

RHM CancerCare

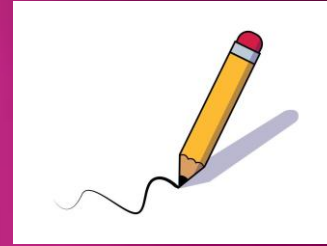


Caregiver's Psalm

Finding Grace in the Valley

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16 August 2025
www.restorativehearts.org

Talk Outline



- 1. Why caregiving is both a sacred and heavy calling?**
- 2. What are the six significant emotional struggles faced by caregivers?**
- 3. How can you let the Lord journey with you through Psalm 23 to overcome your emotional struggles?**

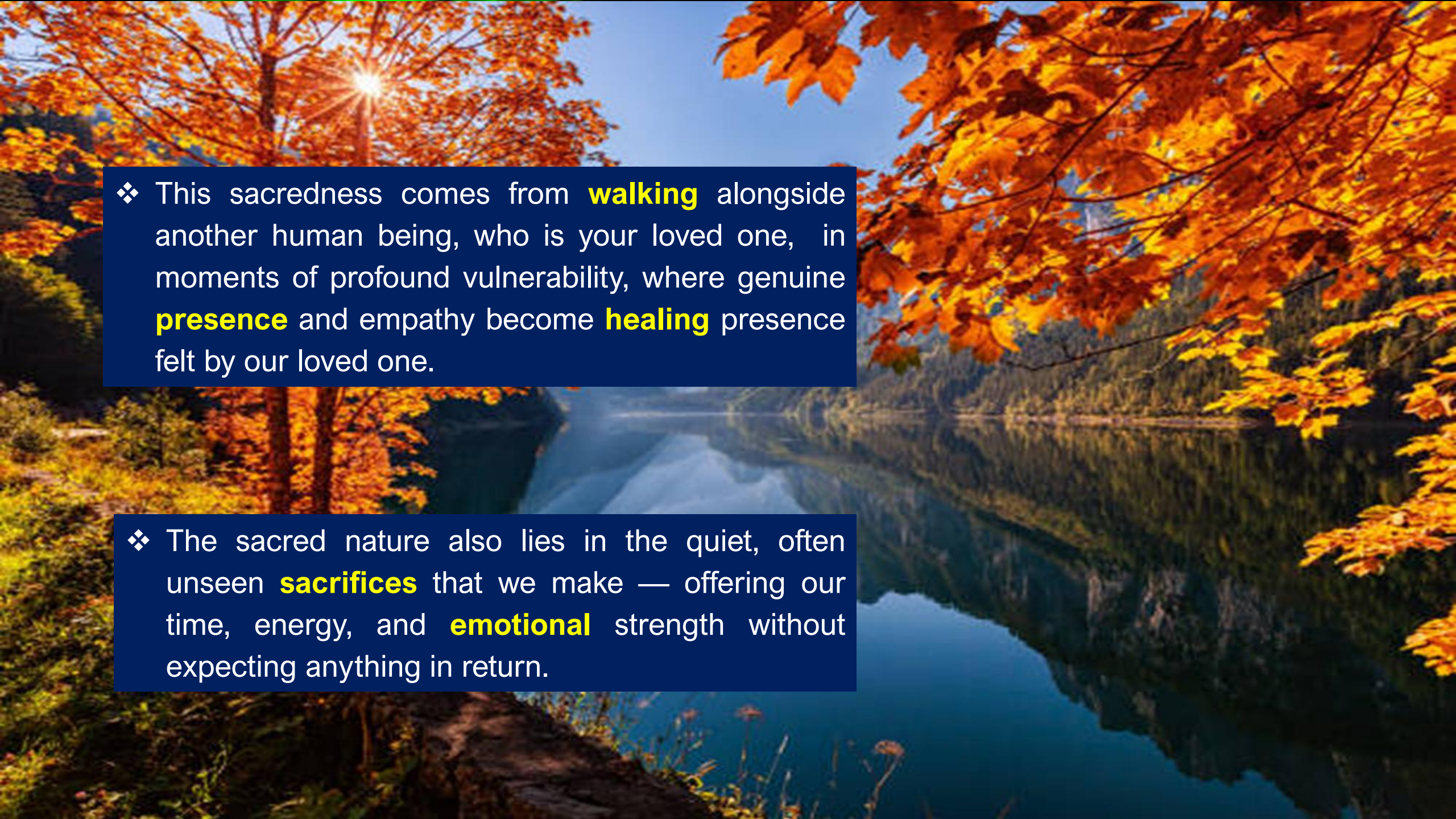
1. Why caregiving is both a sacred and heavy calling?



It is sacred

- ❖ Caring for someone with a major illness, for example, like cancer or dementia, is **sacred** because it calls on us to give of ourselves in a way that **transcends** ordinary acts of the usual comfort and support when one is unwell.
- ❖ It's not just about meeting physical needs, but also creating a **safe space** where our loved one feels seen, **valued**, and dignified despite the suffering.





❖ This sacredness comes from **walking** alongside another human being, who is your loved one, in moments of profound vulnerability, where genuine **presence** and empathy become **healing** presence felt by our loved one.

❖ The sacred nature also lies in the quiet, often unseen **sacrifices** that we make — offering our time, energy, and **emotional** strength without expecting anything in return.

It is heavy calling

- ❖ We often feel heavy because as caregivers we face overwhelming physical, emotional, and mental **demands**, as we witness our loved one's suffering and the **uncertainty** of the outcome.
- ❖ The burden worsens as our loved one's condition **deteriorates** and care demands increase, leading to stress, anxiety, depression, and social **isolation** in us.

- ❖ The heavy nature of caregiving arises because we tend to **prioritize** our loved one's needs over our own, **sacrificing** our personal time, health, and at times we have to isolate ourselves from friends and church activities.
- ❖ Thus, it can result in diminished **quality** of life and worsened the physical and mental health in us. We have to **adjust** to a new life and lifestyle.





