

ROOTED CAREGIVER

Scriptures for the Weary Caregiver



*A 7-Day Devotional to
Restore Your Heart and Soul*

BY ANNA TEAL

How to Use This Devotional



- Read one devotion per day, allowing time to reflect and pray.
- Write your thoughts or prayers in a journal if you like.
- Share these encouraging scriptures with other caregivers.
- Return to this kit whenever you need a reminder of God's unfailing love.



Day 1

Rest in His Presence



Scripture:

“Come to me, all you who are weary and burdened, and I will give you rest.” – Matthew 11:28

Reflection:

As a caregiver, your heart carries heavy burdens, but Jesus invites you to lay them down and find true rest. You don't have to carry this alone — He's ready to refresh your soul.

Prayer:

Lord, I come to You weary and worn. Please renew my strength and give me Your peace. Amen.



Day 2

Strength for the Weary



Scripture:

“He gives strength to the weary and increases the power of the weak.” – Isaiah 40:29

Reflection:

When exhaustion from caregiving for others overwhelms you, God’s strength steps in. Your weakness is the stage for His power to shine through. Trust Him to carry you today.

Prayer:

God, fill me with Your strength when I feel weak. Help me rely fully on You. Amen.



Day 3

Peace Beyond Understanding



Scripture:

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” – Philippians 4:7

Reflection:

Anxiety and stress may press in, but God’s peace is a shield for your heart and mind. Rest in His calming presence even when circumstances are hard.

Prayer:

Lord, guard my heart and mind with Your peace today.
Help me to trust You fully. Amen.



Day 4

God's Ever-Present Help



Scripture:

“God is our refuge and strength, an ever-present help in trouble.” – Psalm 46:1

Reflection:

Caregivers experience endless tough days, but God is right there with you — your refuge and strength. You don't face this journey alone; He is by your side every step.

Prayer:

Thank You, God, for being my refuge. Help me feel Your presence when I am overwhelmed. Amen.



Day 5

Renewed Like the Eagle



Scripture:

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles.” – Isaiah 40:31

Reflection:

Hope in the Lord isn't passive — it fuels renewal. When you feel drained, look to God to lift you up and help you soar anew.

Prayer:

Lord, renew my strength. Help me to keep hoping in You. Amen.



Day 6

Casting Your Cares



Scripture:

“Cast all your anxiety on Him because He cares for you.”

— 1 Peter 5:7

Reflection:

Caregiving can be lonely, but while you're caring for others, rest assured that God cares for you.

Prayer:

God, I give You my worries and fears. Thank You for caring so deeply for me. Amen.



Day 7

The Lord is Near



Scripture:

“The Lord is near to the brokenhearted and saves the crushed in spirit.” – Psalm 34:18

Reflection:

When your spirit feels crushed and your heart broken, God is near. His love wraps around you, healing and restoring your soul one moment at a time.

Prayer:

Lord, thank You for being close when I’m hurting. Heal my heart and lift my spirit today. Amen.

