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ALZHEIMER'S & DEMENTIA
RESOURCE CENTER



Renewed Care

A 52-Week Devotional for Dementia Care Partners

2026 Edition
Alzheimer's & Dementia
Resource Center (ADRC)
Caring & Learning Together



A Note from Our Executive Director

DEAR CARE PARTNER,

Each day you live the mission of care that ADRC stands for: one act of love, one decision of patience, one step of courage at a time.

This devotional is meant to meet you where you are in the reality of care. Sometimes you will be weary, sometimes you will be hopeful, but please remember you are held by a God who created you and loves you. He also created the person you are caring for and He loves them as well.

May this devotional bring renewal to your spirit and a steady reminder that your care matters: deeply, daily, and eternally.

With gratitude,
Caring & Learning Together,

Derwin Anderson

Executive Director
Executive Director, Alzheimer's &
Dementia Resource Center (ADRC)

Renewed Care: A 52-Week Devotional for Dementia Care Partners

January 2026 Edition
Alzheimer's & Dementia Resource Center (ADRC)
Caring & Learning Together
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Dedication

For every care partner who rises each day to love, listen, and lead with compassion, this is for you.

A Note from Our Executive Director

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Introduction — A Year of Steadfast Care

Caregiving for a loved one living with Alzheimer's or another dementia is one of the most sacred and demanding callings there is. This devotional offers weekly moments of renewal. It isa place to breathe, reflect, and reconnect to your spiritual center.

Each week provides a verse, reflection, and a practical *Care in Action* step so that faith and daily caregiving intertwine.
You can begin at any point in the year or follow week by week beginning in January 2026.
Take a few quiet minutes each Sunday to read, reflect, and restore your strength for the week ahead.

How to Use This Devotional

- Read one devotion each week.
- Keep a small journal to record prayers or insights.
- Share reflections with a support group or trusted friend.
- Use *Care in Action* as a focus point to practice small, meaningful change each week.

The Four Pillars of Care

Advocacy — Standing for those who cannot speak for themselves. *(Proverbs 31:8-9)*
Dignity — Seeing the divine image in every stage of life. *(Genesis 1:27)*
Resources — Recognizing that strength and wisdom flow through both faith and community. *(Philippians 4:19)*
Care — Living compassion daily, not perfectly but faithfully. *(Galatians 6:9)*

January 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Pre-Week — A Foundation for the Journey

(January 1 – 3 | Theme: Wholistic Care)

Scripture: Mark 12 : 30–31 (NIV)

> "Love the Lord your God with all your heart and with all your soul
> and with all your mind and with all your strength.
> The second is this:
> 'Love your neighbor as yourself.'
> There is no commandment greater than these."

Reflection

A new year begins, and with it comes the invitation to approach caregiving with wholistic love. Jesus names a love that fills the entire self: heart, soul, mind, and strength. This love then flows outward toward others. These verses form the foundation of the year ahead, shaping how you care, advocate, honor dignity, and receive resources.

Loving God with your heart anchors your emotions in His steady presence when days feel heavy.

Loving God with your soul reminds you that caregiving is sacred work, holding eternal value even in small tasks.

Loving God with your mind helps you learn, seek support, ask questions, and advocate wisely.

Loving God with your strength sustains you physically and practically, reminding you that God's power supplements your limits.

And then comes the second command: love your neighbor as yourself. This tender balance calls you to care without forgetting your own wellbeing. Wholistic love honors both the one you care for and the one who is caring.

Let these three days prepare you for the year ahead. Let this be a year of compassion, dignity, clarity, and provision woven together through God's faithful presence.

Care in Action:

Choose one small practice to nurture each part of yourself over the next three days. Keep it simple and sustainable.

Prayer:

Lord, teach me to love You with every part of who I am and to love others from a place of wholeness. Prepare my heart, body, and mind for the journey ahead. Amen.

Journal Prompt:

Which area (heart, soul, mind, or strength) needs the most care as you begin this year? How will you honor that need?

Week 1 — The Strength for Today

(January 4 – 10 | Theme: Care)

Scripture: Isaiah 40:31 (NIV)

> "But those who hope in the Lord will renew their strength.
> They will soar on wings like eagles;
> they will run and not grow weary,
> they will walk and not be faint."

Reflection
Caregiving can feel like an endless relay race in which the baton never changes hands. One moment you feel steady, and the next you are worn thin by decisions, appointments, or sleepless nights. Isaiah's promise meets you in that fatigue: renewal is not found in sheer effort but in hope. Hope is the quiet posture of the soul that waits, trusts, and believes that God will meet you again tomorrow.

Renewal rarely looks dramatic. Sometimes it comes through five minutes of stillness before sunrise or through the laughter of someone offering help. It is the spiritual oxygen that keeps a caregiver breathing when schedules, bills, or emotions press in.
Waiting on God is not idleness; it is choosing to root your strength in something steadier than circumstance.

If today feels heavy, pause long enough to notice your own heartbeat and whisper gratitude for its rhythm. God is near even in exhaustion. His strength rises within you like air beneath an eagle's wings.

Care in Action:
Before each caregiving task today, pause for three deep breaths. With each exhale, softly say, “Renew my strength.”

Prayer:
Lord, when I reach the end of myself, let me find the beginning of You. Teach me to lean on Your steady strength. Amen.

Journal Prompt:
Where did you feel a small spark of renewed strength this week?

Week 2 — The Image That Remains

(January 11 – 17 | Theme: Dignity)

Scripture: Genesis 1:27 (NRSV)

> “So God created humankind in his image, in the image of God he created them; male and female he created them.”

Reflection
When memory fades and language falters, it can feel as though the person you love is slipping away. Yet Scripture insists that the divine image does not erode. The reflection of God remains intact beneath confusion, silence, or forgetfulness.

Dignity is not earned by productivity or personality. It is bestowed by the Creator and sealed into every soul. Each act of kindness declares that the image still remains. It can be a gentle touch, a slow meal, or a moment of patience In dementia care, dignity is discovered not in perfect understanding but in faithful presence.

Resist the temptation to focus only on what has been lost. Look instead for glimpses of what endures: a familiar smile, a moment of calm, a trace of faith in a well-loved hymn. When you honor that spark, you honor God Himself.

Care in Action:
Look into your loved one’s eyes and speak a blessing or affirmation, even if comprehension seems gone.

Prayer:
Creator God, open my eyes to see Your image in every face I care for. Let my hands honor the sacred worth You placed in each life. Amen.

Journal Prompt:
Recall a moment when your loved one’s dignity was evident despite memory loss.

Week 3 — Standing in the Gap

(January 18 – 24 | Theme: Advocacy)

Scripture: Proverbs 31:8–9 (ESV)

> "Open your mouth for the mute, for the rights of all who are destitute.
> Open your mouth, judge righteously, defend the rights of the poor and needy."