2. What are the six **significant** emotional struggles faced by caregivers?

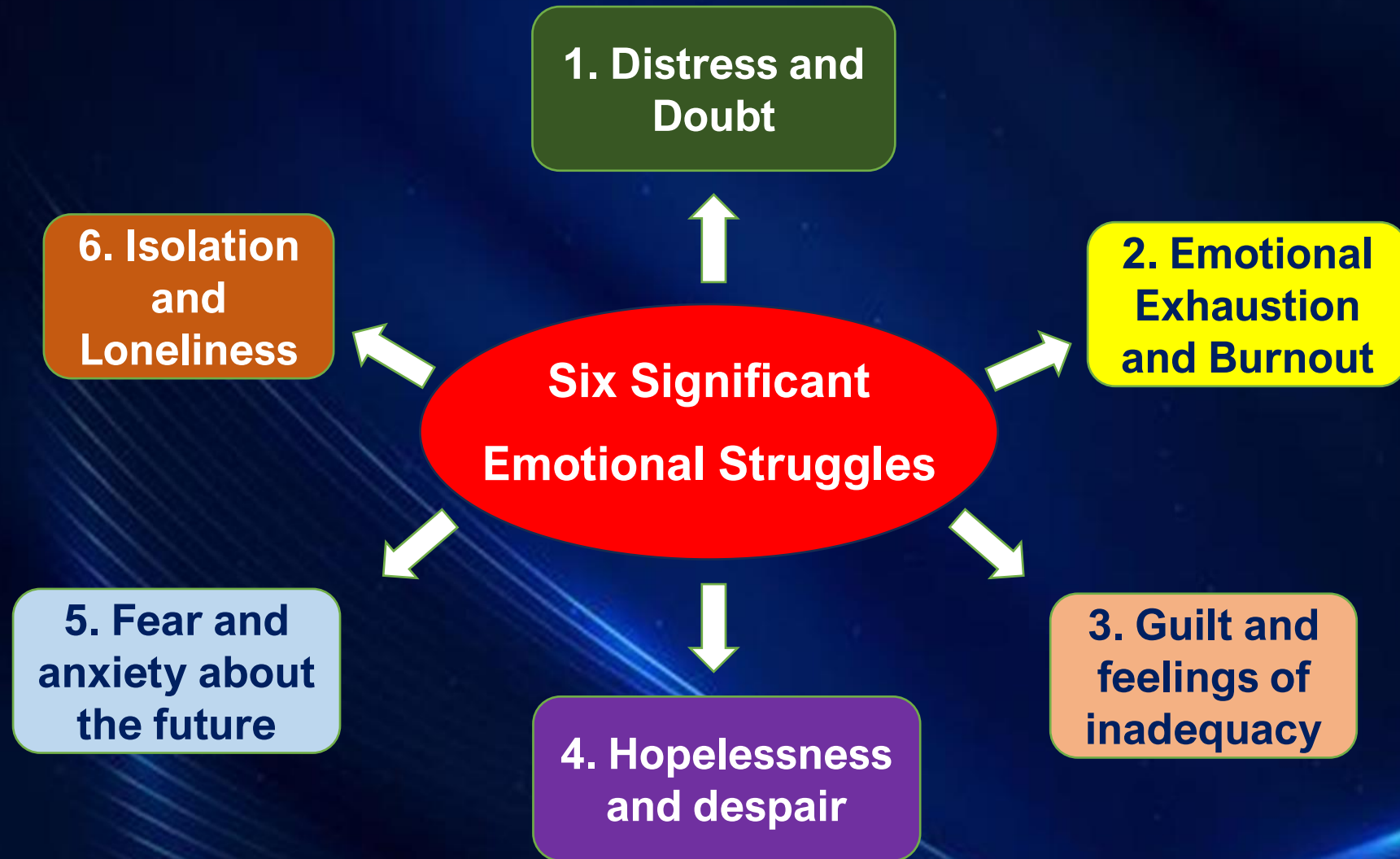
What are emotional struggles like?

Emotional struggles for us are intense and **complex**.

We experience a whole **spectrum** of emotions. We experience stress, fear, sadness, exhaustion, and anxiety from constant caregiving **demands** and watching our loved one suffer.

However, these emotional struggles also come with hope, love, and moments of joy that we experience. In this journey, we need to be **resilient** and receive the needed **emotional** support from others to help us navigate this difficult journey.





1. Distress and Doubt

Every Christian caregiver often wrestles with questions about God's **plan** and why their loved one is suffering.

This can lead to feelings of abandonment, doubt, and wrestling with **faith** amid hardship.

Unhealthy Negative Self-Talk

*I pray daily that my mum does not have to go through so much pain, God did not answer my **prayer**. I am wondering if God sees my pain or has **forgotten** us.*



2. Emotional Exhaustion and Burnout

The relentless emotional demands of caregiving—witnessing **pain** and decline—cause fatigue, stress, and **burnout**, making it difficult to maintain hope and patience

Unhealthy Self-Talk

*I care for my dad with dementia. The daily **decline** drains me. Does God really care? I feel numb, weary, and **guilty** for struggling to stay hopeful and kind.*





3. Guilt and Feelings of Inadequacy

Many of us experience **guilt** over whether we are doing enough or providing the right care, leading to stress and **self-judgment** despite our best efforts.

Unhealthy Self-Talk

*I care for my wife with cancer. I feel **helpless** watching her suffer—**guilty** that I can't ease her pain, questioning if I'm truly supporting her. Perhaps, I am not giving my best.*

4. Hopelessness and Despair

When we let **hopelessness** and despair creep into our heart, we feel powerless, emotionally drained, and uncertain, with **fading** optimism, struggling to find strength or meaning in supporting our loved one with **declining** health.

Unhealthy Self-Talk

*I care for my husband after his stroke. As his speech fades and progress **stalls**, I feel hopeless—drained and unsure how to keep **believing** or going on. No one seems to care how much pain and suffering I am going through.*





5. Fear and Anxiety about the Future

Uncertainty about disease **progression** and outcomes triggers fear, worry, and anxiety, which intensify emotional strain.

Unhealthy Negative Self-Talk

*I care for my daughter with advanced cancer. I lie awake **fearing** what's next—anxious about **losing** her, unsure how to face the future without her. God seems to be so far away. Does He care about her **future**?*



6. Isolation and Loneliness

Focusing intensely on caregiving duties often isolates us **socially** and spiritually, increasing feelings of **loneliness** and emotional burden.

