



Poured Out, Still Standing



Find strength in the Savior as you care for others.
This 7-day Bible study is for women who feel
exhausted, unseen, or weary in their role as a family
caregiver.



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Introduction

To the woman who is always “on,” always giving, always holding it all together—this study is for you.

Whether you’re caring for small children, a husband facing illness, or aging parents who depend on you daily, you know what it feels like to live in a **state of constant pouring out**.

You give your time, energy, patience, meals, rides, prayers, and even your sleep.

And at times, you wonder: *“But who’s caring for me?”*

God sees you.

This study is not about teaching you how to do more.

It’s about reminding you that **you don’t have to do it all alone**.

Over the next 7 days, you’ll meet the God who gives strength to the weary, who honors your unseen sacrifices, and who pours back into you with grace and love.

You are not invisible.

You are not forgotten.

You are not failing.

You are **called, equipped, and deeply loved** by the One who carries caregivers close to His heart.



Let's begin.





Day 1: The Weight of Constant Giving



Day 1: The Weight of Constant Giving

Your Verse

Galatians 6:9 (NIV):

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Supporting Scriptures

- ***Isaiah 40:29 (NIV):***

“He gives strength to the weary and increases the power of the weak.”

- ***Matthew 11:28 (NIV):***

“Come to me, all you who are weary and burdened, and I will give you rest.”

- ***Hebrews 6:10 (NIV):***

“God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them.”



Day 1: The Weight of Constant Giving

Devotional: Devotional Thought

Let's be honest—being the primary caregiver can feel like **a job with no clock-out time.**

You're constantly tending to others' needs, sometimes neglecting your own. The laundry doesn't fold itself. Appointments need scheduled. Medications need tracked. Tears need drying. Meals need cooking. It's relentless.

And yet, you do it.

Even when you're tired.

Even when no one says thank you.

Even when your soul feels scraped thin.

It's not weakness to feel weary.

It's human.

But here's your hope: **God sees your daily pouring out as worship.**

He doesn't scold your exhaustion—He invites you to bring it to Him.

When your strength feels gone, He becomes your supply.

Galatians 6:9 reminds us that we're not sowing in vain.

There is a harvest ahead—both in the lives you care for, and in your soul.

Don't give up.

Don't believe the lie that your work doesn't matter.

You're walking in obedience, and heaven notices.



Day 1: The Weight of Constant Giving

Reflect and Apply

- Where are you feeling most depleted today?

- What's one way you've seen God sustain you in the past week?

- How would it feel to invite Jesus into your caregiving today?



Day 1: The Weight of Constant Giving

Journaling Prompts

1. List the areas of caregiving that feel the most overwhelming right now.

2. Write a letter to God expressing your honest exhaustion and asking for help.

3. Describe the “harvest” you hope to see from the seeds you’re sowing daily.



Day 1: The Weight of Constant Giving

Prayer for Today

Lord,

You see how tired I am. You know how much I give.

I confess—I feel like I can't keep up some days. My body is tired. My mind is foggy. My heart feels heavy.

But I also know this: **You are my strength.**

Thank You for noticing every unseen act of love.

Thank You for reminding me that I'm not doing this alone.

Please refresh me today—body, soul, and spirit.

Help me care for others without losing myself.

And remind me, again and again, that my labor in love is not in vain.

In Jesus' name,

Amen.





Day 2: God Sees the Invisible Work



Day 2: God Sees the Invisible Work

Your Verse

Matthew 6:4 (NIV):

“...your Father, who sees what is done in secret, will reward you.”

Supporting Scriptures

- **Genesis 16:13 (NIV):**

“She gave this name to the Lord who spoke to her: ‘You are the God who sees me,’ for she said, ‘I have now seen the One who sees me.’”

- **Colossians 3:23–24 (NIV):**

“Whatever you do, work at it with all your heart, as working for the Lord... It is the Lord Christ you are serving.”

- **Psalms 121:3–4 (NIV):**

“He will not let your foot slip—he who watches over you will not slumber.”



Day 2: God Sees the Invisible Work

Devotional: Devotional Thought

You fold the clothes, clean the spills, calm the meltdowns, make the calls, prep the meds, carry the mental load—and still smile for everyone else.

But how often do you wonder, “*Does anyone even notice?*”

When the work is unseen, it can feel unappreciated. You may not get applause. You may not hear “thank you.” You may not even get a moment to yourself.

But heaven sees.

