

# Daily Affirmations to Nourish the Caregiver's Soul

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The love of God is given to you unconditionally. He gives you love and forgiveness freely. Being a child of God is not something you earn or deserve. This is a gift that can never, ever be taken from you. It is yours eternally.

*"For through faith you are all children of God in Christ Jesus."*

Galatians 3:26

# You Make a Difference

Daily Affirmations



So often we are the last to recognize that all we do in our caregiving truly makes a difference. Whether it's a caring touch, a smile or helping our loved one to eat, to bathe or take their medications...know that you make a difference.

Just for today, pay attention to what happens, what you do and how it impacts others...your loved one. Do you recognize how you are making a difference? Are you looking for something grander to measure yourself against or can you see that making a difference in someone else's life...the person for whom you care...is made up of hundreds of simple acts?

Consider these words of St. Teresa of Calcutta (Mother Teresa):

*"If you cannot feed a hundred people, feed one."  
"In this life we cannot always do great things.  
But we can do small things with great love."*

You are the bright light that shines in the darkness for others. Remind yourself daily that "I make a difference".

Every day is a fresh start to trust  
God and be nourished.

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# You Can Do This!

Daily Affirmations



You've got this. God's got your back.

Every single day, rise with the confidence in knowing that you are not alone...that the Lord is walking right alongside you. And someday, whether you realize it or not, when you need Him the most He is carrying you.

How do you know? God's own words assure us:

*"I command you: be strong and steadfast! Do not fear nor be dismayed, for the Lord, your God, is with you wherever you go."* Joshua 1:9

People may let you down. You may feel abandoned in the work you do. But God will never let you down. Remind yourself daily that you have what you need, the Lord is accompanying you and, "I can do this".

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# I Have a Heart Filled with Gratitude

## Daily Affirmations



Have I forgotten to take inventory of how my needs are being met today?

Caregiving can blind us sometimes to the goodness surrounding us, even in the midst of the most chaotic of days. That's perfectly normal!

So, make a pact with yourself right now. Say, "I will acknowledge the goodness in my life just for today. I will look around me and be happier today when I seek to see the good in even the tiniest of words, smells, experiences or touches. And, I realize that God blesses me in a multitude of ways each and every day."

*"Give thanks to the Lord, who is good, whose love endures forever."*

1 Chronicles 16:34

Today I will focus on what I have versus what I lack. I will count my blessings. And in doing these things, "I am grateful".

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# I Am Good Enough

## Daily Affirmations



You may feel that you should be doing more. You may be thinking that you could do better. Are you being too demanding of yourself?

Caregivers often face more tasks than any human can possibly handle in a single day, often accompanied by physical challenges, emotional impacts or spiritual setbacks. How much is good enough?

Consider for a moment:

*"And whatever you do, in word or in deed, do everything in the name of the Lord Jesus."* Colossians 3:17

Today I will reset my expectations of me! I will take small steps and do the best I can...even if I don't do all that much. All that I do today will be done in love and in the name of Jesus. Today I will repeatedly tell myself, "I am doing my best and that is good enough".

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# Just As I Forgive Others, I Forgive Me

## Daily Affirmations



The person you will be the hardest on throughout your caregiving journey will most likely be you. And of all the people you've forgiven, the hardest to sometimes is to forgive yourself. Yet, God has already forgiven you.

Forgiveness starts with you. Acknowledge your mistakes and let them go. Be as compassionate with yourself as you are to others and to your loved one.

Reflect for a moment:

*"Be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ." Ephesians 4:32*

You are trying to do the right thing. God knows this to be true. And, He also forgives you. Today prayerfully make time in a quiet space and reflect upon what is weighing you down, then say, "I forgive me" ...then let it go.

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# I Have Just Enough

## Daily Affirmations



Just for today, believe that everything you need will be provided. Believe that God knows your pain, your fears and the challenges you will face today...and that He will give you what you need to move through whatever the day brings.