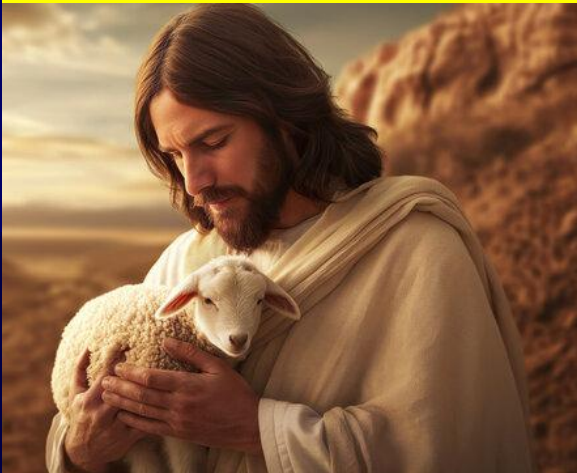
Unhealthy Negative Self-Talk

*I miss church, friends, even **silence**. Caring for my son with severe autism feels **endless**—alone in crowds, unseen, wondering if God still sees me.*

3. How can you let the Lord journey with you through **Psalm 23** to overcome your emotional struggles?



Psalm 23



1 The Lord is my shepherd; I shall not want.

2 He makes me lie down in green pastures. He leads me beside still waters.

3 He restores my soul. He leads me in paths of righteousness for his name's sake.

4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

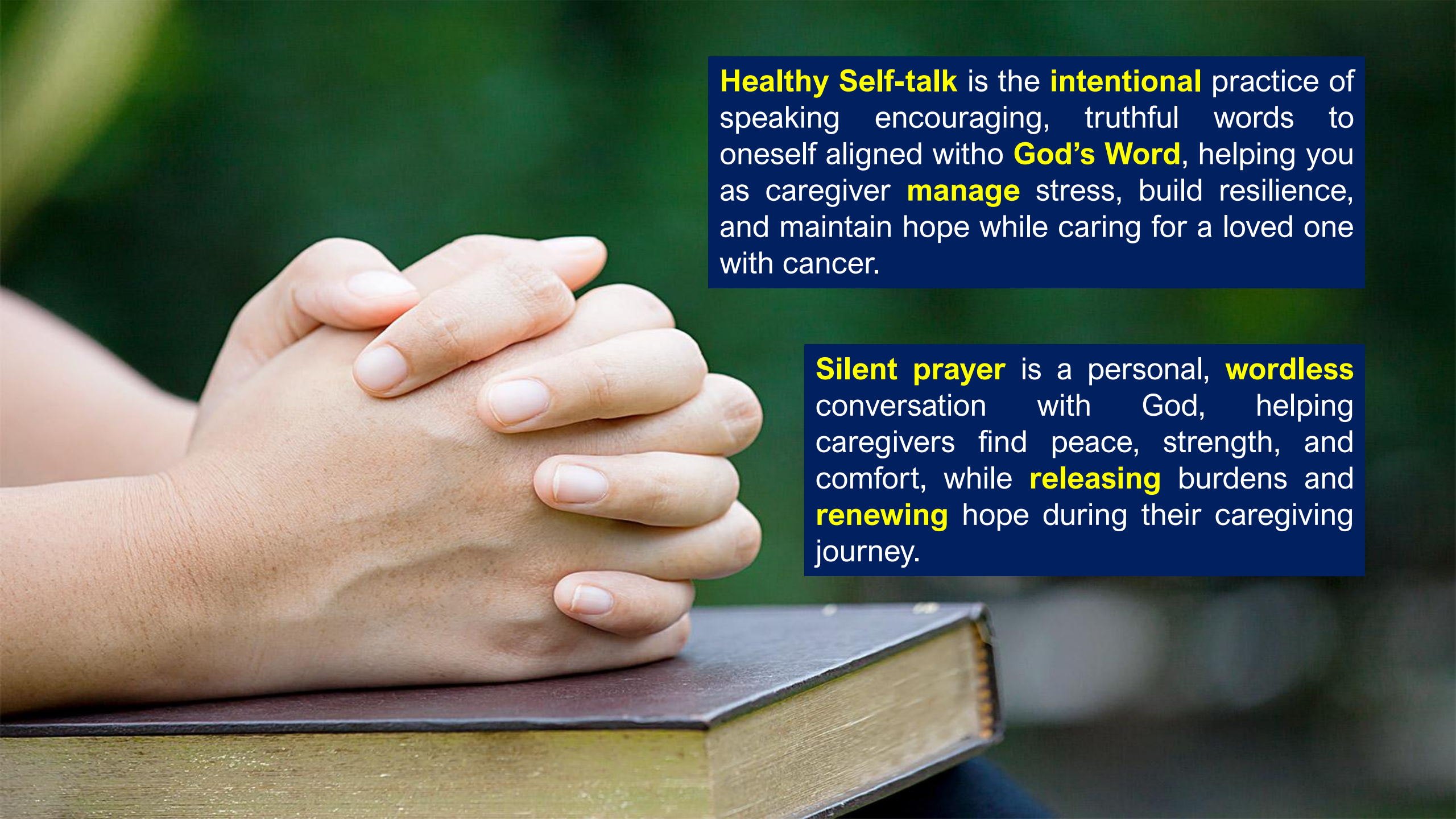
5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

We find comfort, strength and hope throughout caregiving journey by

Practicing Healthy Self-Talk And Silent Prayer





Healthy Self-talk is the **intentional** practice of speaking encouraging, truthful words to oneself aligned with **God's Word**, helping you as caregiver **manage** stress, build resilience, and maintain hope while caring for a loved one with cancer.