Reflection
Advocacy is love with a voice. For caregivers, that voice often speaks when another cannot through clarifying medication, questioning a bill, or ensuring comfort and fairness. Scripture frames advocacy not as argument but as righteousness: doing what is just for the vulnerable.

To stand in the gap means you place yourself between need and neglect. You represent someone's dignity before others. That might look like asking for a second opinion, challenging an assumption, or calmly reminding a team that a person's story matters.

When discouragement whispers that your efforts do not matter, remember: God sees every conversation, every phone call, every protective prayer. He equips you with courage equal to the moment.

Care in Action:
Identify one area where your loved one needs stronger advocacy. Take one step this week toward that goal.

Prayer:
God of justice, give me a voice both strong and gentle. Let my actions create safety and my heart remain anchored in compassion. Amen.

Journal Prompt:
How has advocacy stretched or strengthened your faith?

Week 4 — Help for the Journey

(January 25 – 31 | Theme: Resources)

Scripture: Philippians 4:19 (NIV)

> "And my God will meet all your needs according to the riches of his glory in Christ Jesus."

Reflection
Many caregivers secretly carry the weight of self-reliance: *I should be able to handle this.* Paul's assurance gently dismantles that myth. Provision is God's specialty, not ours. His resources include encouragement, community, and creative problem-solving as much as finances or time.

Help often arrives in unexpected wrappings: a nurse who listens, a neighbor who brings soup, an ADRC volunteer who calls at the right moment. Receiving these gifts is not weakness; it is wisdom. To accept help is to admit caregiving was never meant to be a solo mission.

Ask yourself where pride or fear has kept you from receiving support, then invite God to widen your view of His provision.

Care in Action:
Contact one person or organization and explore a tangible way to lighten your load this week.

Prayer:
Gracious Provider, thank You for meeting my needs in ways I often overlook. Teach me to receive help with humility and gratitude. Amen.

Journal Prompt:
List three unexpected ways God provided for you this month.

End-of-Month Reflection — Moments of Awareness & Connection

As January closes, notice what these weeks have taught you: strength that comes from hope, dignity that outlasts memory, advocacy that mirrors God's justice, and provision that reminds you you are never alone. These lessons weave together into a rhythm of resilient, faithful caregiving.

Key awareness connections:

- February – National Caregivers Awareness Month
- June – Alzheimer's & Brain Awareness Month
- September – World Alzheimer's Month & Grandparents Day
- November – National Family Caregivers Month

Each observance is an invitation to tell your story, share a resource, and celebrate progress. You are part of a global fellowship of care.

February 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 5 — Small Steps of Grace

(February 1 – 7 | Theme: Care)

Scripture: Galatians 6:9 (NIV)

> "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Reflection
Caregiving rarely offers instant reward. You tidy, lift, soothe, schedule, and repeat, often without visible change. Paul's reminder breathes endurance into the long obedience of love: goodness bears fruit in its season. Your consistent presence in the gentle word, the calm redirection at each meal, plants unseen seeds of peace.

Each small act matters. When you feel you are doing the same thing for the hundredth time, picture God gathering those moments into a harvest of comfort.
The reward is not applause; it is the quiet confidence that love mattered. Grace works slowly but surely, like sunlight coaxing blooms.

This week, trade the pressure of perfection for the practice of perseverance. The goal is not flawless care; it is faithful care.

Care in Action:
Choose one routine task you often rush. Do it slowly, gratefully, and prayerfully today as a gift rather than a duty.

Prayer:
Lord, steady my hands and heart when routine feels endless. Remind me that every act of care is sacred work. Amen.

Journal Prompt:
Which repeated act of care feels most draining? How might you see it as planting good seed?

Week 6 — The Quiet Honor of Presence

(February 8 – 14 | Theme: Dignity)

Scripture: Psalm 139 :13–14 (NRSV)

> "For it was You who formed my inward parts; You knit me together in my mother's womb. I praise You, for I am fearfully and wonderfully made."

Reflection
When cognition changes, the world can shrink. Yet this psalm insists that every life remains exquisitely crafted. Even when awareness fades, divine artistry endures. Honoring dignity means noticing what still delights or comforts. Dignity is found in a familiar song, the scent of coffee, or sunlight through a window.

These small recognitions tell your loved one, *you are still wonderfully made.* As Valentine's Week invites expressions of love, practice love that expects nothing in return. A soft tone, a gentle smile, or patient silence can say more than correction ever could.

Care in Action:
Play a favorite song or read a cherished passage aloud. Watch for subtle responses in a breath, a glance, and in calmness. Don't forget to thank God for all of them.

Prayer:
Creator of life, help me see Your craftsmanship in every stage of being. Teach me to honor the beauty that remains. Amen.

Journal Prompt:
Describe a moment when simple presence spoke louder than words.

Week 7 — A Voice of Calm in the Chaos

(February 15 – 21 | Theme: Advocacy)

Scripture: James 3:17 (ESV)

> "The wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere."

Reflection
Advocacy is not always loud. Sometimes it is the calm explanation that softens a hurried nurse, the patient question that changes a plan, or the steady insistence that your loved one be treated kindly. James calls this heavenly wisdom "peaceable and gentle." Those qualities make advocacy effective.

When frustration rises, take a sacred pause before speaking. Ask God to season your words with both truth and grace. Gentle strength persuades where anger alienates. Your composure can transform tension into teamwork.

You are not merely navigating systems; you are modeling divine wisdom in a place that needs it.

Care in Action:
Before a difficult conversation, read James 3:17 aloud. Let it shape your tone and pace.

Prayer:
God of wisdom, guard my tongue and temper. Help me advocate with grace that builds bridges, not walls. Amen.

Journal Prompt:
Recall a recent time when calm communication made a difference. What did you learn?

Week 8 — Rest That Renews

(February 22 – 28 | Theme: Resources)

Scripture: Matthew 11:28–29 (NIV)

> "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

Reflection
True rest is more than sleep; it is soul-level release. Jesus' invitation speaks directly to caregivers who carry mental lists, emotional worry, and physical fatigue.
He does not promise fewer tasks but lighter hearts. Rest begins when we stop pretending we must control everything.

Think of rest as partnership. A yoke joins two animals so the load is shared.
Christ invites you to let Him shoulder the emotional weight, the grief, the guilt, and all of the uncertainty.
When you rest in Him, you rediscover perspective and peace.

Care in Action:
Block thirty minutes of quiet this week that includes no chores or phone time. Use that time to breathe, pray, or simply be.

Prayer:
Jesus, teach me to rest in Your gentle strength. Carry what I cannot and renew my spirit for the work ahead. Amen.

Journal Prompt:
What boundary could help you protect sacred time for renewal?

