

WHEN CAREGIVING CHANGES EVERYTHING

A faith-based guide for carrying
what you never expected

The life you planned may have
changed.

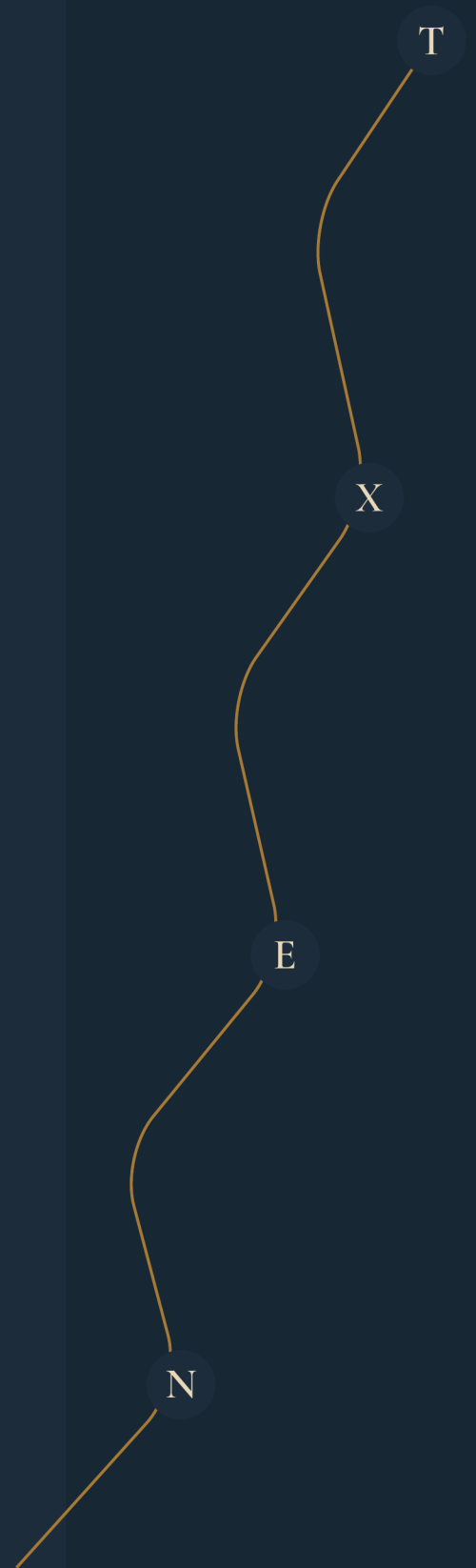
Your purpose is not over.

"God is our refuge and strength, a very present help in trouble."

PSALM 46:1 KJV

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Kingdom Growth



When Love Becomes a Daily Responsibility

A WELCOME FROM ANGELA

Caregiving can begin in a moment—with a diagnosis, accident, hospitalization, decline, disability, or family need. Suddenly your days may revolve around appointments, decisions, paperwork, safety, symptoms, changing routines, and the needs of someone you love.

Other people may see devotion. They may not see the interrupted sleep, financial pressure, constant vigilance, changed relationships, lost freedom, or quiet grief of watching life become different.

You can be grateful the person is still here and grieve what both of you have lost. You can love deeply and feel exhausted. Both can be true.

I know this from lived experience. When my husband Tim became critically ill and later disabled, caregiving touched every part of our family and future. I learned that faithful caregiving does not mean pretending I have no limits.

You can love
the person in
your care and
still admit this is
hard.

THIS GUIDE IS FOR YOU IF...

- you care for a spouse, parent, child, or loved one;
- your needs keep falling to the bottom of the list;
- you feel guilty asking for help;
- you need a simpler way to face difficult days.

This guide will help you make the invisible load visible, identify what truly matters today, receive support more specifically, and protect your own well-being within the realities of caregiving. It will not ask you to do more. It will help you carry this season with greater honesty, grace, and support.

With faith,

Angela Conner Foland

You Are a Caregiver, but You Are Still a Person

BEGIN WITH PERMISSION, NOT PRESSURE

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

MATTHEW 11:28 KJV

Caregiving may be one of the most important roles you hold, but it is not the whole of who you are. Before working through the practical pages, give yourself four permissions. The pages that follow apply the Kingdom Growth NEXT framework to caregiving: Name what you are carrying, Examine what matters, eXplore safe support, and Take one faithful step.

1 TELL THE TRUTH

You do not have to call caregiving easy in order to call it loving.

2 HAVE NEEDS

Your body, mind, emotions, relationships, and spirit still require care.

3 ASK FOR HELP

Needing support is evidence that you are human, not evidence that you have failed.