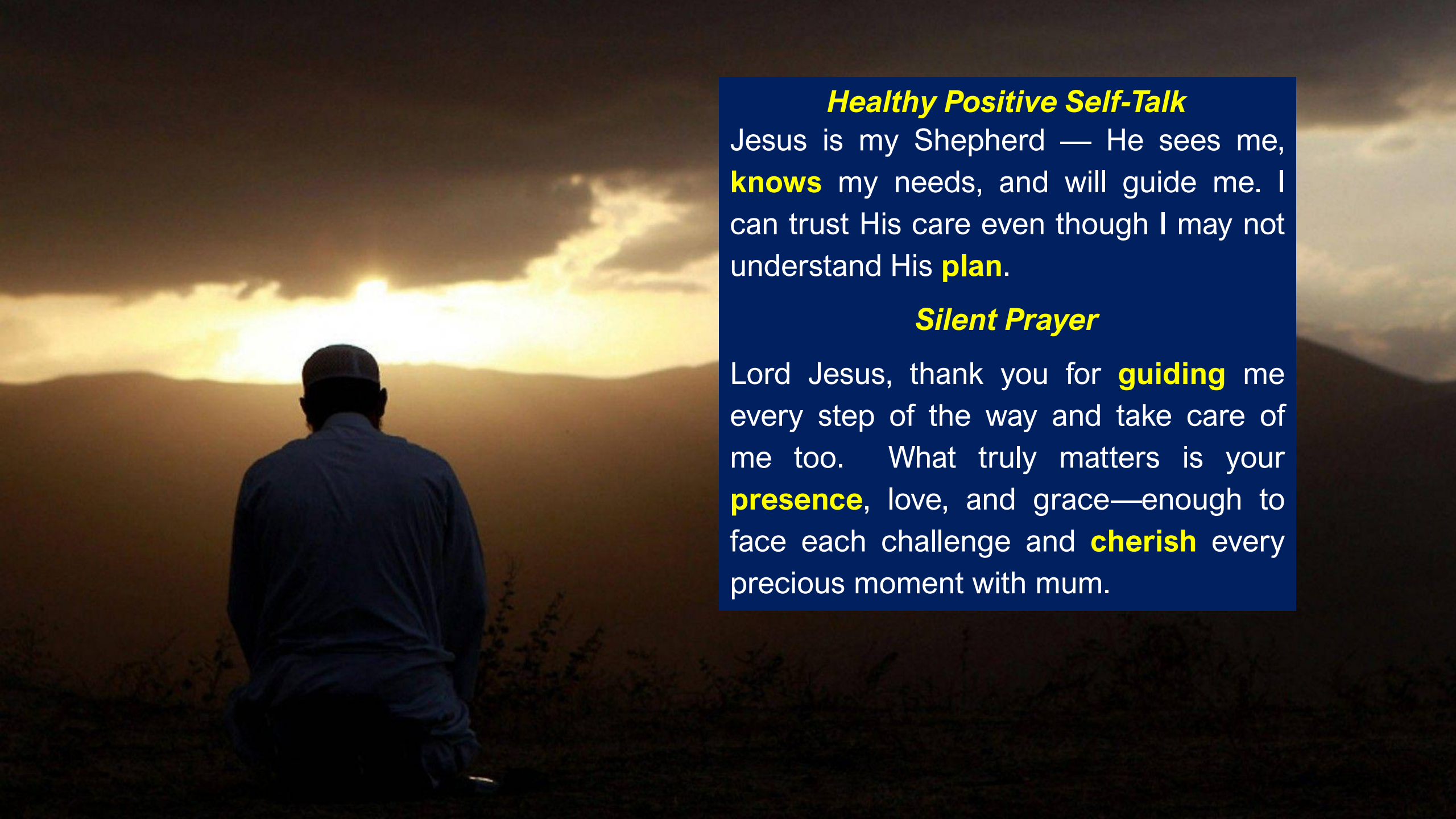
Silent prayer is a personal, **wordless** conversation with God, helping caregivers find peace, strength, and comfort, while **releasing** burdens and **renewing** hope during their caregiving journey.



1. Overcoming distress and doubt

“The Lord is my shepherd; I shall not want”
(Psalm 23:1)

The Lord stays close to us—guiding us through every day, and even when our **feelings** swing wildly and our **prayer** seems unanswered. He gives what we truly need in His **timing** and **purpose** for His ways are higher than ours.

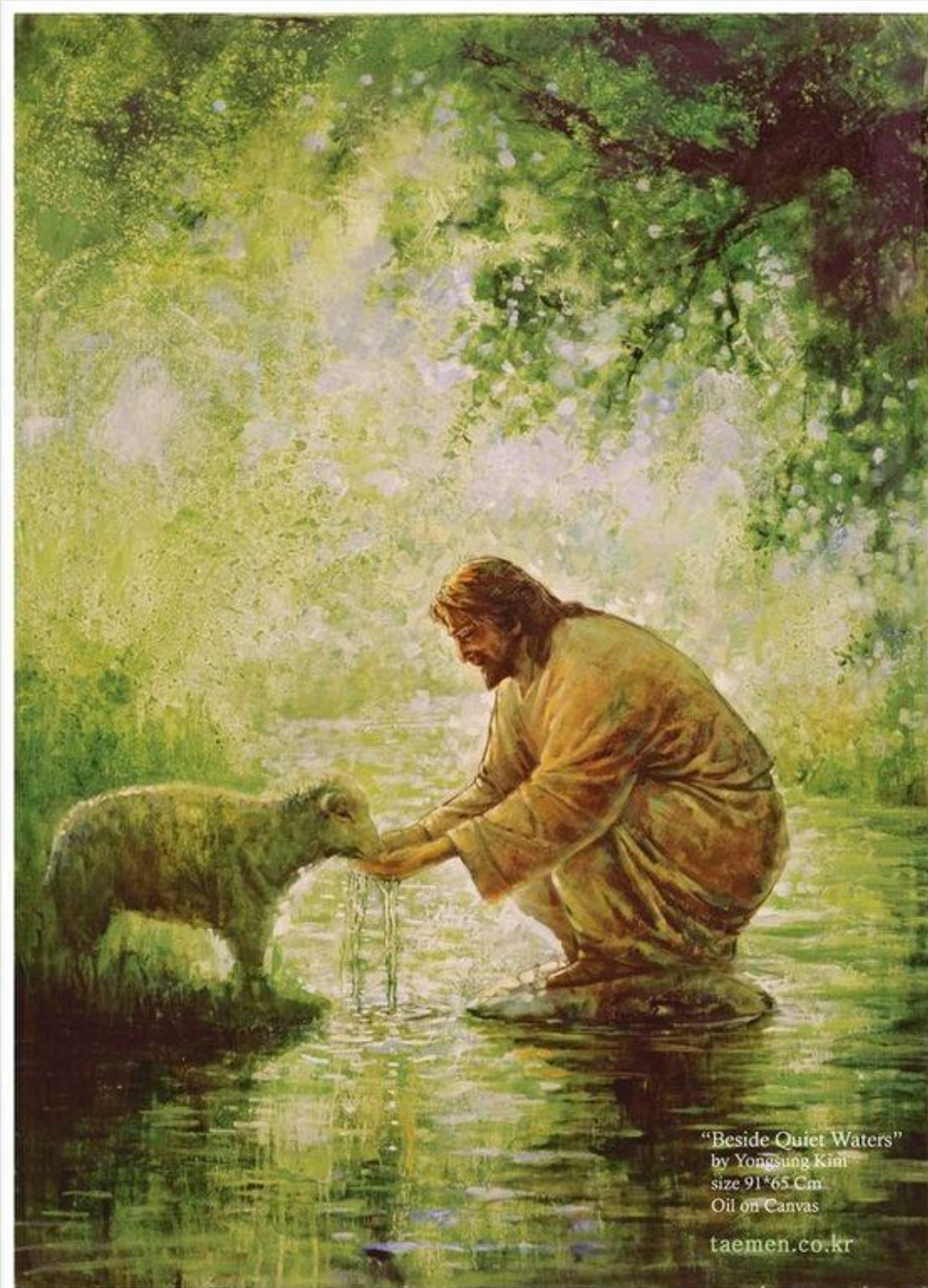
A person is kneeling on a grassy hill, facing away from the camera towards a bright sunset. The sun is low on the horizon, creating a strong backlight effect and silhouetting the person. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

