

DAILY COMPANION FOR CAREGIVERS

MINUTE MEDITATIONS FOR EVERY DAY
CONTAINING A SCRIPTURE OR
INSPIRATIONAL READING,
A REFLECTION, AND A PRAYER

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HEREFORE, since we have such hope, **JAN.**
we act with complete confidence.

—2 Cor 3:12 **21**

Act boldly in love

REFLECTION. One of the attributes of caregivers is that when it's time to act they act. Even when the patient may not want the medicine the caregiver knows what's best.

God is the ultimate caregiver and He commands that we have a "Sabbath" each week. It may be a bold move to take a day off each week to spend in worship, with family, and for relaxation, but the Chief caregiver commands it.

PRAYER. *Abba, Father, may my actions of love be bold and frequent.*



OR the Lord watches over the way of the **JAN.**
righteous. —Ps 1:6 **22**

God is aware of your sacrifice

REFLECTION. People who serve out of love don't count the cost. There are those times when we ask the question, "Is it all worth it?" The Catholic answer is a resounding "YES."

No act of love or service is ever wasted in the eyes of God, no matter how small it may be. When you are tempted to get down on yourself or life, remember His abundant love.

PRAYER. *Jesus, save me from despair when life and service seem too difficult to continue.*



ENLISTED as a Marine to serve my country
and to protect the freedom of others.

—William Beaugard, USMC

FEB.
14

Thank God for those who serve in our military

REFLECTION. Military service offers a very concrete way to put our ideals into practice. It's easy to speak about freedom, liberty, and independence and quite another to put our lives on the line for what we believe.

Thank God for those who choose to serve no matter what job they have within the military. Whenever you can, thank those who serve for their service.

PRAYER. *Lord, may I never take for granted the price paid by others for our freedom.*



HE apostles gave him the name
Barnabas, meaning “son of encour-
agement.”

—Acts 4:36

FEB.
15

Service through our words

REFLECTION. If people were to name you by one of your most prominent characteristics, hopefully it wouldn't be; “she who gossips” or “he who is lazy!”

How affirming it was to this man named Joseph that the apostles renamed him “Barnabas” because he was so encouraging.

PRAYER. *Jesus, may I be more encouraging of others, even those who I may not like.*



LOVE casts out fear, but we have to get over the fear in order to get close enough to love them.

—Dorothy Day

JULY
25

What separates us from others?

REFLECTION. Dorothy Day is considered a Saint by those who knew her and saw the love she showed to the poor on the lower East Side of New York. Her quote does give us reason to pause and reflect on why we may be hesitant to reach out to others.

Perhaps we need the eyes of faith to see others, even those who may appear strange to us, as our brothers and sisters in need of love.

PRAYER. *Lord, help me cast off any fear that I may have when it comes to caring for others.*



AFTER saying this, he breathed on them and said, "Receive the Holy Spirit."

—Jn 20:22

JULY
26

God's life within us

REFLECTION. While the Holy Spirit is part mystery, we can look at what He has done throughout the Scriptures. Whenever the Holy Spirit shows up He seems to be empowering people for witness.

When we think life has become too much it's then that we need to ask the Holy Spirit to empower us for our work.

PRAYER. *Holy Spirit, Advocate, empower me to accomplish the mission which Jesus has given me.*



N UNSPIRITUAL person refuses to accept what pertains to the Spirit of God.

—1 Cor 2:14

**AUG.
12**

A different lens

REFLECTION. Catholics are not necessarily smarter or better than others, but we do view the world through a spiritual lens. God made everything good, so we have a sacramental view that informs us that God can come to us through beauty, truth, and goodness.

Ask the Holy Spirit to continue to enlighten you to the will of God so that you may see others and circumstances through His eyes.

PRAYER. *Holy Spirit, stir within me so I may see others and myself as a means of God's grace.*



UT we possess the mind of Christ.

—1 Cor 2:16

**AUG.
13**

The boldest words in Scripture

REFLECTION. St. Paul was a man on a mission. He had encountered the risen Lord and gave his life to tell others that Jesus was God. In a bold statement he says, “we possess the mind of Christ.”

To possess the mind of Christ is to think and discern from the perspective of Jesus. Spend time with Scripture, adoration, and studying the teaching of the Church, and you will develop the mind of Christ.

PRAYER. *Lord, help me see life from Your perspective so I may act like You.*