

## **PSALM 139 FOR CAREGIVERS**

O God, you know my heart, and only you understand how hard I have tried to care for my loved one.

You know that I hardly have time to sit down or care for myself;

You know the long hours I spend working and serving my loved one.

Only you know the depth of the anger I feel toward my family for their lack of help, and you know the harsh words I often speak to the one I love – even before I say them.

I find it hard to hear your gentle voice telling me to slow down, not to fall prey to anxiety, and to stop and rest in you.

You bless me even when I fail miserably, when I get down on myself when I feel guilty for not doing enough.

Such understanding and grace are beyond my comprehension.

I can never get away from you; I can never outlive your love.

I have good days with my loved one, when there are flashes of recognition, you are there, celebrating with me. If I sink down into the pits of despair when everything is going wrong, you are also there.

If I allow my mind to wander to more pleasant places, you are also there.