Healthy Positive Self-Talk

Jesus is my Shepherd — He sees me, **knows** my needs, and will guide me. I can trust His care even though I may not understand His **plan**.

Silent Prayer

Lord Jesus, thank you for **guiding** me every step of the way and take care of me too. What truly matters is your **presence**, love, and grace—enough to face each challenge and **cherish** every precious moment with mum.



2. Emotional Exhaustion and Burnout

*“He makes me lie down in green pastures.
He leads me beside still waters. He restores
my soul” (Psalm 23:2-3)*

When exhaustion and worry threaten to drain us, He gently leads us to rest—offering **quiet** moments where we can breathe and release our tension. He enables us to **pace** ourselves leading us one **step** at a time.

Healthy Self-Talk

If I feel stressed, the Lord will **guide** me and give me **rest**. His divine strength will **carry** me through like before.

Silent Prayer

Lord Jesus, there are so many challenges ahead – medical procedures, transport, and mum's fragile body to take care. I need to rest my mind and body. **Lead** me beside quiet waters, **refreshing** my heart and **renewing** hope to face each day with courage and calm.





3. Guilt and Feelings of Inadequacy

“Your rod and your staff, they comfort me”
(Psalm 23:4)

When our heart feels empty and hope seems thin, He **lifts** us up. He shows us our next **steps** so that we will not go ahead of Him. He wants us to know that our **caregiving** work matters to Him.



Healthy Self-Talk

The Lord will bring me back to His path if I am losing my way. He will **carry** me through another again. I will have the **strength** and love to stay strong in the Lord and in the strength of His might.

Silent Prayer

Lord Jesus, sometimes I do I feel unworthy or not good enough. I know that your **presence** is with me to strengthen me. I trust you that I shall be **alright** for I am not walking alone in this journey.

4. Hopelessness and Despair

“You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.” (Psalm 23:5)

In the hardest, darkest times—when fear, sadness, or frustration overwhelm us as we watch our loved one struggle—we **remember** Jesus is right here with us. His steady love helps **calm** our doubts and comfort our tears.



Healthy Self-Talk

Even in the midst of overwhelming challenges and uncertainty, God blesses me abundantly. His anointing reminds me I am **valued**, and my life overflows with His **grace**, even in the darkest seasons.

Silent Prayer

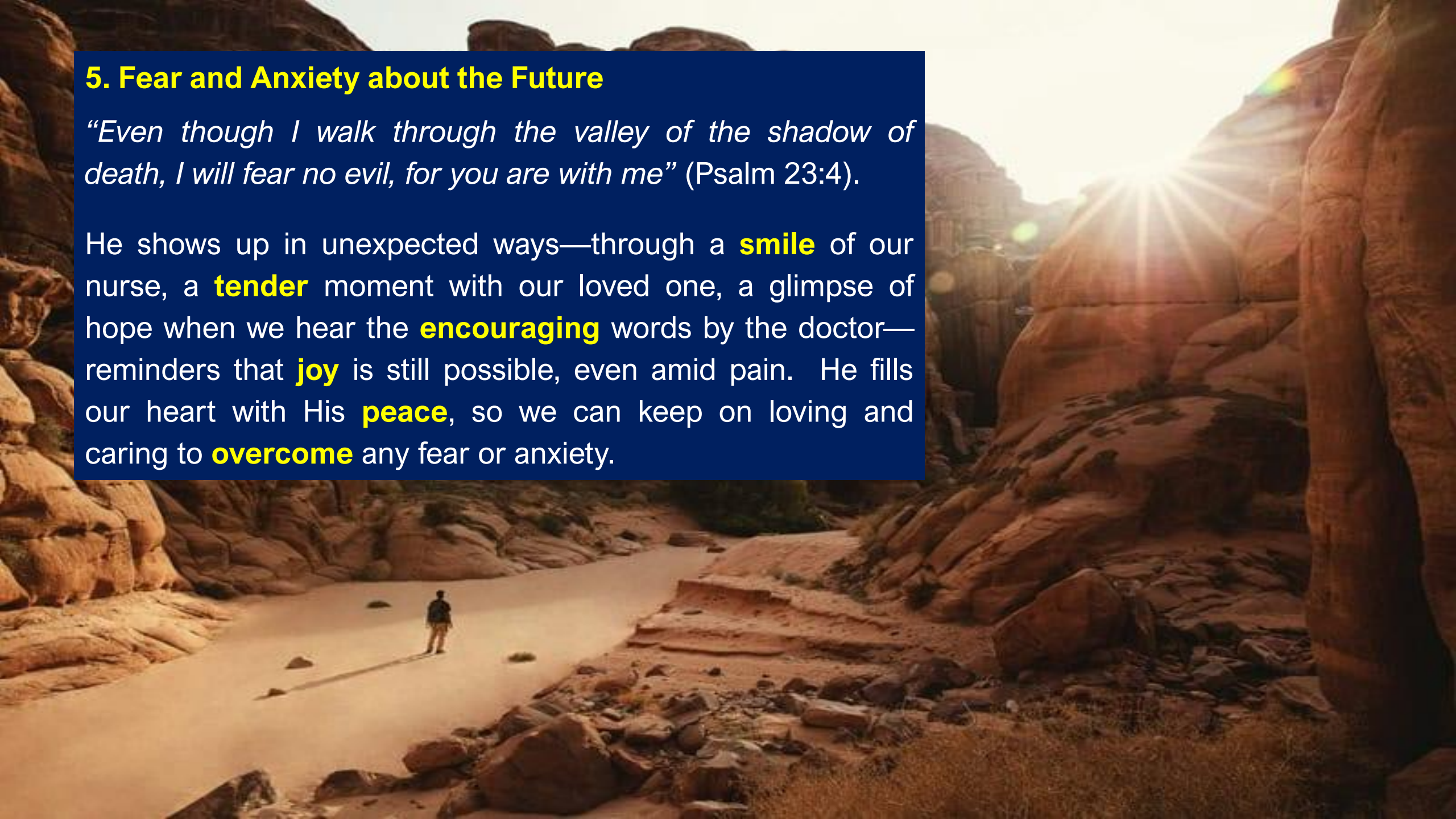
Dear Lord Jesus, when I feel hopeless and consumed by despair, help me see your overflowing blessings and loving care. **Remind** me that your provision, honor, and **presence** surround me, even when my circumstances seem impossible.