End-of-Month Reflection — Moments of Awareness & Connection

February highlights love and relationships, reminding caregivers that compassion is not a holiday but a daily calling. This month's readings showed how love perseveres through fatigue, honors dignity, speaks with wisdom, and accepts divine rest.
Together they form a rhythm of sustainable care.

Key awareness moments:

- February – National Caregivers Awareness Month
- March – Brain Injury Awareness Month
- June – Alzheimer's & Brain Awareness Month
- September – World Alzheimer's Month & Grandparents Day
- November – National Family Caregivers Month

March 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 9 — When Compassion Feels Costly

(March 1 – 7 | Theme: Care)

Scripture: 2 Corinthians 12:9 (NIV)

> "My grace is sufficient for you, for my power is made perfect in weakness."

Reflection
Some weeks the call to care feels heavier than your heart can hold. You begin the day intending patience, but fatigue and grief creep in. Paul reminds us that grace is not a prize for the strong; it is strength for the honest.

Grace looks practical: taking a breath instead of snapping, letting someone else drive to the appointment, forgiving yourself for losing patience. God works through cracks as well as competence. When you confess your limits, you create space for divine supply.

Care in Action:
Name one task or emotion you cannot manage alone. Ask for help from God first and then from other people.

Prayer:
God of mercy, remind me that Your grace fills the gaps my strength cannot. Turn fatigue into faith. Amen.

Journal Prompt:
Where have you seen unexpected strength appear after admitting weakness?

Week 10 — The Sacred Story Beneath the Silence

(March 8 – 14 | Theme: Dignity)

Scripture: Isaiah 46:4 (NRSV)

> "Even to your old age I am he; even when you turn gray I will carry you."

Reflection
As dementia advances, conversation shrinks and memory unravels, yet God still carries the story. Every wrinkle and glance holds chapters of a life beloved by Him.
Each time you handle fragile skin gently or recall aloud a shared memory, you participate in that sacred narrative.

Dignity means believing the story continues even when words fail. Being known by God never depends on recall; His remembering is perfect enough for both of you.

Care in Action:
Share one cherished story about your loved one with family or friends this week.

Prayer:
Faithful God, thank You for carrying the stories we cannot remember. Let every act of care retell Your love. Amen.

Journal Prompt:
Write a brief memory from your loved one's life that reveals their character or joy.

Week 11 — The Courage to Speak Up Kindly

(March 15 – 21 | Theme: Advocacy)

Scripture: Micah 6:8 (ESV)

> "He has told you, O man, what is good; and what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?"

Reflection
Advocacy joins justice, kindness, and humility in one motion. It takes courage to question authority without hostility and to seek fairness with grace. True advocacy begins in humility and aims for restoration, not confrontation.

Before each interaction, pray for a spirit that values people more than positions.
When your voice trembles, remember that God values advocacy that mirrors His own where truth is spoken through compassion.

Care in Action:
Before your next meeting about care, write three clear goals and pray, "Lord, help me speak truth in love."

Prayer:
God of justice and peace, steady my voice so it honors You. Let every word I speak defend dignity, not ego. Amen.

Journal Prompt:
Recall a time you advocated effectively. What qualities helped you most?

Week 12 — Enough for Today

(March 22 – 28 | Theme: Resources)

Scripture: Lamentations 3:22–23 (NIV)

> "Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness."

Reflection
Caregivers often measure days by what was left undone. Lamentations whispers a gentler rhythm: God's mercy resets every sunrise. You do not have to stockpile strength for tomorrow; you only need enough for today.

Notice small provisions in a friend's text, a moment of humor, and the evening's quiet voice. These are refills of grace. Tomorrow will bring its own supply.

Care in Action:
Each morning, name one mercy already present before the day begins. Let gratitude become your first task.

Prayer:
Faithful Lord, thank You that Your compassion never runs dry. Teach me to draw from today's well instead of tomorrow's worry. Amen.

Journal Prompt:
What "new mercy" surprised you recently?

End-of-Month Reflection — Moments of Awareness & Connection

March invites sustainable compassion and grace for yourself as well as those you serve. This month's readings moved from weakness to renewal, from fading memory to eternal worth, from quiet courage to daily mercy.

Awareness moments:

- March – Brain Injury Awareness Month
- April – Stress Awareness Month
- June – Alzheimer's & Brain Awareness Month
- September – World Alzheimer's Month & Grandparents Day
- November – National Family Caregivers Month

April 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 13 — When Patience Runs Thin

(March 29 – April 4 | Theme: Care)

Scripture: Colossians 3:12 (NIV)

> "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."

Reflection
Patience can feel like the rarest virtue in caregiving. The day starts calmly but repetition or resistance can fray even the kindest heart. Paul's instruction to "clothe yourselves" with patience suggests it is something you put on daily.

Think of patience as protective clothing for the soul. You dress in it before the day begins. This does not mean you will not feel irritation; it means you choose your response. When you fail, grace waits. Start again. Every small reset builds endurance shaped by kindness.

Care in Action:
Before rising each morning, pray Colossians 3:12 aloud, imagining each virtue as a garment of peace.

Prayer:
Lord, wrap me in Your gentleness when my spirit feels raw. Make patience my natural response, not my last resort. Amen.

Journal Prompt:
What situations test your patience most? What helps you slow your reactions?

Week 14 — The Beauty of Small Joys

(April 5 – 11 | Theme: Dignity)

Scripture: Philippians 4:8 (NRSV)

> "Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable—think about these things."

Reflection
Dementia can narrow attention to what is hard, but Paul invites focus on what is still good. Dignity flourishes when we notice beauty in the ordinary things. It can be experienced in the warmth of a hand, steady breathing, or a flicker of recognition.

By attending to what remains lovely, you restore honor to moments that might otherwise feel clinical. Joy does not erase grief; it interrupts despair long enough to remind you that God's goodness still threads through the day.

Care in Action:
Record three glimpses of beauty you notice in your loved one or surroundings this week.

Prayer:
God of grace, train my eyes to see what is good and worthy of praise. Let gratitude guard my heart. Amen.

Journal Prompt:
List today's small joys. How did noticing them change your mood?

Week 15 — The Power of a Steady Word

(April 12 – 18 | Theme: Advocacy)

Scripture: Proverbs 15:1 (ESV)

> "A soft answer turns away wrath, but a harsh word stirs up anger."

Reflection
Navigating professionals or family disagreements requires discipline of tone as much as conviction. A calm word can accomplish more than an angry one. Softness signals that you seek solutions, not victory. Your voice gains influence when others feel respected by it.

Before a hard conversation, breathe and pray for composure. Remember that you represent not only your loved one but also the dignity of caregiving itself.

Care in Action:
When tension rises, lower your voice and pause three seconds before replying.

Prayer:
Spirit of peace, place a guard over my lips. Let truth and kindness travel together whenever I speak. Amen.

