

A watercolor illustration of a woman with dark hair tied in a bun, wearing glasses and a yellow top, reading a book. The background is a soft, textured grey with white speckles. The woman's face is in profile, looking down at the book. The book is open, and the pages are rendered in shades of blue and purple. The overall style is artistic and gentle.

30-DAY

*Bible Reading
Plan for Caregivers*

BIBLE READING PLAN



The following is a 30-day Bible reading plan specifically designed to offer support, encouragement, and spiritual insight for caregivers of people with disabilities. Each day includes a Bible verse, discussion question, and prayer prompt. **May the Holy Spirit give you comfort, strength, wisdom, and meaning in your journey as a caregiver.**

Day 1

- **Verse:** Matthew 11:28 – “Come to me, all you who are weary and burdened, and I will give you rest.”
- **Question:** In what ways do you feel weary, and how can you bring your burdens to Jesus?
- **Prayer:** Ask Jesus for strength and rest as you take on your caregiving responsibilities.

Day 2

- **Verse:** Philippians 4:13 – “I can do all things through Christ who strengthens me.”
- **Question:** How has God provided strength in your moments of weakness?
- **Prayer:** Pray for renewed strength and resilience through Christ.

Day 3

- **Verse:** Isaiah 40:31 – “But those who hope in the Lord will renew their strength.”
- **Question:** What are some ways you can renew your hope in the Lord daily?
- **Prayer:** Ask God to refresh your hope and renew your strength.

Day 4

- **Verse:** Psalm 46:1 – “God is our refuge and strength, a very present help in trouble.”
- **Question:** How has God been a refuge for you in challenging times?
- **Prayer:** Thank God for His constant presence and help in your life.

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Day 5

- **Verse:** Galatians 6:9 – “Let us not grow weary in doing good.”
- **Question:** How can you find encouragement to continue the good work you’re doing?
- **Prayer:** Pray for perseverance and joy in your caregiving journey.

Day 6

- **Verse:** 2 Corinthians 12:9 – “My grace is sufficient for you, for my power is made perfect in weakness.”
- **Question:** How does God’s grace sustain you when you feel inadequate?
- **Prayer:** Seek God’s grace to help you through feelings of weakness.

Day 7

- **Verse:** Romans 8:28 – “We know that in all things God works for the good of those who love him.”
- **Question:** How can you trust God to work good through difficult circumstances?
- **Prayer:** Pray for trust in God’s goodness, even when it’s hard to see.

Day 8

- **Verse:** Psalm 121:1-2 – “I lift up my eyes to the mountains—where does my help come from?”
- **Question:** Where do you turn for help, and how does God provide it?
- **Prayer:** Ask God to remind you of His help and strength each day.

Day 9

- **Verse:** James 1:5 – “If any of you lacks wisdom, you should ask God.”
- **Question:** What areas of caregiving do you need wisdom for?
- **Prayer:** Ask for God’s wisdom in making caregiving decisions.



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Day 10

- **Verse:** Hebrews 13:5 – “Never will I leave you; never will I forsake you.”
- **Question:** How does God’s promise to be with you encourage you?
- **Prayer:** Thank God for His constant presence in your life.

Day 11

- **Verse:** Matthew 25:40 – “Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”
- **Question:** How does caring for someone reflect Christ’s love?
- **Prayer:** Pray that your caregiving would be a reflection of Jesus’s love.

Day 12

- **Verse:** 1 Peter 5:7 – “Cast all your anxiety on him because he cares for you.”
- **Question:** What anxieties are you carrying, and how can you give them to God?
- **Prayer:** Bring your anxieties to God, knowing He cares deeply for you.

Day 13

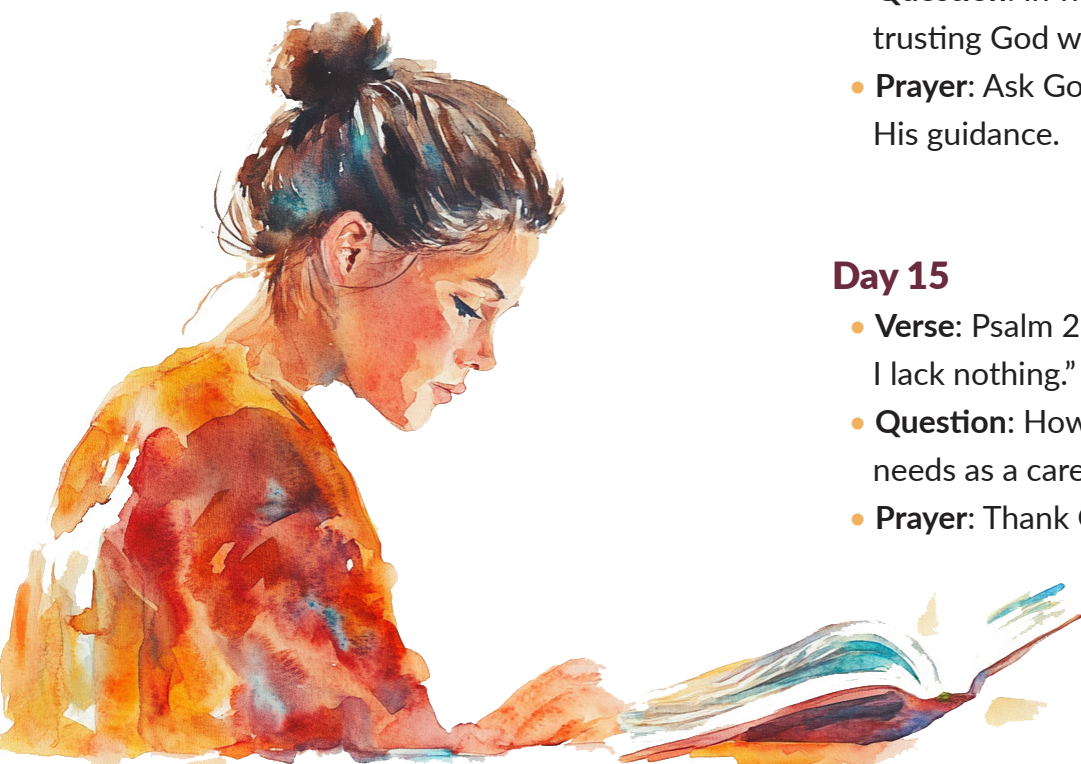
- **Verse:** Isaiah 41:10 – “Do not fear, for I am with you.”
- **Question:** How does knowing God is with you reduce your fears?
- **Prayer:** Pray for courage and peace in the face of fears.