5. Fear and Anxiety about the Future

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me” (Psalm 23:4).

He shows up in unexpected ways—through a **smile** of our nurse, a **tender** moment with our loved one, a glimpse of hope when we hear the **encouraging** words by the doctor—reminders that **joy** is still possible, even amid pain. He fills our heart with His **peace**, so we can keep on loving and caring to **overcome** any fear or anxiety.



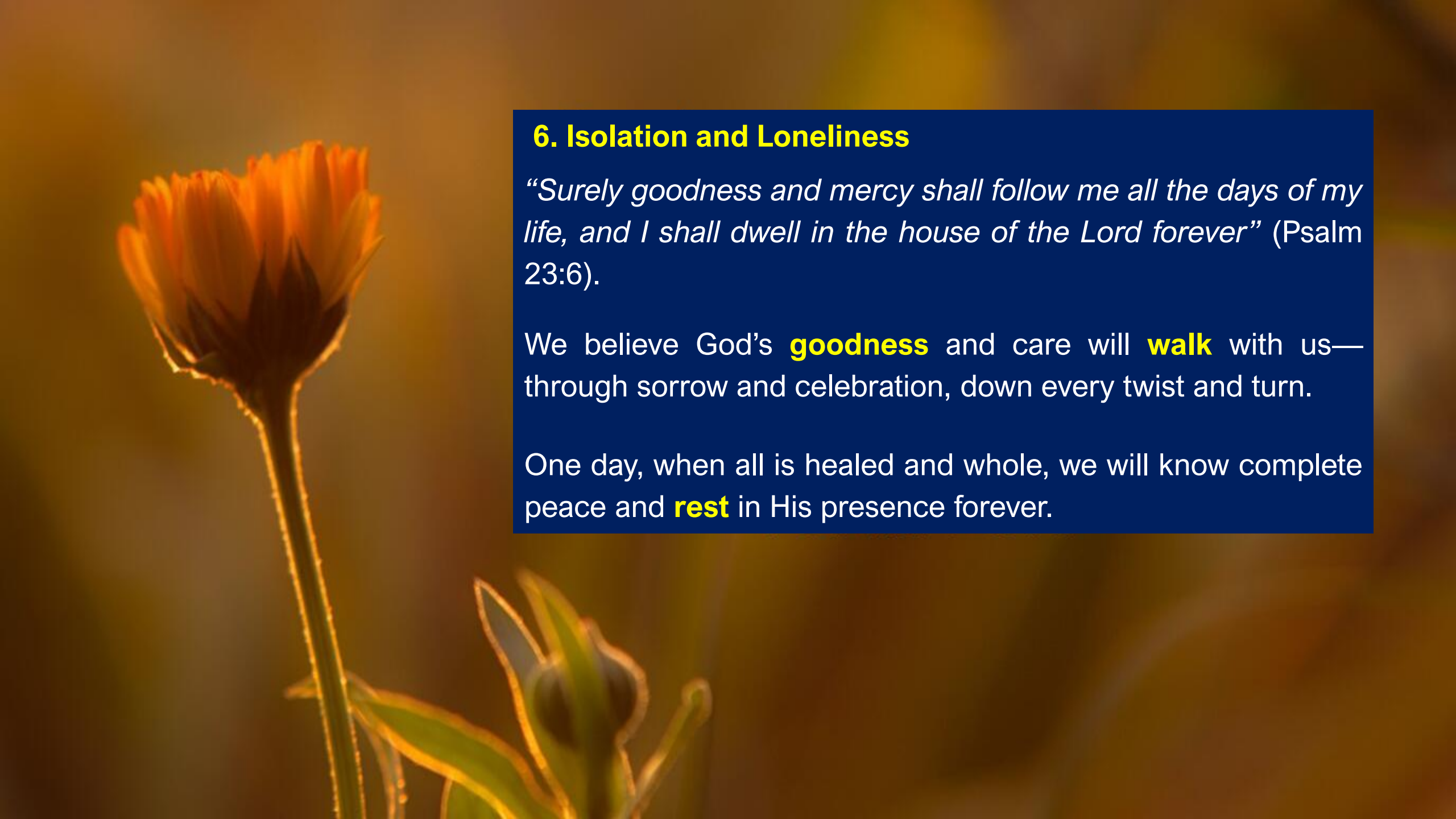
Healthy Self-Talk

The treatment process is getting tougher for my mum. The outcome is uncertain and the doctor is not optimistic about it. I just need to **trust** God let go and lean on **Jesus** knowing that He will take over as I take each step at time.

Silent Prayer

Dear Lord Jesus, Dad is reluctant to continue the treatment. Help me not to get overly anxious, though the outcome seems bleak. Grant me **wisdom** to encourage Dad. Let him feel your **peace** and love.





