

A 7-Day Caregiver Reading Pack

For anyone caring for an aging parent, a sick spouse, or a disabled child.

KJV scriptures for those caring for an aging parent, a sick spouse, or a disabled child — strength, patience, and rest.

How to use this pack

- One page a day, read in the ten minutes you actually get.
- Day five gives you permission you are probably not giving yourself.
- Churches may reprint this pack for a carers' group.

The seven days

Day 1 — Strength renewed daily · Isaiah 40:31

Day 2 — Unseen work · Matthew 11:28

Day 3 — Grief while they are still here · Galatians 6:9

Day 4 — Anger and guilt · 2 Corinthians 12:9

Day 5 — Rest is not selfish · Psalm 68:19

Day 6 — Asking for help · Matthew 25:40

Day 7 — Grace at the end of yourself · Lamentations 3:22-23

Caregiving is quiet, unwitnessed work — medication schedules, night wakings, appointments, and the slow grief of watching someone you love decline. Scripture does not romanticise it. These King James verses speak to the exhaustion honestly and promise strength that is renewed daily rather than stored up. Use them in a caregiver's journal, on the kitchen window, in a card to someone who has been carrying this for years without being asked how they are.

Strength renewed daily

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Isaiah 40:31 (KJV)

Strength renewed for the long road

Devotion prompt

They that wait upon the LORD shall renew their strength. Strength comes daily, not in advance.
What does today alone need?

Write your answer

Pray it back to God before you close the page.

Unseen work

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Matthew 11:28 (KJV)

Christ's invitation to the exhausted

Devotion prompt

List three things you did this week that nobody noticed. God saw all three.

Write your answer

Pray it back to God before you close the page.

Grief while they are still here

And let us not be weary in well doing: for in due season we shall reap, if we faint not.

Galatians 6:9 (KJV)

For the caregiver who feels unseen

Devotion prompt

What have you already lost of the person you are caring for? That grief is real and rarely acknowledged.

Write your answer

Pray it back to God before you close the page.

Grace at the end of your own resources

Rest is not selfish

Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation.

Psalm 68:19 (KJV)

Daily mercies for daily burdens

Devotion prompt

Jesus withdrew from crowds who genuinely needed him. What rest will you take this week, and who will cover it?

Write your answer

Pray it back to God before you close the page.

Asking for help

Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.

Matthew 25:40 (KJV)

Hidden service is seen by Christ

Devotion prompt

Name two people you will ask for something concrete — an afternoon, a shop run, a phone call.

Write your answer

Pray it back to God before you close the page.

Grace at the end of yourself

It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.

Lamentations 3:22-23 (KJV)

Mercy that resets each morning

Devotion prompt

My grace is sufficient for thee. What does sufficient mean in your week — not thriving, just enough?

Write your answer

Pray it back to God before you close the page.

More verses for this season

Keep this page for cards, texts, and the days when you need different words.

Let them learn first to shew piety at home, and to requite their parents: for that is good and acceptable before God.

1 Timothy 5:4 (KJV)

Caring for parents is commanded and honoured

Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Psalms 55:22 (KJV)

Where to put the weight

A prayer for this season

Lord, I am tired in a way that sleep does not fix. Renew my strength each morning, forgive my impatience, and let this work be seen by you even when no one else sees it. Amen.

Practical ways to use these verses

- Isaiah 40:31 and Lamentations 3:22-23 work well taped inside a medicine cabinet — read daily, not occasionally.
- Galatians 6:9 is the verse to send a caregiver who is years into it and rarely thanked.
- Read Matthew 11:28 before a hospital day, not after it.

Notes and prayer requests

Read the full collection, with every verse in context, at biblesundays.com/life-events/caregiver-verses — free KJV verse collections, printables, and reading plans for every season of life. Free to print and share; please keep this page attached.