Journal Prompt:
Describe a time when gentleness turned conflict into cooperation.

Week 16 — Provision in the Unplanned

(April 19 – 25 | Theme: Resources)

Scripture: Psalm 23:1–3 (NIV)

> "The Lord is my shepherd, I lack nothing.
> He makes me lie down in green pastures,
> He leads me beside quiet waters,
> He refreshes my soul."

Reflection
Unexpected events like falls, medical calls, and emotional collapses can shake even experienced caregivers. David's words remind us that provision often appears *in* disruption, not apart from it. The Shepherd does not always remove rocky paths but guides us through them toward new stillness.

Provision means presence as much as supply. God's leading hand arranges timing and people in ways unseen. Look back over the last crisis; can you trace quiet guidance amid the chaos? That memory becomes faith's evidence for the next storm.

Care in Action:
Write three ways God or others provided during a past emergency. Keep that list for the next anxious day.

Prayer:
Shepherd of my soul, thank You for guiding me through confusion. Help me recognize Your provision disguised as interruption. Amen.

Journal Prompt:
What recent "unplanned" event revealed unexpected help or wisdom?

Week 17 — Provision in the Unplanned

(April 26 - May 2 | Theme: Resources)

Scripture: Isaiah 46:3–4 (NIV)

> "You whom I have upheld since your birth and have carried since you were born, even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you."

Reflection

Dementia changes how a person communicates and remembers, but it never changes their God-given worth. The value God gave at birth is the value He carries into old age. Nothing about cognitive decline diminishes the beauty God placed within your loved one.

Dignity is not measured by memory or independence but by divine ownership. I have made you and I will carry you. Their identity is not lost in confusion; it is held securely by God.

This truth shapes how you care. When questions repeat or basic tasks require help, you can remember that their story is still known and treasured by the Lord. Each act of care becomes a way of honoring a soul He deeply loves.

Care in Action:

Speak your loved one's name aloud today with intention. Pair it with a statement of value such as, "You are precious," or, "You matter deeply." Even if they cannot respond, honor rises in the room when dignity is spoken.

Prayer:

Lord, thank You for sustaining us from birth through every stage of life. Help me see the sacred worth You have placed in the one I care for. Let my tone, patience, and presence reflect Your unwavering love. Amen.

Journal Prompt:

When did you last sense the deep, God-given dignity of your loved one? What helped you see it clearly?

End-of-Month Reflection — Moments of Awareness & Connection

April invites renewal through spring growth that mirrors the caregiver's quiet perseverance. This month we practiced patience, sought beauty, spoke with steadiness, and trusted divine provision.

Awareness moments:

- April – Stress Awareness Month
- May – Older Americans Month
- June – Alzheimer's & Brain Awareness Month
- September – World Alzheimer's Month & Grandparents Day
- November – National Family Caregivers Month

Let these reminders encourage rest and outreach. As the world blooms outside, may calm and courage bloom within you.

May 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 18 — Love That Listens

(May 3 – 9 | Theme: Care)

Scripture: 1 Corinthians 13:4–5 (NIV)

> "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."

Reflection
Listening is one of love's most selfless acts. In dementia care, listening means hearing emotion as much as words. Listenening to tones, rhythms, and even silence.
Sometimes the heart speaks through gestures when language is gone.

To listen without correcting communicates worth. It says, *You matter more than making sense right now.* That kind of attention calms fear and nurtures dignity.
It requires patience that flows from God's own kindness.

When frustration rises, step away long enough to breathe and pray before you respond. God's gentleness toward you becomes the pattern you extend to others.

Care in Action:
Spend five quiet minutes with your loved one. Resist the urge to correct; simply listen with your eyes, ears, and heart.

Prayer:
God of gentle love, teach me to listen the way You listen to me. Let my presence be an echo of Your kindness. Amen.

Journal Prompt:
How did your loved one respond when you chose to listen instead of correct?

Week 19 — Still Beautiful

(May 10 – 16 | Theme: Dignity)

Scripture: Psalm 92:12–14 (NRSV)

> "The righteous flourish like the palm tree, and grow like a cedar in Lebanon.
> They are planted in the house of the Lord; they flourish in old age, still full of sap and green."

Reflection
The world measures beauty by youth and ability, but Scripture celebrates endurance. Flourishing in old age means staying spiritually alive even when the body slows. Your loved one's life remains rooted in God's house that is still green with wisdom and grace.

Dementia may change how beauty looks, but not that it exists. You can see it in eyes that soften when familiar music plays, or in the quiet humor that still flickers. When you pause to notice these signs, you affirm that aging and illness cannot erase God's artistry.

Care in Action:
Find a recent photograph of your loved one. Instead of comparing then and now, thank God for the beauty that continues.

Prayer:
Lord of life, open my eyes to the grace that still grows in age and illness. Teach me to celebrate living beauty each day. Amen.

Journal Prompt:
What does "flourishing" mean for you in this season of caregiving?

Week 20 — When Your Voice Shakes

(May 17 – 23 | Theme: Advocacy)

Scripture: Psalm 82:3–4 (ESV)

> "Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute.
> Rescue the weak and the needy; deliver them from the hand of the wicked."

Reflection
Advocacy often begins with trembling hands. You may not feel brave when you speak for someone you love. But courage is not the absence of fear, it is acting despite it.
God's command to *give justice* extends to every room where decisions are made about the vulnerable.

When you ask hard questions or correct unfairness, you stand in holy territory.
Your voice becomes an instrument of mercy. God amplifies it beyond its volume.

Care in Action:
Write a brief statement of purpose:
In every conversation, I will seek what protects dignity and truth.
Keep it visible this week.

Prayer:
God of justice, steady me when my voice shakes. Let Your courage flow through my words and Your peace through my tone. Amen.

Journal Prompt:
Recall a moment when you advocated successfully. How did faith shape that moment?

Week 21 — Gathering Strength from Others

(May 24 – 30 | Theme: Resources)

Scripture: Ecclesiastes 4:9–10 (NIV)

> "Two are better than one, because they have a good return for their labor:
> If either of them falls down, one can help the other up. But pity anyone who falls
> and has no one to help them up."

Reflection
Caregivers often walk a lonely road, yet God built community as part of our design.
Help is not charity; it is creation's wisdom. When you allow others to assist, you give them a chance to live their calling.

Think of your network as woven cloth: each relationship strengthens the fabric.
Isolation frays; connection endures. Receiving help does not reduce your devotion, it sustains it.

Care in Action:
Ask one person this week for a specific favor, then receive their help with gratitude, not apology.

Prayer:
God of community, thank You for those who lift me up. Teach me to accept help humbly and offer it gladly. Amen.

Journal Prompt:
Who are the people that keep you standing? How can you thank them?