6. Isolation and Loneliness

“Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever” (Psalm 23:6).

We believe God’s **goodness** and care will **walk** with us—through sorrow and celebration, down every twist and turn.

One day, when all is healed and whole, we will know complete peace and **rest** in His presence forever.



Healthy Self-Talk

Even when I feel unseen or alone, I know God's goodness and **mercy** are with me daily, surrounding me with His **love** and keeping my heart safe.

Silent Prayer

Dear Lord Jesus, no matter how lonely this path feels, I have to **remind** myself I am always in your **presence** and your goodness and mercy are with me.

Caregiver's Psalm

1 The Lord stays close to me—guiding me through every day, and even when my feelings swing wildly, He gives what I truly need.

2 When exhaustion and worry threaten to drain me, He gently leads me to rest—offering quiet moments where I can breathe and release my tension.

3 When my heart feels empty and hope seems thin, He lifts me up. He shows me purpose and the next step, letting me know my caring matters.

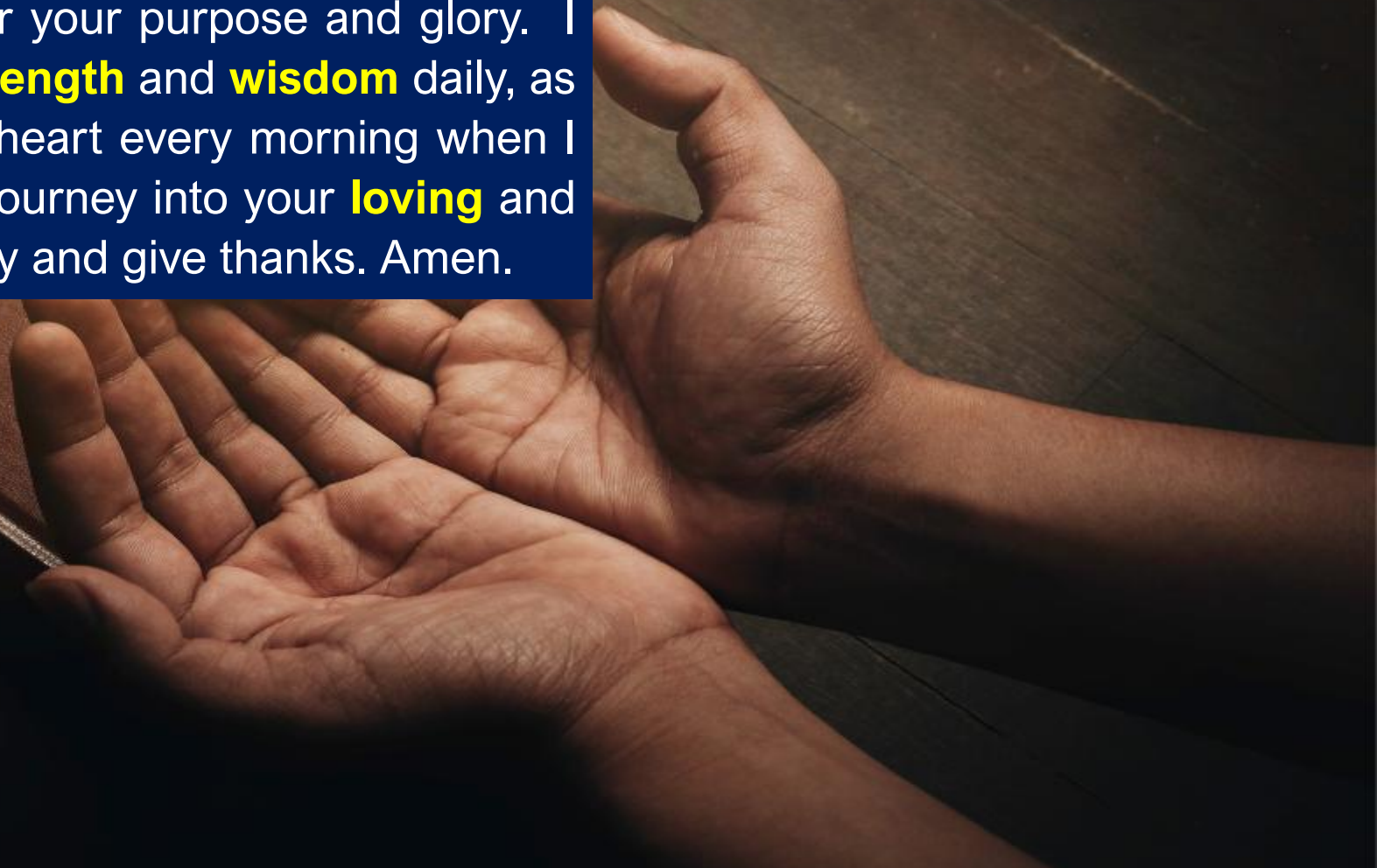
4 In the hardest, darkest times—when fear, sadness, or frustration overwhelm me as I watch my loved one struggle—I remember You are right here with me. Your steady love helps calm my doubts and comfort my tears.

5 You show up with unexpected blessings—a laugh, a tender moment, a glimpse of hope—reminders that joy is still possible, even amid pain. You fill my heart so it can keep loving strongly.

6 I believe Your goodness and care will walk with me—through sorrow and celebration, down every twist and turn. One day, when all is healed and whole, I will know complete peace and rest in Your presence forever.

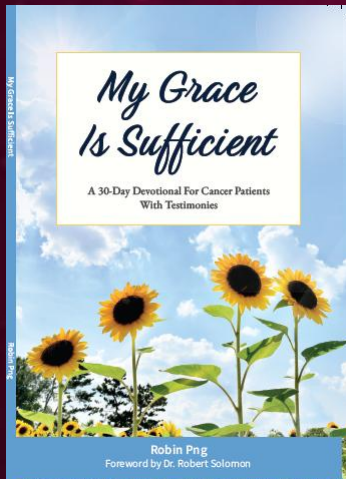
Prayer

Dear Heavenly Father, I know I am **not** alone. You are with me. You will take **care** of me. I **surrender** my life afresh to you. Truly, my life has meaning and purpose with you leading and guiding my **path**. I shall take one day at a time. **Protect** and **preserve** me and my loved one for your purpose and glory. I **trust** you Lord Jesus to give me **strength** and **wisdom** daily, as your **goodness** and **mercy** fill my heart every morning when I wake up. I commit the caregiving journey into your **loving** and **healing** hand. In Jesus' name I pray and give thanks. Amen.