The God who watched Hagar flee to the desert also sees you, right where you are—folding socks, calming storms, giving comfort. Hagar called Him *El Roi* —“the God who sees me.”

You serve a God who is not blind to your effort or deaf to your tears. He sees every hidden act of faithfulness as holy. He stores up your service, not as tasks, but as treasure.

Your invisible work has **eternal worth**.

When the world doesn’t notice, take heart—**your Father does**.



Day 2: God Sees the Invisible Work

Reflect and Apply

- Do you ever feel unseen in your caregiving?

- How does it feel to be reminded that God sees every hidden act?

- What would change if you believed your service mattered in heaven?



Day 2: God Sees the Invisible Work

Journaling Prompts

1. Describe a recent caregiving moment that no one else noticed—but God did.

2. Write a personal prayer acknowledging how you've felt invisible and asking God to affirm your worth.

3. Reflect on Colossians 3:23–24. How can you offer today's tasks as an offering to the Lord?



Day 2: God Sees the Invisible Work

Prayer for Today

Father,
 You are El Roi—the God who sees me.
 When no one else says thank you... You do.
 When I feel forgotten... You remember me.

Today, I surrender my need for human applause and choose to work as if You
 were the only one watching—because You are.

Help me feel Your presence in the small moments.
 Let my invisible work become holy ground.
 And when I grow weary, whisper again that I am seen, known, and deeply
 loved.

In Jesus' name,
Amen.





Day 3: When You Feel Emotionally Empty



Day 3: When You Feel Emotionally Empty

Your Verse

Psalm 62:8 (NIV):

“Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.”

Supporting Scriptures

- **Lamentations 3:22–23 (NIV):**

“Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”

- **John 7:37–38 (NIV):**

“Jesus stood and said... ‘Let anyone who is thirsty come to me and drink. Whoever believes in me... rivers of living water will flow from within them.’”

- **Romans 15:13 (NIV):**

“May the God of hope fill you with all joy and peace as you trust in him...”



Day 3: When You Feel Emotionally Empty

Devotional: Devotional Thought

There are days when your heart feels like a dry well.
You've poured out love, time, energy, tears... and now you feel empty.

Emotionally dry. Spiritually numb.
Too tired to feel anything but exhaustion.

When that happens, it doesn't mean you're failing.
It means you're human. And it's exactly where God meets you.

Psalm 62:8 invites you to **pour out your heart** to the One who is your **refuge**.
He is not shocked by your frustration, your sadness, your loneliness.
He welcomes it. He holds it. He restores.

You don't need to pretend to be strong in His presence.
You only need to come.

God doesn't demand emotional energy from you—He offers renewal.
Like fresh water to a desert soul, His compassion is new *every single morning*.

So today, if you feel like you've got nothing left, don't fake it.
Just show up empty.
God fills the empty.



Day 3: When You Feel Emotionally Empty

Reflect and Apply

- In what ways do you feel emotionally drained today?

- What has been stopping you from pouring out your heart honestly to God?

- How can you practically pause and receive His comfort right now?



Day 3: When You Feel Emotionally Empty

Journaling Prompts

1. Write a raw and honest prayer, expressing how you feel without holding back.

2. Reflect on a time God met you in emotional exhaustion. What did He do?

3. List 3 small things that help you feel spiritually refreshed—then plan time for one today.



Day 3: When You Feel Emotionally Empty

Prayer for Today

God,
I'm tired. I've poured out everything I have, and now... I feel empty.
Emotionally, I'm running on fumes.

But instead of hiding it, I bring it to You.
You're not surprised by my exhaustion. You're the answer to it.

I open my dry heart to You now.
Let Your living water run through the places in me that feel barren and
overwhelmed.
Restore my joy. Renew my strength. Wrap me in Your love.

Even when I can't explain my emotions, You understand them.
Thank You for being the God who doesn't require me to perform, but invites
me to rest.

In Jesus' name,
Amen.





Day 4: The Ministry of Caregiving



Your Verse

1 Peter 4:10 (NIV):

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

Supporting Scriptures

- **Matthew 25:40 (NIV):**

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

- **Proverbs 31:27 (NIV):**

“She watches over the affairs of her household and does not eat the bread of idleness.”

- **Galatians 5:13 (NIV):**

“Serve one another humbly in love.”



Day 4: The Ministry of Caregiving

Devotional: Devotional Thought

Have you ever considered that caregiving is not just your responsibility... it's your ministry?