End-of-Month Reflection — Moments of Awareness & Connection

May honors caregivers and older adults nationwide.
This month's devotions remind us that listening is love, aging is graceful, advocacy is holy work, and community is provision.

Awareness moments to mark:

- May – Older Americans Month
- June – Alzheimer's & Brain Awareness Month
- September – World Alzheimer's Month & Grandparents Day
- November – National Family Caregivers Month

June 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 22 — The Quiet Work of Renewal

(May 31 - June 6 | Theme: Care)

Scripture: Isaiah 58:11 (NIV)

> "The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail."

Reflection
Burnout whispers that giving has emptied your strength, but God promises abundance even in exhaustion. Renewal rarely appears as escape; it arrives as quiet refreshment. Picture yourself as a garden the Lord tends. When soil feels cracked, His Word and presence water it again.

Small, repeated acts like stepping outside for air, pausing to pray, or reading a psalm become irrigation for the soul. The same God who called you to care also cares for you.

Care in Action:
Choose one restorative habit today. Maybe it's a walk, journaling, or listening to worship music. Protect these habits because they will protect you.

Prayer:
Lord, water the dry places in me. Let Your peace renew my strength so I can keep serving with joy. Amen.

Journal Prompt:
What simple habit brings you back to calm?

Week 23 — The Face of Reverence

(June 7 – 13 | Theme: Dignity)

Scripture: Leviticus 19:32 (NRSV)

> "You shall rise before the aged, and defer to the old; and you shall fear your God: I am the Lord."

Reflection
Ancient Israel taught reverence as daily behavior through standing to honor age and showing respect in word and tone. Reverence today means pausing long enough to notice holiness in frailty. You rise not only with your body but with your attitude.

Each time you speak gently, listen fully, or handle fragile skin carefully, you proclaim that life remains sacred. This reverence transforms caregiving from routine into ministry.

Care in Action:
Before approaching your loved one, take one slow breath and say silently, “This is sacred ground.”

Prayer:
Holy God, help me serve with honor. Let reverence guide my tone and touch so Your image is clearly seen. Amen.

Journal Prompt:
Describe a moment when caregiving felt sacred rather than ordinary.

Week 24 — Bravery in the Ordinary

(June 14 – 20 | Theme: Advocacy)

Scripture: Joshua 1:9 (ESV)

> “Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

Reflection
Courage in caregiving rarely looks dramatic. It is the steady voice asking for clarity, the repeated phone call, the decision to try again. God told Joshua to be courageous because fear was real, not imaginary.

Courage does not erase fear; it redirects it toward trust. Each time you act in love despite anxiety, you honor God’s command. He goes before you into every conversation and every unknown.

Care in Action:
Write one intimidating situation on paper. Pray this verse aloud, then take a concrete step forward.

Prayer:
God of courage, walk with me into every uncertainty. Replace fear with faith and let my words serve peace. Amen.

Journal Prompt:
When have you sensed God giving you courage in an ordinary moment?

Week 25 — Bread for the Journey

(June 21 – 27 | Theme: Resources)

Scripture: Exodus 16:4 (NIV)

> "Then the Lord said to Moses, 'I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day.' "

Reflection
God taught His people to depend daily, not monthly. Caregiving feels the same as you gather grace morning by morning. The manna may arrive as a neighbor's help, an encouraging message, or unexpected calm.

Dependence is not weakness; it is worship. When you trust God for daily strength, anxiety loosens its hold. Tomorrow's bread will appear when tomorrow comes.

Care in Action:
Begin each morning with open palms and pray, "Lord, give me today's portion of strength."

Prayer:
Provider of mercy, feed me with peace and trust for today. Help me see Your manna in ordinary help. Amen.

Journal Prompt:
How did God provide "daily bread" for you this week?

End-of-Month Reflection — Moments of Awareness & Connection

June is Alzheimer's & Brain Awareness Month.
Renewal, reverence, courage, and dependence form the foundation of resilient care.
Let these truths guide you into summer with confidence that God's refreshment is constant.

Awareness moments:

- June – Alzheimer's & Brain Awareness Month
- July – Purposeful Aging Month
- September – World Alzheimer's Month & Grandparents Day
- November – National Family Caregivers Month

July 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 26 — The Steadiness of Showing Up

(June 28 - July 4 | Theme: Care)

Scripture: 1 Thessalonians 5:11 (NIV)

> "Therefore encourage one another and build each other up, just as in fact you are doing."

Reflection
Caregiving often feels repetitive, yet faithfulness in repetition is holy. God prizes consistency more than spectacle. Each time you show up, you mirror His own steadfast presence.

Encouragement does not always come from others; sometimes you must remind yourself that simply being there is enough. Your steady presence builds peace within your loved one and within you.

Care in Action:
Write a phrase to repeat on weary days: "Showing up is enough."

Prayer:
Faithful God, thank You for valuing constancy over perfection. Strengthen me to keep showing up with love. Amen.

Journal Prompt:
When did simple presence make the greatest difference?

Week 27 — The Wonder That Remains

(July 5 – 11 | Theme: Dignity)

Scripture: Psalm 8:3–4 (NRSV)

> "When I look at your heavens, the work of your fingers, the moon and the stars that you have established;
> what are human beings that you are mindful of them, mortals that you care for them?"

Reflection
Amid daily tasks, awe often disappears. Yet wonder restores dignity by reminding us of God's mindfulness. The same Creator who shaped galaxies notices the person you care for and sustains you too.

Lift your eyes from routine to the larger view. Every sigh, every breath, happens under divine watch. Reverence grows when you pause to see the sacred woven through the ordinary.

Care in Action:
Step outside tonight, look at the sky, and whisper thanks for God's awareness of you.

Prayer:
Creator God, renew my sense of wonder. Let awe anchor my work so I never forget Your nearness. Amen.

Journal Prompt:
When did awe or gratitude last surprise you in caregiving?

Week 28 — The Weight of Words

(July 12 – 18 | Theme: Advocacy)

Scripture: Proverbs 18:21 (ESV)

> "Death and life are in the power of the tongue, and those who love it will eat its fruits."

Reflection
Words shape reality. In caregiving, tone often matters more than volume. A calm, respectful voice can open doors; a sharp one can close them.

Before speaking, pause and ask whether your words will give life or drain it. God entrusted you with influence; use it to protect, to encourage, and to bring peace.

Care in Action:
Before any important conversation, jot down the main truth you want heard. Pray for grace in delivery.

Prayer:
God of truth, teach me to speak with care. Let my words build trust and reflect Your wisdom. Amen.

Journal Prompt:
Describe a time your tone changed the outcome of a discussion.

Week 29 — Grateful in the Ordinary

(July 19 – 25 | Theme: Resources)

Scripture: 1 Timothy 6:6–7 (NIV)

> "But godliness with contentment is great gain.
> For we brought nothing into the world, and we can take nothing out of it."

