BIBLE STUDY WORKSHEET

When Caregiving Leaves You Exhausted

Receive rest, share the load, and remember that your needs matter too.

PREPARED BY VANESSA

"Come to me, all you who are weary and burdened."

Matthew 11:28

OPENING PRAYER

Jesus, You see the work no one applauds and the tiredness I hide. Meet me with compassion. Show me what to release, whom to ask for help, and how to care without disappearing inside the role. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps caregivers recognize depletion, release false guilt, accept support, and create a sustainable rhythm of service and rest.

☐ Reflect ☐ Pray ☐ Discuss ☐ Practice

PART 1

Name the Weight Honestly

Caregiving can carry physical labor, interrupted sleep, financial pressure, grief, decision fatigue, and constant watchfulness.

> Cast all your anxiety on him because he cares for you.
>
> **1 Peter 5:7**

TRUTH TO CARRY

Honesty about exhaustion is not ingratitude; it is the beginning of wise care.

REFLECT AND DISCUSS

What kind of tiredness are you carrying?

Which responsibility feels heaviest?

What have you been afraid to admit?

Grace makes room for truth, wisdom, and growth.

PART 2

Your Needs Still Matter

You are a whole person before you are a helper. Food, sleep, medical care, prayer, friendship, and quiet are needs, not rewards.

> Love your neighbor as yourself.
>
> **Mark 12:31**

TRUTH TO CARRY

Self-neglect is not the same as sacrificial love.

REFLECT AND DISCUSS

Which basic need is going unmet?

What guilt appears when you rest?

What would compassionate care for yourself look like?

Grace makes room for truth, wisdom, and growth.

PART 3

Let Others Carry Something

Specific requests are easier to answer than general distress. Ask someone to bring a meal, sit for an hour, make calls, drive, or handle one task.

> Carry each other's burdens.
>
> **Galatians 6:2**

TRUTH TO CARRY

Receiving help gives others an opportunity to practice love.

REFLECT AND DISCUSS

Who has offered help?

What exact task could be shared?

What keeps you from asking?

Grace makes room for truth, wisdom, and growth.

PART 4

Build a Sustainable Rhythm

Small repeated pauses may be more realistic than waiting for a perfect day off. Protect what restores your body, mind, and spirit.

> In repentance and rest is your salvation, in quietness and trust is your strength.
>
> **Isaiah 30:15**

TRUTH TO CARRY

Rest belongs inside faithful service, not only after everything is finished.

REFLECT AND DISCUSS

What restores you in ten minutes?

What weekly support can be scheduled?

What responsibility may need to change?

Grace makes room for truth, wisdom, and growth.

PRACTICE

My Faith-in-Action Plan

Turn today's reflection into one honest, supported, and realistic next step.

The clearest sign that I am depleted:

One need I will stop minimizing:

One task I can ask someone to carry:

A small daily rest practice:

A person I will check in with:

THIS WEEK I WILL

- [ ] Eat and hydrate
- [ ] Take one real pause
- [ ] Ask specifically
- [ ] Accept imperfect help
- [ ] Protect one boundary
- [ ] Pray honestly

MY ANCHOR PRAYER

God, care for me as I care for others, and teach me to receive.

CLOSING TOGETHER

Carry Grace Into the Week

CLOSING PRAYER

Compassionate God, strengthen every weary caregiver. Provide practical help, protected rest, clear decisions, and people who notice what is needed. Amen.

A WORD OF ENCOURAGEMENT

You do not have to collapse before your need for care becomes valid.

CLOSING CIRCLE

One burden I am ready to share:

DECLARATION

I am allowed to receive care, protect my health, and serve from grace instead of depletion.

Her Story. His Grace. Our Purpose.