Culture may overlook it. People may dismiss it.
But heaven sees it as holy.

The long hours, the emotional labor, the whispered prayers at night—**they are acts of worship.**

They are love made visible. And they are **ministry in motion.**

When Jesus spoke of serving “the least of these,” He wasn’t just referring to mission trips or food banks. He was also talking about **the sacred work done in our homes.**

Changing diapers.

Cleaning up spills.

Helping a parent walk to the bathroom.

Being present during a breakdown.

Managing schedules, meds, and meltdowns.

These are not distractions from your calling.

They are your calling—for this season.

In 1 Peter 4:10, we’re reminded that **serving others is being a faithful steward of God’s grace.** That’s what you’re doing—*daily*.



Your work may never be on a stage, but it is on God's heart.
Caregiving is not lesser ministry. It's life-changing, soul-shaping ministry.



Day 4: The Ministry of Caregiving

Reflect and Apply

- How have you viewed caregiving up until now—as duty, burden, or ministry?

- What would shift in your heart if you saw each act of service as ministry to the Lord?

- Where do you need God to reframe your perspective today?



Day 4: The Ministry of Caregiving

Journaling Prompts

1. List 5 caregiving responsibilities that you've never thought of as "ministry" before.

2. Write a letter to yourself, reframing your caregiving as God-ordained and eternally significant.

3. Reflect on Matthew 25:40. What does it mean to serve Jesus through your family?



Day 4: The Ministry of Caregiving

Prayer for Today

Father,
Thank You for reminding me that this caregiving is not small.
It is sacred. It is seen. And it is ministry.

Forgive me for the days I've resented the routine or felt like it didn't matter.
Help me reframe every act of service as a gift I give to You.

Let Your Spirit empower me to care with grace, serve with joy, and love with eternity in mind.

Use my hands, my words, and my patience to bring Your presence into this home.

In Jesus' name,
Amen.

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Day 5: Trading Exhaustion for God's Strength



Your Verse

Isaiah 40:29 (NIV):

“He gives strength to the weary and increases the power of the weak.”

Supporting Scriptures

- **2 Corinthians 12:9–10 (NIV):**

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore... I delight in weaknesses... For when I am weak, then I am strong.”

- **Psalms 73:26 (NIV):**

“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

- **Matthew 11:28 (NIV):**

“Come to me, all you who are weary and burdened, and I will give you rest.”



Devotional: Devotional Thought

You weren't created to carry it all.

Not every need.

Not every emotion.

Not every outcome.

But as a caregiver, it's easy to slip into that belief.

That you *have* to do it all... because no one else will.

And so you do.

Until you're drained, irritable, weepy, and wondering if God even sees how stretched thin you are.

Here's the truth you need today:

Your exhaustion is not failure. It's an invitation.

Isaiah 40:29 doesn't say *try harder*. It says *He gives strength to the weary*.

That means He expects you to **get tired**—but He never expects you to **stay tired** on your own.

When you're running on empty, God offers His strength as a gift, not a reward for doing more.

You don't earn it. You simply **receive** it.

In your weakest moments, His power is most present.

You weren't designed to be the Savior of your family—only a vessel for the



Savior to flow through.

So today, lay down your burdens. Take a deep breath.
And let Him be the strength you no longer have.



Day 5: Trading Exhaustion for God's Strength

Reflect and Apply

- Where are you noticing signs of exhaustion in your body, mind, or soul?

- Are you trying to carry what only God can handle?

- How would your caregiving change if you truly relied on His strength, not your own?



Journaling Prompts

1. List the areas of caregiving that leave you feeling most depleted.

2. Write a prayer asking God for His strength to fill your weakness today.

3. Reflect on 2 Corinthians 12:9–10. What does it mean to “boast in your weakness” before God?



Day 5: Trading Exhaustion for God's Strength

Prayer for Today

Lord,
I am tired—mentally, emotionally, physically.
But instead of hiding it, I bring it to You.

Thank You for being a God who meets me in my weakness and gives strength I don't have to manufacture.

Today, I surrender the illusion of being superhuman.
I release the pressure to hold everything together.
And I rest in Your promise: *When I am weak, You are strong.*

Fill me with Your peace. Energize me with Your Spirit.
Help me rise today—not in my own strength, but in Yours.

In Jesus' name,
Amen.





Day 6: You Are Not Alone in This



Your Verse

Deuteronomy 31:8 (NIV):

“The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

Supporting Scriptures

- **Isaiah 41:10 (NIV):**

“So do not fear, for I am with you... I will strengthen you and help you; I will uphold you with my righteous right hand.”