Reflection
Caregiving rarely feels glamorous, but gratitude transforms it. Contentment is not resignation; it is trust that God's provision is enough for this day. When you practice gratitude, you notice blessings hiding in routine, a shared laugh, a calm hour, and in the grace of another sunrise.

Thankfulness becomes a renewable resource that nourishes both heart and home.

Care in Action:
List five blessings from this week and read them aloud as praise.

Prayer:
Giver of every good thing, thank You for ordinary blessings that sustain me. Teach me to find joy in enough. Amen.

Journal Prompt:
What does contentment look like for you right now?

Week 30 — A Steady Voice for What Matters

(July 26 - August 1 | Theme: Advocacy)

Scripture: Proverbs 15:23 (NIV)

> "A person finds joy in giving an apt reply—
> and how good is a timely word!"

Reflection

Advocacy often comes down to speaking at the right moment with the right spirit. A timely word can calm tension, clarify confusion, or open doors that felt closed. You do not need the perfect speech; you simply need a steady voice willing to speak truth with kindness. God uses simple, well-placed words to protect dignity and guide decisions. Your calm presence can shift an entire conversation.

Care in Action:

Before your next care conversation, write one clear point you want to communicate. Keep it simple and steady.

Prayer:

Lord, guide my words. Help me speak with clarity, courage, and compassion at the moments that matter. Amen.

Journal Prompt:

Recall a time when a well-timed word made a difference. What helped you speak with calm confidence?

End-of-Month Reflection — Moments of Awareness & Connection

July, the year's midpoint, reminds us to pause and realign.
This month we practiced presence, awe, careful speech, and gratitude—four rhythms that keep faith alive in long seasons of care.

Awareness moments:

- July – Purposeful Aging Month
- August – National Wellness Month
- September – World Alzheimer's Month & Grandparents Day
- November – National Family Caregivers Month

August 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 31 — Caring for Your Own Heart

(August 2 – 8 | Theme: Care)

Scripture: Mark 6:31 (NIV)

> "Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.' "

Reflection
Even Jesus told His disciples to pause. He did not praise exhaustion; He invited rest. Caregivers often equate depletion with devotion, yet sustained love requires renewal.

Rest is stewardship, not selfishness. A refreshed caregiver offers better care than an exhausted one. Imagine Jesus speaking directly to you: *Come away for a while.*

Care in Action:
Block one hour this week for true rest with no chores and hopefully no guilt.

Prayer:
Gentle Lord, remind me that rest honors You. Restore my heart so I can serve with love instead of weariness. Amen.

Journal Prompt:
What kind of rest restores you most—silence, prayer, nature, music?

Week 32 — The Sacred Value of Touch

(August 9 – 15 | Theme: Dignity)

Scripture: Luke 5:13 (NRSV)

> "Jesus stretched out his hand, touched him, and said, 'I do choose. Be made clean.' Immediately the leprosy left him."

Reflection
In a culture that avoided illness, Jesus reached out and touched. His gesture declared belonging before healing. For those living with dementia, touch remains one of the clearest languages of love.

A hand on the shoulder or lotion on tired skin can communicate safety and worth when words no longer do. Ask God to make your hands His hands, bringing comfort through calm, respectful touch.

Care in Action:
Offer one intentional, reassuring touch today. Observe how your loved one responds.

Prayer:
Lord Jesus, let my hands express Your gentleness. Through them, may others feel seen and safe. Amen.

Journal Prompt:
Describe a moment when touch conveyed comfort more clearly than words.

Week 33 — Speaking Truth When It Costs You

(August 16 – 22 | Theme: Advocacy)

Scripture: Ephesians 4:15 (ESV)

> "Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ."

Reflection
Love is not silence. There are times when honesty must rise even if it risks misunderstanding. When you speak truth with calm conviction, you align with Christ's own way that is anchored in compassion.

Courageous honesty protects dignity. It is not about being right but about doing right. Before addressing a difficult issue, invite the Spirit to join your words.

Care in Action:
Before a challenging conversation, pray, "Lord, let truth travel with grace."

Prayer:
Spirit of truth, give me courage wrapped in kindness. May my words build up even as they clarify. Amen.

Journal Prompt:
What conversation do you need to approach with both honesty and love?

Week 34 — Seeing the Bigger Picture

(August 23 – 29 | Theme: Resources)

Scripture: Romans 8:28 (NIV)

> "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Reflection
Caregiving can feel like a series of disconnected events, but God is weaving purpose through them all. The promise is not that everything is pleasant but that everything is being redeemed.

When you cannot trace His hand, trust His heart. You are part of a story far bigger than appointments and routines. It is a story of love made visible. Nothing offered in compassion is wasted.

Care in Action:
Reflect on one recent challenge. Ask God to show how He might bring good from it.

Prayer:
Redeeming God, weave Your purpose through my daily routines. Help me see Your work in progress. Amen.

Journal Prompt:
Where have you glimpsed good emerging from difficulty?

End-of-Month Reflection — Moments of Awareness & Connection

August calls caregivers to regain perspective.
Rest restores, touch dignifies, truth liberates, and faith reframes the ordinary.
Together they form a posture of steady hope.

Awareness moments:

- August – National Wellness Month
- September – World Alzheimer's Month & Grandparents Day
- November – National Family Caregivers Month

September 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 35 — Finding Meaning in the Middle

(August 30 - September 5 | Theme: Care)

Scripture: Galatians 6:2 (NIV)

> "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Reflection
By the fall of the year, caregiving often feels like living in the middle. You are past the adrenaline of the beginning, but you are still far from the end.
This time of year can be wearying, yet it is also where meaning matures. Each time you shoulder another's weight, you act out Christ's command to love as He loved.

You may not see progress, but God sees faithfulness. God measures perseverance not by speed but by sincerity. The middle seasons forge compassion that cannot be learned any other way.

Care in Action:
List three specific burdens you're carrying. Offer each to God, asking for shared strength rather than escape.

Prayer:
Lord Jesus, You carried the heaviest cross. Teach me to bear mine with humility and hope. Amen.

Journal Prompt:
What unexpected lesson has surfaced in the middle of your caregiving journey?

Week 36 — The Unfading Image

(September 6 – 12 | Theme: Dignity)

Scripture: 2 Corinthians 4:16 (NRSV)

> "Even though our outer nature is wasting away, our inner nature is being renewed day by day."

Reflection
Illness changes bodies and memories but not essence. Paul reminds us that the soul grows stronger even as the body weakens. When you treat your loved one as whole beings, in spirit, mind, and body, you proclaim that inner renewal is real.

Every gentle word, every small act of grooming or feeding says, "You still matter."
God's presence within them is untouched by decline; dignity endures because divinity does.

Care in Action:
Compliment your loved one on something beautiful today. It may be a smile, humor, or something courageous they accomplished.