Reflect for a moment on the Lord's prayer. Pray it out loud or in the quiet of your heart, and listen to how it makes your needs known. What have you asked for? How much do you need? The answer is just enough for today.

*"Give us today our daily bread." Matthew 4:32*

Daily, God nourishes you. Be confident in knowing that you will receive just what you need...not more and not less. Today remind yourself, "I have what I need for whatever today brings to me."

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# Indeed, I am Worthy

## Daily Affirmations



One of the biggest lies you can tell yourself is that you are not worthy of... (finish the sentence). Let's be clear. You are worthy.

Now, if you are looking for this validation from others, you may be waiting a while. It's not that they don't see how precious you are. Rather, it's often a case of taking you and what you do for granted. Or, they believe you know how much they appreciate you already ... so no need to say it out loud.

God measures our worth differently than humans do. He values us more than anyone else can. He demonstrates how much He values you in the incredible gift He's given.

*"For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life." John 3:16*

You are loved. You are worthy of love and goodness. Today say out loud, "I am worthy."

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# I Will Accept All That I Cannot Change

## Daily Affirmations



The Serenity Prayer is one of the most beloved prayers chosen by millions to recite daily. It starts with acceptance and ends with a promise of happiness.

*"God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.*

*Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as He did, this sinful world  
as it is, not as I would have it;  
trusting that He will make all things right  
if I surrender to His Will;  
that I may be reasonably happy in this life  
and supremely happy with Him  
forever in the next.*

*Amen.*

This beautiful prayer gives you 6 truths. 1) You cannot change other people, places or things. 2) The only thing you can change is YOU. 3) Hardships will come into your life. 4) Surrender to God is not only good but is required. 5) Living one day at a time is essential. And, 6) Happiness is promised to you. Today find peace in your life by saying, "I accept the things I cannot change."

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# I Am Entitled to My Happiness

## Daily Affirmations



Ever feel guilty stepping away from your caregiving to just relax, to laugh and be happy?

What if you looked at joy as medicine to sustain you? Think about that for a minute.

Humor, laughter, and happiness are desired for you by God. It is! When you lean on your faith, you not only have the ability to cope but also permission to be joyful without feeling guilty.

Scripture is clear on having a joy-filled spirit:

*"A joyful heart is the health of the body, but a depressed spirit dries up the bones."  
Proverbs 17:22*

Fill your soul with happiness. Set an intention to laugh and find another with whom to share a laugh. Today remind yourself, "I am entitled to laughter and to be happy."

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# My Health is Important Too

## Daily Affirmations



Your good health is required to be able to care well for your loved one.

So, how are you maintaining your emotional, physical and spiritual health? Do you carve time out for to read, to smell the flowers, to visit with a friend or to keep up with your own doctor appointments? Jesus intentionally carved out time to rest, to take care of His emotional and physical health...and you have that ability, the power to make the same healthy choices.

*"Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering." 3 John 1:2*

*"Do you not know that you are the temple of God, and that the Spirit of God dwells in you?" 1 Corinthians 3:16*

Make a commitment to care for you. Today remind yourself, "I have the power to make healthy choices."

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Thank you for allowing us to come  
alongside you  
**to**  
nourish you on your  
caregiving journey.

We leave you with this  
message of hope.

## You Are Always in the Company of Christ

It may seem that you are alone. But, you are not. When you are tired, feeling lost and abandoned, it is then that Christ comes and carries you. You may not recognize it at the time. But in your moments of greatest despair, Christ lovingly carries you, never leaving your side. Rest in this truth as you read, "Footprints in the Sand" written by Mary Fishback Powers.

*One night I dreamed a dream.  
As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,  
One belonging to me and one to my Lord.  
After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.*

*This really troubled me, so I asked the Lord about it.  
"Lord, you said once I decided to follow you,  
You'd walk with me all the way.*

*But I noticed that during the saddest and most troublesome times of my life, there was only one set of footprints.  
I don't understand why, when I needed You the most, You would leave me."*

*He whispered, "My precious child, I love you and will never leave you Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you."*

Today be confident in knowing, "I am not alone."

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