4 GRIEVE WHAT CHANGED

You may miss your former life, relationship, freedom, plans, or version of yourself.

PAUSE AND REFLECT

What do I need someone to understand about my caregiving life?

What part of myself has been crowded out or forgotten?

A PRAYER BEFORE YOU CONTINUE

"Lord, meet me as a whole person, not only as the one who handles the next task. Help me receive Your care while I care for someone I love. Amen."

A TRUTH TO CARRY FORWARD

Your role may be demanding, but it does not cancel your personhood, your needs, or your place in God's care.



Name What You Are Carrying

MAKE THE INVISIBLE LOAD VISIBLE

"Bear ye one another's burdens, and so fulfil the law of Christ."

GALATIANS 6:2 KJV

Caregiving includes far more than the tasks other people can see. Check what is part of your current load. Add anything missing.

HANDS-ON CARE

- ☐ Personal care, meals, mobility, supervision, or comfort
- ☐ Watching for changes or staying available
- ☐ Disrupted sleep or nighttime care

MEDICAL + COORDINATION

- ☐ Appointments, calls, records, forms, or insurance
- ☐ Following established care and medication routines
- ☐ Communicating with family or the care team

HOME + FAMILY

- ☐ Meals, laundry, cleaning, errands, or transportation
- ☐ Children, parents, pets, or other family needs

EMOTIONAL LOAD

- ☐ Worry, vigilance, uncertainty, or decision fatigue
- ☐ Managing moods, conflict, fear, or grief
- ☐ Feeling alone even when others are nearby

FINANCIAL + WORK LOAD

- ☐ Reduced income, bills, benefits, leave, or paperwork
- ☐ Balancing employment with caregiving demands

RELATIONSHIP + SPIRITUAL LOAD

- ☐ Changed roles, intimacy, routines, or future plans
- ☐ Prayer fatigue, spiritual questions, or disappointment
- ☐ Other: _____

The heaviest part of my load right now is:

What other people may not see is:

One burden I was never meant to carry entirely alone is:

A TRUTH TO CARRY FORWARD

Naming the whole load is not self-pity. It is the first step toward receiving the support the load requires.



Examine What Must Be Done and What Can Wait

CHOOSE BY SAFETY, NECESSITY, AND CAPACITY

"To every thing there is a season, and a time to every purpose under the heaven."

ECCLESIASTES 3:1 KJV

On heavy days, everything can feel equally urgent. It is not. Use the three categories below to reduce the day to what truly matters. Always follow established instructions from the person's qualified care team.

MUST HAPPEN TODAY

Safety, immediate needs, established care instructions, fixed deadlines

1.

2.

3.

SCHEDULE SOON

Important, but not urgent enough to consume today's limited capacity

1.

2.

3.

WAIT, DELEGATE, OR RELEASE

Nonessential, someone else can help, or the simplest version is enough

1.

2.

3.

THE CAREGIVER DECISION FILTER

1. Is anyone unsafe if this waits?

2. Is there a true deadline or consequence?

3. Am I the only person who can do it?

4. What is the simplest acceptable version?

One task I can simplify today is:

One task I can release without guilt is:

A TRUTH TO CARRY FORWARD

Faithfulness is not doing everything. It is stewarding what matters most within the capacity you actually have.



eXplore Help Without Guilt

TURN VAGUE OFFERS INTO SPECIFIC SUPPORT

“Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow.”

ECCLESIASTES 4:9-10 KJV

People often say, “Let me know if you need anything.” When you are overwhelmed, deciding what to ask for can feel like another task. Build a small support map before the hardest moment.

PRACTICAL HELP

Meals, groceries, rides, laundry, errands, paperwork, yard work, or staying with your loved one when appropriate and safe.

People I could ask:

EMOTIONAL + SPIRITUAL HELP

Listening without fixing, regular check-ins, prayer, companionship, or a safe place to tell the truth.

People I could ask:

PROFESSIONAL + COMMUNITY HELP

Care-team resources, social workers, counselors, church support, community programs, or benefits guidance.

Resources to contact:

MAKE THE ASK SPECIFIC

“Could you _____ on _____?”

“I do not need you to fix this. Could you listen for ten minutes?”

“I could use prayer for _____.”

What makes asking for help difficult for me?

The one specific request I will make is:

A TRUTH TO CARRY FORWARD

Receiving help does not reduce your love or commitment. It makes room for care to become shared.



Take One Faithful Step for Yourself

SMALL CARE STILL COUNTS

"Come ye yourselves apart into a desert place, and rest a while."