Prayer:
Renewing God, keep my eyes on what is being strengthened, not what is fading. Amen.

Journal Prompt:
Describe one way you've witnessed spiritual renewal amid physical loss.

Week 37 — Standing for Truth and Tenderness

(September 13 – 19 | Theme: Advocacy)

Scripture: Psalm 82:3 (NIV)

> "Defend the weak and the fatherless; uphold the cause of the poor and the oppressed."

Reflection
Sometimes advocacy means confronting apathy or misunderstanding. Doing so with calm conviction keeps dignity intact. You defend fairness not to win arguments but to reflect God's justice.

True strength is paired with gentleness; both are needed for advocacy that lasts. Let prayer prepare your tone and purpose before each conversation.

Care in Action:
Write down one area where your loved one's voice needs amplification.
Plan a concrete next step this week.



Prayer:
God of justice, make me bold yet kind. Let every effort I make for fairness honor Your compassion. Amen.

Journal Prompt:
How do you keep courage from turning into anger?

Week 38 — Grace That Holds

(September 20 – 26 | Theme: Resources)

Scripture: 2 Corinthians 12:10 (ESV)

> "For when I am weak, then I am strong."

Reflection
Grace is the caregiver's renewable resource. Strength doesn't mean doing everything; it means depending wisely. When you stop pretending to be limitless, God's power fills the space honesty creates.

Weakness is not failure; it is invitation. Each time you ask for help, grace expands.

Care in Action:
When frustration rises, whisper: "Your grace is enough for this moment."

Prayer:
Strength-giver, meet me in my limits and turn weariness into worship. Amen.

Journal Prompt:
What limitation recently became an opportunity to experience grace?

Week 39 — Strength for the Small Moments

(September 27 – October 3 | Theme: Care)

Scripture: Zephaniah 3:17 (NIV)

> "The Lord your God is with you,
> the Mighty Warrior who saves.
> He will take great delight in you;
> in his love he will no longer rebuke you,
> but will rejoice over you with singing."

Reflection

Caregiving is often a collection of small moments like fixing a meal, steadying a hand, and answering another repeated question. These tasks may feel unnoticed, but God sees each one. He stands beside you in the quiet work, offering strength you may not even realize you're receiving. His delight in you brings steadiness when the day feels long, and His presence becomes the calm beneath every task.

Care in Action:

Before starting your day, pause and say: "God, be with me in every small moment." Notice where peace shows up.

Prayer:

Mighty God, strengthen me in the quiet places of care. Let Your presence steady my heart and guide my hands. Amen.

Journal Prompt:

Which small caregiving moment this week reminded you that God was near?

End-of-Month Reflection — Moments of Awareness & Connection

September, World Alzheimer's Month, reminds the world—and you—that memory loss affects families, not just individuals.
This month's devotions invited perseverance, inner renewal, courageous truth, and sustaining grace.
Together they form the backbone of enduring care.

Awareness moments:

- September – World Alzheimer's Month & Grandparents Day
- October – Emotional Wellness Month
- November – National Family Caregivers Month

October 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 40 — The Gift of Emotional Honesty

(October 4 – 10 | Theme: Care)

Scripture: Psalm 62:8 (NIV)

> "Trust in him at all times, you people; pour out your hearts to him, for God is our refuge."

Reflection
Caregiving mixes gratitude with grief. God invites honesty, not performance.
To pour out your heart is to trust Him with your truth. He can handle the full range of emotions that we face. Whether it be anger, exhaustion, fear, or love, God can handle the breadth of our emotional heaviness.

Honesty drains resentment before it hardens. When you bring raw feelings to God, He trades despair for perspective.

Care in Action:
Spend ten minutes journaling a prayer without censoring your emotions.

Prayer:
Refuge of my soul, receive what words cannot express. Restore my heart to hope. Amen.

Journal Prompt:
What emotion have you hidden from God?

Week 41 — Dignity in the Details

(October 11 – 17 | Theme: Dignity)

Scripture: Matthew 25:40 (NRSV)

> "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

Reflection
Jesus identifies Himself with those needing care. Every small task is seen and acknowledged. From brushing hair, to adjusting pillows, to the slow feeding, these can become acts of genuine reverence. Doing ordinary things well affirms sacred worth.

When you move with attentiveness, you announce that the person before you is loved by God. Each touch and tone becomes worship.

Care in Action:
Choose one task today and perform it as if serving Christ Himself.

Prayer:
Lord, help me see You in each person I serve. Let reverence shape my smallest actions. Amen.

Journal Prompt:
Which routine task might you reframe as ministry?

Week 42 — Stepping Forward in Faith

(October 18 – 24 | Theme: Advocacy)

Scripture: Esther 4:14 (ESV)

> "And who knows whether you have not come to the kingdom for such a time as this?"

Reflection
Many caregivers never planned to become advocates, but love placed you there. Like Esther, you stand at the intersection of compassion and courage. God positions you to influence decisions and demonstrate faith in action.

Courage does not mean confidence without fear; it means obedience despite it. Your advocacy may ripple further than you realize.

Care in Action:
Write one way caregiving has expanded your ability to help others.

Prayer:
God of purpose, thank You for trusting me with this calling. Give me courage for the work before me. Amen.

Journal Prompt:
How could your caregiving story inspire another?

Week 43 — Trusting the Provider

(October 25 – 31 | Theme: Resources)

Scripture: Philippians 4:6–7 (NIV)

> "Do not be anxious about anything, but in every situation, by prayer and petition,
> with thanksgiving, present your requests to God.
> And the peace of God, which transcends all understanding, will guard your hearts
> and your minds in Christ Jesus."

Reflection
Scarcity of time, money, or stamina feeds anxiety. Paul offers a rhythm to counter it: pray, give thanks, and receive peace. Peace comes before answers, quieting fear so trust can grow.

Gratitude keeps perspective clear; it reminds you how God has already provided.

Care in Action:
Write your top three worries. Beside each, list one reason to give thanks.

Prayer:
Provider of peace, thank You for hearing my requests. Guard my heart with calm confidence in Your care. Amen.

Journal Prompt:
When have you felt peace even before circumstances changed?

End-of-Month Reflection — Moments of Awareness & Connection

October's Emotional Wellness Month invites balance between outward service and inward honesty.
These weeks—emotional truth, reverent care, courageous advocacy, and peaceful trust—restore equilibrium.

Awareness moments:

- October – Emotional Wellness Month
- November – National Family Caregivers Month
- December – Spiritual Renewal Season

November 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 44 — The Gratitude That Grounds You

(November 1 – 7 | Theme: Care)

Scripture: 1 Thessalonians 5:18 (NIV)

> "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Reflection
Thankfulness does not deny pain; it reframes it. Gratitude keeps faith from collapsing under fatigue. Each "thank You" becomes a small act of defiance against despair.

