

The Care of the Caregiver

By David Reynolds

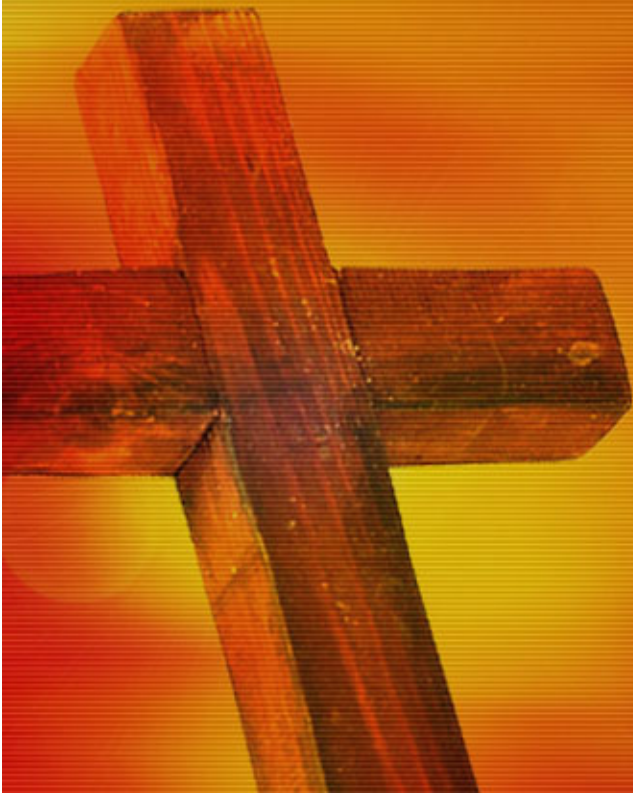
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ADVANCED GLOBAL EDUCATORS

The Care of the Caregiver

Introduction

“And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.”

Mark 6:31



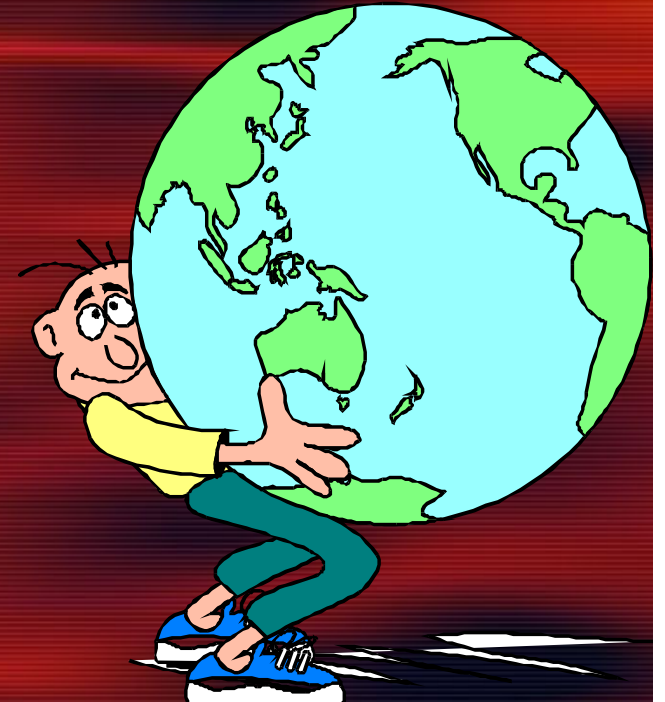
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Objective

Balance Not Burn Out

- The secret of renewal is balance
- Balance responsibility with renewal



As a Man Thinketh— So is He

- Responsibility does not bring stress
 - Our perception does
- Activity can be challenging
 - Or stressful



We Must Make a Difference

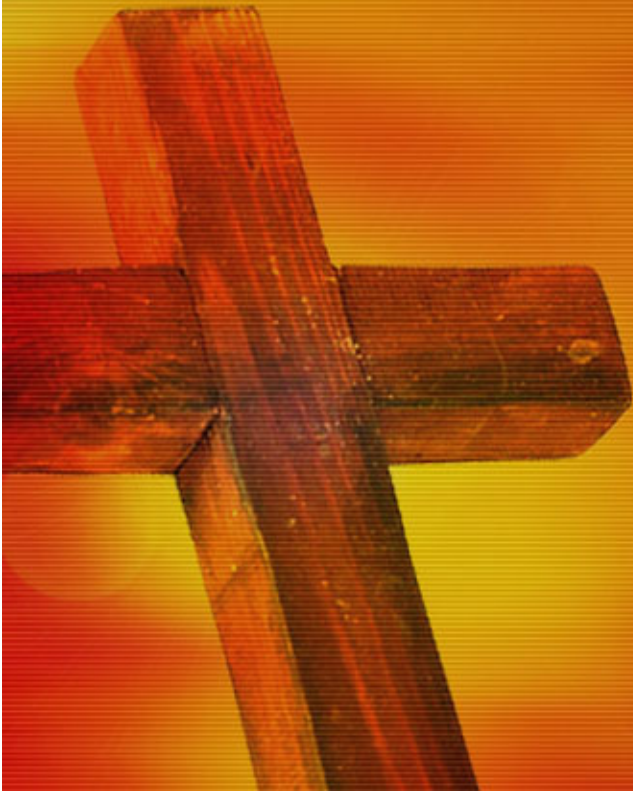
- Activities are less stressful if we feel what we do is important
- Not all stress is bad
 - Stress is necessary
 - Stress motivates
- Too much stress can immobilize



Encouragement For the Encourager

Points to Remember

- We are human beings
 - Not human do-ers
- We control our perceptions
- We must take in more than we give
- We change what we can
 - Accept what we can't
- We are constructed to handle the problems of the present



Care for the Caregiver

- Solve today's problems
 - Release the rest
- Live in the joys of the present
- Set Priorities
 - We can't do everything
- Clutter brings frustration



Help For the Helpless

- Learn to detach oneself at times
- Do not work at relaxation
- Cultivate a sense of humor
- Possessions never satisfy
- Cultivate an attitude of thanksgiving



Help For the Helpless



- Take time for roses, children, and family
- Keep healthy & physically fit
- Celebrate

You Are God's Child

Conclusion

- He cares about your load
- God called you to the teaching ministry
- Learn how to carry the load
- Learn to lean on Jesus
- What you do is important!