- **Psalms 34:18 (NIV):**

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

- **John 14:18 (NIV):**

“I will not leave you as orphans; I will come to you.”



Devotional: Devotional Thought

Caregiving can feel incredibly isolating.
 Your friends may not understand the demands.
 Your spouse may not fully grasp the pressure.
 Even in a full house, you might feel emotionally *alone*.

And yet... you're not.

Deuteronomy 31:8 reminds us that the Lord Himself goes before you.
 He doesn't send help from a distance—**He shows up and stays close.**

God is not just near you; **He is with you.**
 Right in the mess. Right in the pain. Right in the endless list of things to do.

When Jesus said, "*I will not leave you as orphans,*" He meant it.
 Whether you're wiping tears or holding a sick hand...
 Whether you're making dinner or collapsing in the bathroom for a moment of peace...
 He is there.

You may feel like no one else sees what you're doing.
 But your Heavenly Father sees **and walks with you in it.**

You're not holding it together alone.
 You're being held by the One who never lets go.



Reflect and Apply

- When have you most felt alone in your caregiving role?

- How does knowing God is always with you shift your mindset?

- What would it look like to lean on His presence today?



Journaling Prompts

1. Write about a moment this week where you felt most alone. Now, reimagine it with God right beside you.

2. List three truths from today's scriptures that remind you of God's nearness.

3. Journal a response to God, thanking Him for walking through this season with you.



Prayer for Today

Father,
I confess that sometimes I feel invisible. Alone.
Like no one understands the weight I carry.

But Your Word says You are **with me**—You go before me and never leave my side.
Thank You for being the One constant I can depend on.

Even when others don't see, You do.
Even when I feel weak, You are my strength.
Even when I'm overwhelmed, You are my peace.

Help me feel Your presence today.
Let Your nearness be my comfort and Your voice be my guide.

In Jesus' name,
Amen.





Day 7: God Honors What You Carry



Your Verse

Hebrews 6:10 (NIV):

“God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them.”

Supporting Scriptures

- **Colossians 3:23–24 (NIV):**

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters... It is the Lord Christ you are serving.”

- **Galatians 6:9 (NIV):**

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

- **Matthew 10:42 (NIV):**

“If anyone gives even a cup of cold water to one of these little ones... that person will certainly not lose their reward.”



Devotional: Devotional Thought

Sometimes the tasks feel endless.

You do the laundry, the cooking, the bathing, the comforting, the scheduling.
And you wonder... **does any of this matter?**

The answer is a resounding **yes**.

Hebrews 6:10 assures us that *God sees it all*.

Every diaper changed. Every sleepless night. Every whispered prayer.
Every act of love—big or small—is **honored by God**.

The world may never applaud your caregiving.

You may not get “Employee of the Month” for being up at 2 AM with a sick child or helping your aging parent navigate another doctor’s visit.
But Heaven records it.

And God rewards it.

When you serve with love, you are reflecting **the heart of Christ**.

When you give without receiving, you mirror **His generosity**.

When you stay, when you sacrifice, when you continue—you are **living out holy endurance**.

Don’t measure your worth by how appreciated you feel.

Measure it by the truth: **God sees, God values, and God honors what you carry**.



Day 7: God Honors What You Carry

Reflect and Apply

- In what ways have you questioned whether what you do truly matters?

- How does it feel to know that God sees and rewards every loving act you've done?

- What would shift in your daily caregiving if you fully believed God honors it?



Day 7: God Honors What You Carry

Journaling Prompts

1. Write down 3 caregiving moments from this week that felt unnoticed—but now you recognize God saw them.

2. Reflect on Hebrews 6:10 and personalize it as a letter from God to you.

3. List 5 affirmations you can speak over yourself when you feel unrecognized or invisible.



Day 7: God Honors What You Carry

Prayer for Today

God,

Thank You for being the One who sees everything—especially the quiet acts of love I pour out daily.

Thank You for reminding me that my labor is not in vain.

Help me remember that every dish washed, every ride given, every tear wiped—it all matters to You.

Let me serve not for earthly applause, but with the joy of knowing You are honored in it.

Even when no one else says “thank you,” I hear Yours.

Give me endurance to keep going.

Fill me with Your peace and joy as I continue to serve.

I trust that You see it all, and You will not forget.

In Jesus’ name,

Amen.





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