

*LIVING HOPE*

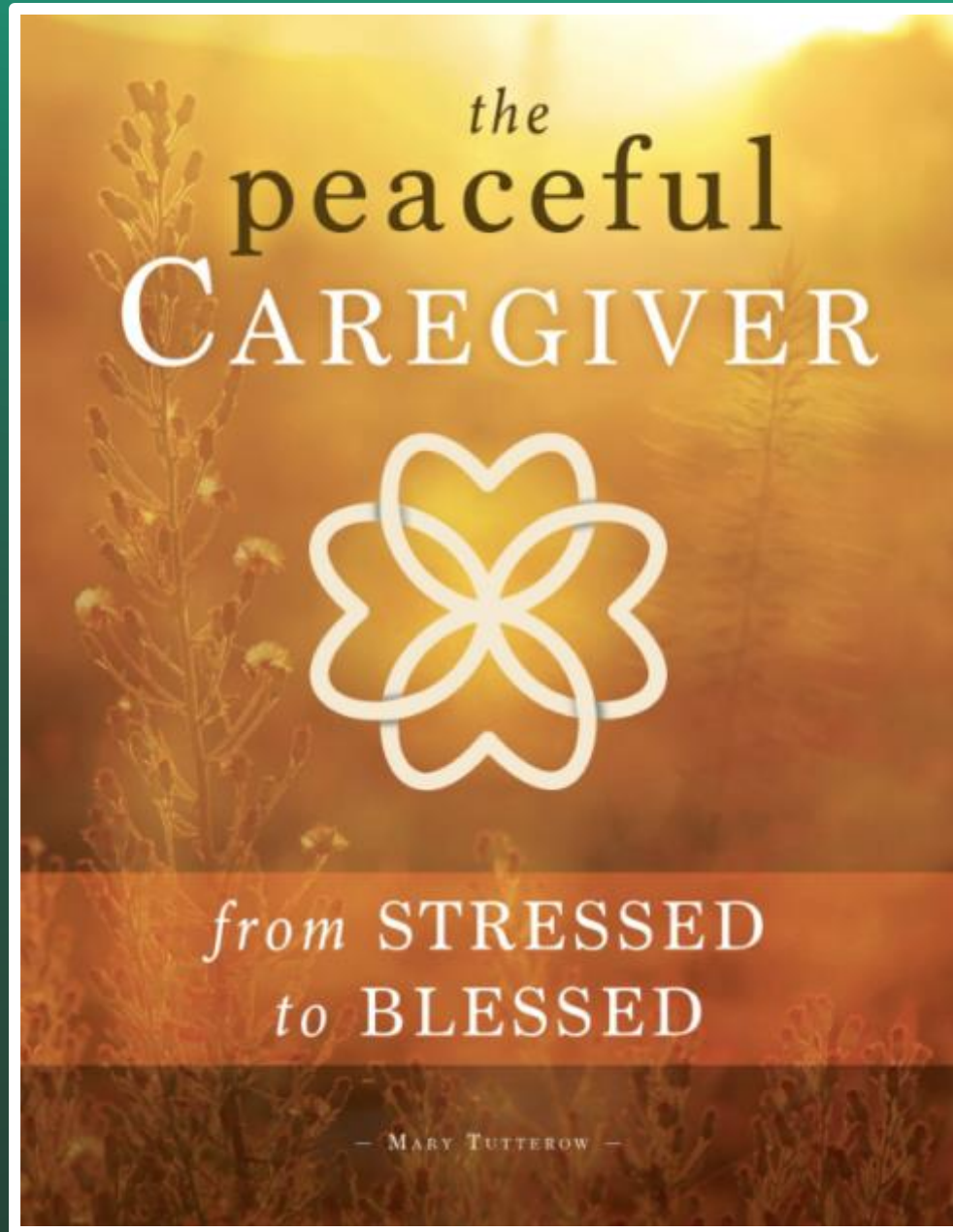
DEMENTIA CAREGIVER  
SUPPORT COMMUNITY



# Agenda

- Welcome/Introductions & Opening Prayer – Dena
- Worship Music – [\*You Are My Peace \(Housefires\)\*](#)
- [\*the Peaceful Caregiver Week 1 Video\*](#) - Ed
- *Exploring Peace* - Dena
- Prayer Requests - Sharon
- Closing Prayer - Sharon

# Chapter 1



# Exploring Peace

## *John 16 (ESV)*

*33 “I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”*





# Shalom

- Key Aspects of Shalom
  - Wholeness - Complete & intact in all dimensions
  - Harmony - Peaceful coexistence & unity
  - Well-being - Physical, mental & emotional health
  - Prosperity - Flourishing & successful life
  - Security - Safety & freedom from fear

# Shalom

- Peace is not just a Biblical ideal, it is a way of living God's promises
- Usurpers of peace – People, situations, responsibilities or things that overwhelm us
- Peace stealing emotions

*What are some of these usurpers of peace in your life & what emotions have you experienced?*

# Shalom

- Usurpers of peace – People, situations, responsibilities or things that overwhelm us
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*What are some of these usurpers of peace in your life & what emotions have you experienced?*



LIVING IN

~~FEAR~~

Peace

## Living in Peace

- Peace is not just a Biblical ideal, it is a way of living God's promises
- Peace will elude us until we remember our true identity
  - Who we are
  - Whose we are
  - Why we're here
- We can't change most things that steal our peace

*What would peace look like for you?*





**ACHIEVE**

**PEACE**

## Achieve Peace

- Caring for others is a huge drain on our health & well – being
- Getting a grip on the stresses of caregiving
  - Make your health a priority
  - Practice gratitude & forgiveness
  - Learn to ask for & receive help
  - Join a support group
- Be willing to chose to change

# Achieve Peace

- Challenges/Obstacles
  - Addiction to victimization
  - Pride
  - Control
  - Status Quo
  - Identity with pain

*What changes do you need to make in your life to achieve peace?*



Lord, there is much on my plate, and I feel overwhelmed,  
Not only by my responsibilities but by my emotions.  
I come to You, Lord, for peace and comfort,  
not as the world gives but only as You can.

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