Gratitude does not minimize struggle, it magnifies God's presence within it.

Care in Action:
Record five mercies each day this week—no matter how small.

Prayer:
Giver of every good thing, open my eyes to gifts hidden in ordinary hours. Amen.

Journal Prompt:
How has gratitude altered your outlook in caregiving?

Week 45 — Honoring a Life's Story

(November 8 – 14 | Theme: Dignity)

Scripture: Psalm 145:4 (NRSV)

> "One generation shall laud your works to another, and shall declare your mighty acts."

Reflection
Every life tells a story worth repeating. As memory fades, you become the storyteller, preserving identity and dignity. Each shared memory affirms that a person's value reaches beyond recall.

Speaking these stories aloud knits families together and honors God, the Author of every life.

Care in Action:
Share a favorite story about your loved one with family or friends.

Prayer:
God of all generations, help me celebrate the story You've written in this life. Amen.

Journal Prompt:
Which story best captures your loved one's character?

Week 46 — When Advocacy Feels Lonely

(November 15 – 21 | Theme: Advocacy)

Scripture: Isaiah 1:17 (ESV)

> "Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow's cause."

Reflection
Advocacy can feel isolating when systems ignore or delay. God's command to "learn to do good" suggests advocacy is a discipline that is refined over time. Each respectful call or persistent letter becomes worship in action.

When results seem slow, remember that justice is God's long work, and He has invited you to partner with Him.

Care in Action:
Contact another caregiver advocate this week and exchange encouragement.

Prayer:
God of justice, renew my conviction when progress feels small. Let perseverance be my praise. Amen.

Journal Prompt:
What sustains your advocacy when responses are slow?

Week 47 — The God Who Goes Before You

(November 22 – 28 | Theme: Resources)

Scripture: Deuteronomy 31:8 (NIV)

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Reflection
As the year wanes, uncertainty grows, but this promise steadies the heart: God has already entered tomorrow. Every appointment, transition, and decision is preceded by His grace.

Confidence in that truth becomes your greatest resource.

Care in Action:
Each morning this week, repeat aloud, "God goes before me today."

Prayer:
Faithful Guide, thank You for preparing my path before I walk it. Amen.

Journal Prompt:
Where have you seen evidence that God was ahead of you?

End-of-Month Reflection — Moments of Awareness & Connection

November, National Family Caregivers Month, honors unseen acts of love.
Gratitude, remembrance, perseverance, and trust form a foundation of thanks.

Awareness moments:

- November – National Family Caregivers Month
- December – Season of Spiritual Renewal

December 2026 — ADRC Edition

Tagline: *Caring & Learning Together*

Week 48 — Light in the Long Nights

(November 29 - December 5 | Theme: Care)

Scripture: John 1:5 (NIV)

> "The light shines in the darkness, and the darkness has not overcome it."

Reflection
Winter shortens the days, and fatigue seems to deepen. Yet no darkness, confusion, grief, or weariness can extinguish God's divine presence. Each act of patience or kindness becomes a candle of hope in your home.

Care in Action:
Light a candle during prayer this week and thank God for His unending light.

Prayer:
Light of the world, shine through my weariness and renew my hope. Amen.

Journal Prompt:
What small light brightened your week?

Week 49 — The Joy That Still Comes

(December 6 – 12 | Theme: Dignity)

Scripture: Luke 2:10 (NRSV)

> "But the angel said to them, 'Do not be afraid; for see—I am bringing you good news of great joy for all the people.' "

Reflection
Joy often enters quietly in caregiving through a laugh, a song, or a calm moment.
The angel's message came to weary shepherds, not to the powerful. Joy belongs to those awake in the night, faithfully watching.

Care in Action:
Name one joy each day and thank God aloud for it.

Prayer:
God of joy, teach me to notice Your gladness even in still moments. Amen.

Journal Prompt:
How has joy surprised you this year?

Week 50 — The Courage to Keep Believing

(December 13 – 19 | Theme: Advocacy)

Scripture: Hebrews 10:23 (ESV)

> "Let us hold fast the confession of our hope without wavering, for he who promised is faithful."

Reflection
Faithful advocacy outlasts discouragement. Each time you stand for compassion, you testify that love still governs the world. Hope is endurance rooted in God's reliability.

Care in Action:
Send a note of encouragement to another caregiver.

Prayer:
Faithful God, strengthen my grip on hope. Keep me anchored in Your promise. Amen.

Journal Prompt:
What promise of God steadied you in hardship?

Week 51 — Provision for Tomorrow

(December 20 – 26 | Theme: Resources)

Scripture: Matthew 6:34 (NIV)

> "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Reflection
As another year closes, Jesus reminds us to live one day at a time. Grace arrives in daily portions. Tomorrow's supply will meet you tomorrow; today's task is trust.

Let gratitude end the year instead of anxiety.

Care in Action:
List three ways God provided for you this year and speak them aloud in thanks.

Prayer:
Provider of tomorrow, thank You for enough grace for each day. Amen.

Journal Prompt:
Which provision reminded you that God truly sees you?

Week 52 — A Season of Reflection and Renewal

(December 27 – 31 | Year-End)

Scripture: Psalm 90:12 (NIV)

> "Teach us to number our days, that we may gain a heart of wisdom."

Reflection
You have walked fifty-two weeks of faith and care. Each verse, prayer, and act of service formed a mosaic of endurance and grace. Wisdom grows quietly in daily love.
Numbering your days means recognizing time as sacred, not counting losses.

You have invested this year in the currency of compassion—and heaven never forgets such gifts.

Care in Action:
Sit in silence for two minutes. Offer the entire year back to God as gratitude.

Prayer:
Eternal God, thank You for walking beside me through this year. Bless the days ahead with renewed peace. Amen.

Journal Prompt:
What wisdom will you carry forward into the new year of caregiving and life?

Closing Reflection — A Year Remembered

You have completed *Renewed Care: A 52-Week Devotional for Dementia Care Partners.* This journey began with fatigue and hope intertwined and ends with gratitude and peace mingled.

Through these weeks you have practiced the four pillars—**Care, Dignity, Advocacy, and Resources.**
They are now rhythms of the heart:

- **Care** that perseveres when strength wanes.
- **Dignity** that sees divine image in every life.
- **Advocacy** that gives voice to love.
- **Resources** that flow from faith and community.

You have spent a year allowing Scripture to companion you through complexity and grace. That is sacred work.

This is not an ending but a continuation.
You are part of ADRC's living story—*Caring & Learning Together*—reminding the world that compassion practiced faithfully becomes worship itself.

Blessing:
May the Lord bless you and keep you.
May His face shine upon you and be gracious to you.
May His peace guard your heart and your home.

— *The Alzheimer's & Dementia Resource Center (ADRC)*