

## Moments to Breathe

*Moments to Breathe* is a compilation of inspirational thoughts and prayers. The focus of this edition is on the caregiver. Future editions will center on those who may have health struggles, family problems, job concerns, or the loss of a loved one.

- If you know someone who may be facing some of life's difficult challenges, feel free to share this booklet. It is printable and easy-to-carry. Follow your printer's instruction for two-sided printing.
- Consider gifting someone with one of my feel-good novels. Links to them can be found on my website <https://kathleen-mckee.com/my-books/> and at Amazon.com.

## Sign Up

Sign up for my mailing list (top right corner of my webpage) to receive other inspirational booklets. You'll also have a chance to win one of my signed paperbacks.

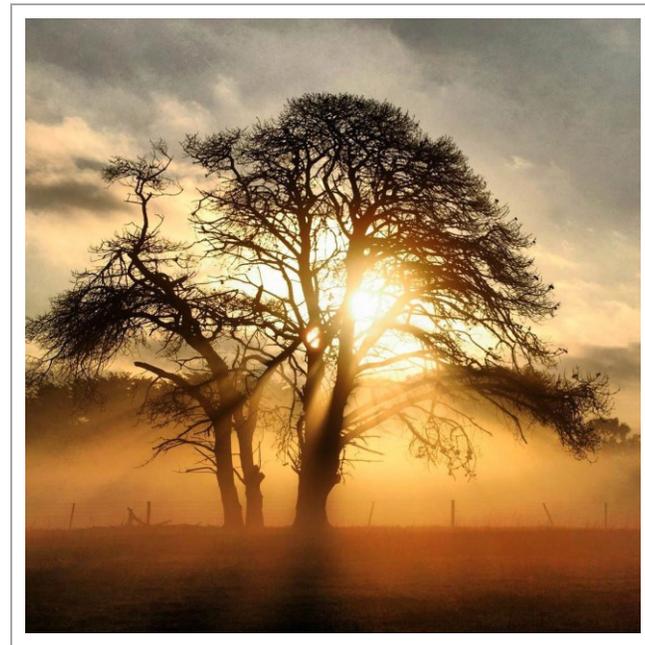
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# Moments to Breathe



**FOR A CAREGIVER**

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# Hymns of Comfort

## O God, Our Help in Ages Past



By Isaac Watts, 1674-1748

O God, our help in ages past,  
Our hope for years to come,  
Our shelter from the stormy blast,  
And our eternal home!

## Someone is Looking to You



By Author Unknown

Let your light shine wherever you go,  
Someone is looking to you!  
Brighter each day let it gleam and glow,  
Someone is looking to you!

## Spirit of the Living God



By Daniel Iverson

Spirit of the living God, fall afresh on me,  
Spirit of the living God, fall afresh on me.  
Melt me, mold me, fill me, use me.  
Spirit of the living God, fall afresh on me.

# We're Not Alone

Rosalyn Carter once said that there are four categories of people. Those who are caregivers, those who have been caregivers, those who will be caregivers, and those who will someday need a caregiver.

Simply put, we will all experience the challenges of caregiving at some point in our lives. We're not alone.

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*"From Caring comes Courage"—Lao Tzu*

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## A Time to Believe

To believe is to know the value of a nurturing heart,  
The innocence of a child's eyes  
and the beauty of an aging hand,  
for it is through their teachings we learn to love.

B.J. Morbitzer

## There is a Season

To every thing there is a season,  
and a time to every purpose under the heaven:  
A time to be born, a time to die;  
A time to plant, and a time to pluck up that which is planted;  
A time to kill, and a time to heal;  
A time to break down, and a time to build up;  
A time to weep, and a time to laugh;  
A time to mourn, and a time to dance;

Ecclesiastes 3: 1-8

# Challenges of Caregiving

## Burnout



Caregiving is exhausting. Whether we're caring for an older parent, a sick child, or even a disabled pet, each can sap our strength over time. Burnout can easily creep upon us, especially if the care becomes long-term.

## Stress



It's not uncommon to feel stress while providing care for another. The responsibilities can be overwhelming. Managing medications, meal preparation, and daily activities such as bathing or dressing take time away from our own personal needs.

## Isolation



Social activities are often curbed for the caregiver. Sleep deprivation can also occur. Caregivers may feel that they don't want to burden anyone else with the problems they're facing. And they may just need time alone if the opportunity presents itself.

# Prayers for Caregivers

## Prayer for Strength

Heavenly Father, some days I feel as if the burden of worry is too much to carry. Everything weighs heavily on me. I need your strength and loving touch. Help me to be patient, compassionate, and kind. I know You will see me through this difficult time.

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*Help me, Lord, to see the good in every moment.*

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## Prayer for Compassion

I pray, Lord, for compassion and empathy. It's easy for me to forget that many other people face difficult challenges every day. Theirs many not be the same as mine. But, surely, they feel as I do so many times.

Grant me the grace to reach out to others in loving support. Bless me with the ability to look beyond my own experience to help someone else who needs a listening ear. Gift me with an open heart and a willing spirit.

- Lead me, love me, comfort me
- Strengthen me, guide me, help me
- Hold me in your love. Amen.

# Psalms of Comfort

**Psalms 4: 2** Answer me when I call, my saving God.  
When troubles hem me in, set me free;  
Take pity on me, hear my prayer.

## Psalms 5: 2-4

Give ear to my words, O Lord;  
Understand my sighing.  
Attend to the sound of my cry,  
My king and my God!  
For to you I will pray, Lord;  
In the morning you will hear my voice;  
In the morning I will plead before you and wait.

## Psalms 9: 10-11

The Lord is a stronghold for the oppressed,  
A stronghold in times of trouble.  
Those who know your name trust in you;  
You never forsake those who seek you, Lord.

## Psalms 34: 5

I sought the Lord, and he answered me,  
Delivered me from all my fears.