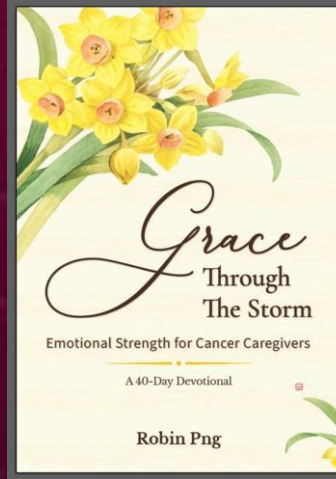


Free Download Of Devotional Books

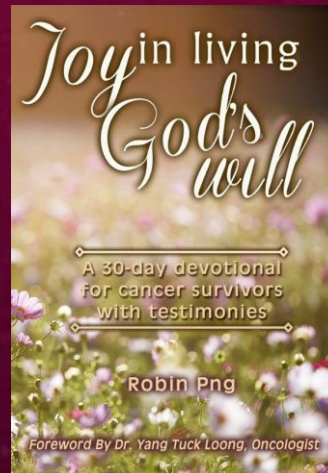
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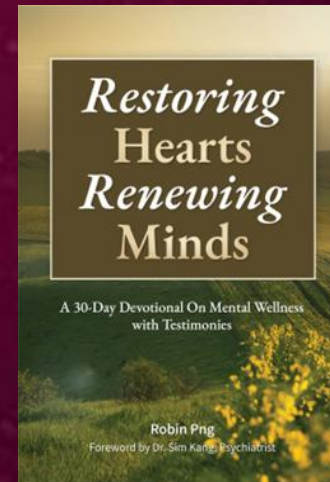
For Cancer Patient



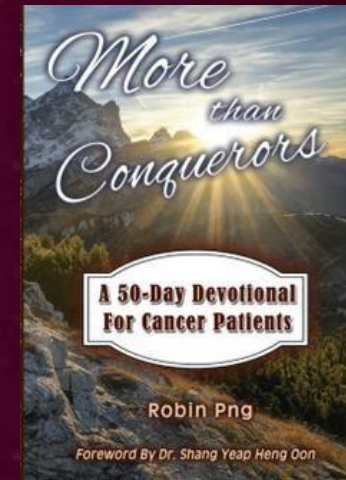
For Cancer Caregiver



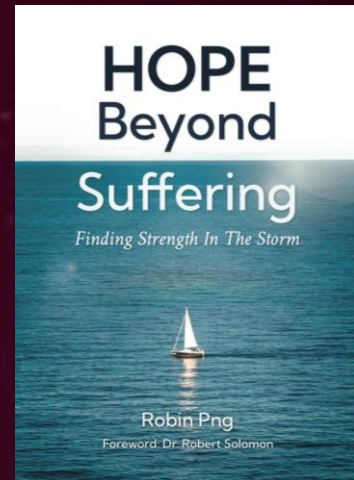
For Cancer Survivor



For Mental Wellness



Sequel of My Grace Is Sufficient

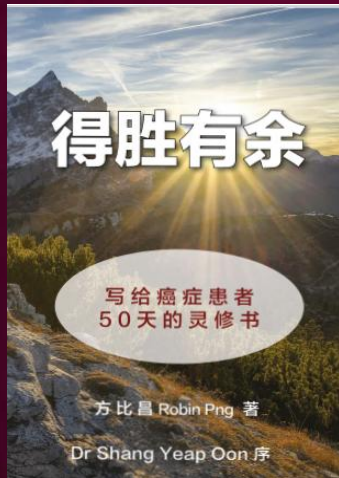


For Cancer Patient (Prebeliever)

Free Download Of Devotional Books

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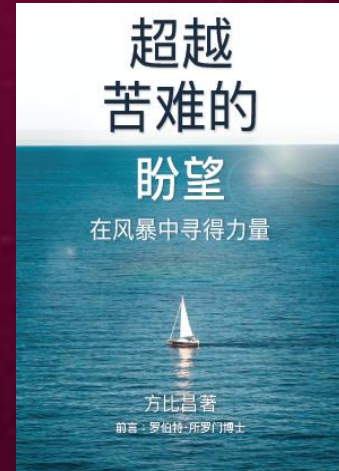
For Cancer Patients



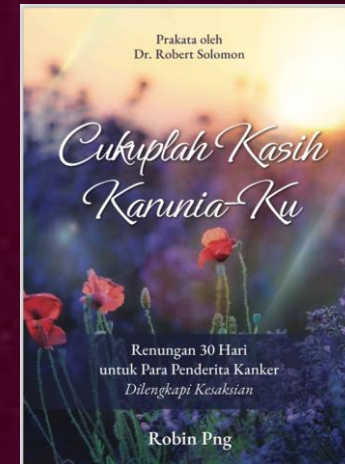
**Chinese
Version**



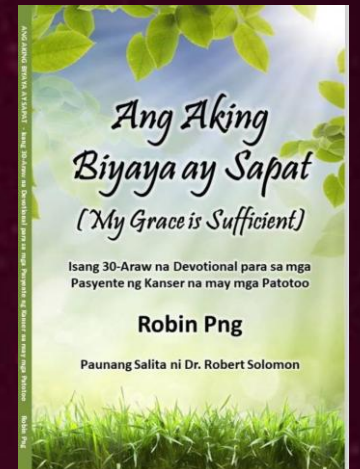
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**Indonesian
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**Tagalog
Version**



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Our Vision

To restore the hearts and renew the minds of cancer patients and persons with mental wellness concerns with the **love** and **power** of **Jesus Christ**



Our Mission

To provide restorative **talks**, conduct cancer and mental wellness restorative **groups**, provide pastoral **counselling** and **care**, and doing hospital and home **visits** to cancer patients and persons with mental wellness concerns



If you wish to enquire more about this ministry, you may email to restorativehearts@gmail.com.



GOD BLESS
have a great week

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