Day 14

- **Verse:** Proverbs 3:5 – “Trust in the Lord with all your heart.”
- **Question:** In what ways can you grow in trusting God with your caregiving?
- **Prayer:** Ask God for a heart that trusts in His guidance.

Day 15

- **Verse:** Psalm 23:1 – “The Lord is my shepherd; I lack nothing.”
- **Question:** How has God provided for your needs as a caregiver?
- **Prayer:** Thank God for His provision and care.



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Day 16

- **Verse:** Lamentations 3:22-23 – “His mercies never come to an end; they are new every morning.”
- **Question:** How do you see God’s mercy each day?
- **Prayer:** Pray to appreciate God’s mercies anew.

Day 17

- **Verse:** Colossians 3:23 – “Whatever you do, work at it with all your heart, as working for the Lord.”
- **Question:** How does seeing caregiving as service to God change your perspective?
- **Prayer:** Pray for a heart that serves God in your caregiving.

Day 18

- **Verse:** Psalm 55:22 – “Cast your cares on the Lord and he will sustain you.”
- **Question:** What are your heaviest burdens you’re carrying today?
- **Prayer:** Release those burdens to God and ask for His sustaining grace.

Day 19

- **Verse:** Romans 12:12 – “Be joyful in hope, patient in affliction, faithful in prayer.”
- **Question:** Which of these do you need most: hope, patience, or faithfulness?
- **Prayer:** Pray for joy, patience, and faithfulness in your role.

Day 20

- **Verse:** 1 Corinthians 16:14 – “Do everything in love.”
- **Question:** How can you center love in your caregiving actions?
- **Prayer:** Ask God to fill your heart with love for those you care for.

Day 21

- **Verse:** John 14:27 – “Peace I leave with you; my peace I give you.”
- **Question:** Where do you most need peace today?
- **Prayer:** Pray for God’s peace to fill your mind and heart.

Day 22

- **Verse:** Matthew 5:16 – “Let your light shine before others.”
- **Question:** How can you be a light to those around you?
- **Prayer:** Pray that God’s love shines through you as you care for others.

Day 23

- **Verse:** Psalm 34:18 – “The Lord is close to the brokenhearted.”
- **Question:** When have you felt God’s closeness in times of sorrow?
- **Prayer:** Ask God to comfort you and give you strength.

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Day 24

- **Verse:** Philippians 2:4 – “Not looking to your own interests but to the interests of others.”
- **Question:** How can you serve others selflessly while still caring for yourself?
- **Prayer:** Pray for a balance of care for others and yourself.

Day 25

- **Verse:** 2 Corinthians 4:16 – “Though outwardly we are wasting away, yet inwardly we are being renewed.”
- **Question:** How does God renew you inwardly?
- **Prayer:** Thank God for His daily renewal of your spirit.

Day 26

- **Verse:** Ephesians 6:10 – “Be strong in the Lord and in his mighty power.”
- **Question:** Where do you need God’s strength most?
- **Prayer:** Ask for God’s strength and power to sustain you.

Day 27

- **Verse:** Psalm 91:1 – “Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.”
- **Question:** How can you make God your place of rest?
- **Prayer:** Pray to find shelter and peace in God’s presence.

Day 28

- **Verse:** James 1:12 – “Blessed is the one who perseveres under trial.”
- **Question:** How can perseverance be a blessing in your caregiving?
- **Prayer:** Ask God for endurance and patience through challenges.



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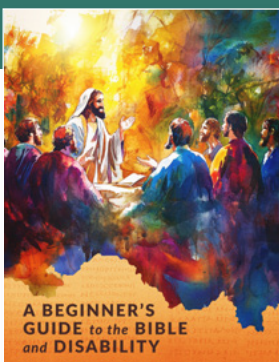
Day 29

- **Verse:** 1 Thessalonians 5:11 – “Encourage one another and build each other up.”
- **Question:** Who can you encourage today in your caregiving journey?
- **Prayer:** Pray for words of encouragement for others.

Day 30

- **Verse:** 2 Timothy 1:7 – “For God gave us a spirit not of fear but of power and love and self-control.”
- **Question:** How can God’s Spirit of power and love guide you?
- **Prayer:** Pray for courage, love, and self-control in all you do.

We pray for your dedication to caring for those affected by disability. We ask for God’s blessings and to grant you strength when you feel weary, patience when the days are long, and peace when the challenges seem overwhelming. We pray that they know their work is not unseen and help them feel your presence in moments they need it the most. Surround them with a community of support and love and let them know to rest, seek help, and care for themselves.



Additional 30-day reading plans for caregivers, Disability Ministry leaders, people affected by disabilities, siblings, and plans highlighting disability in the Bible are available in the free resource, [A Beginner's Guide to the Bible and Disability](#).

If you feel the call to start a disability ministry, or need assistance with an existing ministry, scan the QR code to request a free consultation.



DISABILITY
MINISTRY