MARK 6:31 KJV

A faithful step for yourself may be small when you cannot leave, sleep through the night, or step away from responsibility. This is not another performance standard. It is permission to protect small pieces of your health and humanity.

FIVE-MINUTE CARE

- ☐ Drink water or eat something sustaining
- ☐ Take your own prescribed medication
- ☐ Step outside, breathe slowly, or pray honestly
- ☐ Sit down without completing another task

A FIFTEEN-MINUTE RESET

- ☐ Shower, rest, journal, or sit in silence
- ☐ Take a short walk when it is safe to do so
- ☐ Call someone who lets you tell the truth
- ☐ Turn off nonessential notifications

ONE BOUNDARY

- ☐ Delay a nonessential request
- ☐ Limit visits, calls, or explanations
- ☐ Say no to something that does not belong to this season

ONE SUPPORT STEP

- ☐ Schedule your own appointment
- ☐ Tell a trusted person how you are really doing
- ☐ Accept one task, meal, visit, or break

The minimum care I need today is:

A sign that I am nearing my limit is:

One boundary or support step I will take is:

PLEASE TAKE YOUR DISTRESS SERIOUSLY

Persistent hopelessness, panic, inability to function, or concern about anyone's safety deserves prompt support from a qualified professional or emergency service.

A TRUTH TO CARRY FORWARD

Your needs do not disappear because someone else needs you. Small acts of care are faithful steps that can sustain the person doing the caring.

My Difficult-Day Caregiving Plan

REDUCE DECISIONS BEFORE THE HARD DAY

Complete this on a steadier day. Keep it somewhere easy to find. The goal is not a perfect day. The goal is a safer, simpler, more supported day.

1 ESSENTIAL CARE + SAFETY

Care instructions that must be followed:

Important information I keep easy to find:

Who to call with a care question:

2 SIMPLIFY THE DAY

Easy meal or food backup:

Task I will cancel or postpone:

A message I can send instead of explaining everything:

3 ASK FOR SUPPORT

First person I will contact:

The specific help I can request:

My backup person or resource:

4 PROTECT THE CAREGIVER

Minimum care for me:

Boundary I will keep:

Truth I will repeat when guilt appears:

MY DIFFICULT-DAY PRAYER

"God, today is heavier than I can carry alone. Show me what matters most, who can help, and what I can release. Give me grace for the next hour. Amen."

☐ I have placed this plan where I can find it.

Date: _____

A Prayer for the Overwhelmed Caregiver

LET GOD MEET YOU IN THE HONEST PLACE

Father,

You see every task, every interrupted night, every decision, and every fear I carry. You know the love beneath this work and the exhaustion I do not always say aloud.

Thank You for the person entrusted to my care. Help me remember that loving them does not require me to become limitless.

Give me wisdom for what must be done, courage to ask for help, and freedom to release what can wait. Guard me from guilt when I rest and from fear or pride that makes me carry everything alone.

Meet the needs I cannot meet. Watch over the person I love when I cannot control the outcome. Strengthen our relationship where illness, disability, stress, or changing roles have created strain.

Care for my body, mind, and spirit. Remind me that I am more than the tasks I perform. Hold me when I am tired, angry, lonely, afraid, or unsure.

Give me grace for today---not the whole future at once. Lead me one faithful step at a time.

In Jesus' name, Amen.

TRUTHS TO REMEMBER

- ✓ I can love deeply and still be tired.
- ✓ My limits are real, not sinful.
- ✓ Asking for help is not failure.
- ✓ I am not responsible for controlling every outcome.
- ✓ God sees the work no one else sees.
- ✓ Rest is not abandonment.
- ✓ My needs still matter.
- ✓ My identity is larger than caregiving.
- ✓ Small faithfulness matters.

God is caring for me while I care for someone I love.

MY HONEST PRAYER TODAY

God, today I need to tell You:

What I am placing in Your hands:

KEEP THESE FOUR QUESTIONS CLOSE

You Were Never Meant to Carry This Alone

Return to what is true when the day feels too heavy.

N

What am I carrying today?

E

What truly must happen today?

X

What help can I eXplore?

T

What one faithful step will I take?

Caregiving may have changed your days, relationships, finances, and future. It has not erased your identity or removed you from God's care. You are allowed to seek support, honor your limits, and take one faithful step at a time.

ONE FAITHFUL ACTION FOR TODAY

Today I will:

ABOUT KINGDOM GROWTH

Kingdom Growth exists to encourage and equip Christian women navigating caregiving, illness, job loss, identity disruption, and unexpected life transitions. Find more free resources, books, devotionals, and faith-based support at:

kingdomga.com

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