest of your life, you will say, “Yes, that’s where I was supposed to go. That’s what I had planned.”



It’s better to know and trust in the One in charge than to try to figure out “why.”



The pain of unfulfilled life plans will never go away, because the loss of the dream is a very significant loss. But if you spend your life mourning the fact that you didn’t get to Italy, you might never be free to feel the *real* JOY and beauty of being in Holland.



Dear Caregiver, We’ve asked God “why” many times, even though we believe that nothing is wasted in God’s plan. Through the years we’ve learned that it’s better to know and trust in the One in charge than to try to figure out “why.”

Annetta and Karen





Ten Ways to be a JOYful Caregiver

- C** Call for help when you need it.
- A** Attitude is everything.
- R** Remember you're not alone. Find a support group.
- E** Educate yourself about your loved one's condition.
- G** Give your best and let God do the rest.
- I** Investigate options.
- V** Value relationships.
- E** Express your feelings; don't bury them deep inside.
- R** Remember God is always with you.
- S** Smile. Humor can help you through anything.

—Carmen Leal

