

---

THE SHOW UP FOUNDATION

*Devotional Guide*

# 30 Days of Showing Up: A Daily Devotional

**30-day devotional rhythm | Scripture and reflection**

For caregivers who need a short, grounding daily rhythm of Scripture, reflection, encouragement, and prayer in the middle of long and demanding days.

## **WHY THIS RESOURCE EXISTS**

This resource is intended for encouragement and practical support. It is not a substitute for professional medical, legal, mental health, or case-management advice.

Created to equip tired caregivers with warm, faith-rooted, practical encouragement for the next faithful step.

SHOW UP WITH HOPE

## FROM THE SHOW UP FOUNDATION

Take what helps, return to what you need, and let this resource serve your real life with grace.

# 30 Days of Showing Up: A Daily Devotional

## How to Use This Devotional

This devotional was created for tired people. You do not need a perfect quiet time, a fresh journal, or an uninterrupted hour. You only need a few honest minutes and a willing heart.

Each day offers a simple rhythm: a scripture reference, a short reflection, one practical response, and a brief prayer. If all you can do is read one paragraph and whisper the prayer, that still counts. The goal is not to perform spirituality. The goal is to remain rooted in God's presence while you keep showing up for the people entrusted to your care.

If a certain day speaks directly to your current season, stay there longer. If you miss a day, do not start over in shame. Simply begin again where you are.

## Day 1: God Meets You Here

**Scripture:** Psalm 46:1

God is not waiting for you at the finish line of this season. He is present in the middle of it. He is a refuge in the long night, in the hospital hallway, in the family meeting, in the school conference, and in the quiet ache that follows another hard day. You may not feel strong, but strength is not the requirement for God's nearness. Need is enough.

**Today's response:** Name one part of your life that feels heavy, and tell God the truth about it without editing yourself.

**Prayer:** Lord, meet me in the middle of what feels overwhelming today.

## Day 2: Daily Bread Is Enough

**Scripture:** Matthew 6:11

Caregivers often want a five-year plan for a season that only gives them enough light for the next hour. Jesus teaches us to ask for daily bread, not lifetime guarantees. Grace often arrives in today-sized portions. When you stop demanding certainty for the future, you may notice provision for the present.

**Today's response:** Ask yourself, *What do I actually need for today?* Keep the answer simple.

**Prayer:** Father, give me what I need for today and help me trust You with tomorrow.

---

## Day 3: Strength for the Weary

**Scripture:** Isaiah 40:29

There is a kind of exhaustion that sleep alone cannot touch. It comes from carrying responsibility, fear, vigilance, and love all at once. God does not shame the weary. He strengthens them. You can bring Him the version of yourself that feels thin, impatient, discouraged, and almost empty.

**Today's response:** Pause for one full minute and breathe slowly before moving into the next task.

**Prayer:** God, strengthen what feels weak in me today.

---

## Day 4: Peace in the Mind Spiral

**Scripture:** Philippians 4:6-7

Caregiving can train the mind to stay on high alert. You rehearse what could go wrong. You replay what already happened. You live one phone call away from concern. Scripture invites you to bring every anxious thought into honest conversation with God. Peace may not erase every question, but it can steady your heart in the middle of them.

**Today's response:** Write down the top three worries on your mind and pray over them one at a time.

**Prayer:** Prince of Peace, guard my heart and mind in You.

---

## Day 5: Love Looks Like Staying

**Scripture:** 1 Corinthians 13:7

Love is often pictured as dramatic, but in caregiving it frequently looks like endurance. It looks like showing up again when yesterday was hard. It looks like changing the sheet, making the call, repeating the answer, packing the bag, and walking back into the room with tenderness. Enduring love is not flashy, but it is deeply holy.

**Today's response:** Notice one ordinary act of love you are already offering, and thank God for the grace to keep doing it.

**Prayer:** Lord, help my love remain steady when the work feels repetitive.

## Day 6: God Sees Hidden Work

**Scripture:** Colossians 3:23-24

Much of caregiving goes unnoticed. No one applauds the medication chart, the midnight laundry, the calm voice, or the extra explanation given to a frightened child. But hidden work is not wasted work. The God who sees in secret also honors what is done in love.

**Today's response:** Offer one unseen task to God as worship.

**Prayer:** Father, remind me that the quiet work matters to You.

## Day 7: The Grace of Returning

**Scripture:** Lamentations 3:22-23

Not every day begins beautifully. Some days begin late, rushed, irritated, or already behind. Still, mercy is new. You do not have to be flawless to be faithful. You can begin again at 10:30 in the morning if needed. You can apologize, reset, and re-center. Mercy is not only for major failures. It is also for strained Tuesdays.

**Today's response:** If something already went sideways today, choose one act of repair.

**Prayer:** Thank You for mercies that meet me again and again.

## Day 8: Wisdom for Decisions

**Scripture:** James 1:5

Caregivers make dozens of decisions while tired. Some are ordinary. Some feel enormous. When clarity is limited, ask God for wisdom without shame. Wisdom is not the same as having all the data. It is the grace to take the next faithful step with humility, discernment, and peace.

**Today's response:** Bring one decision to God and ask specifically for wisdom, not just relief.

**Prayer:** Lord, give me wisdom for the choices in front of me.

## Day 9: Your Child Is More Than a Problem to Solve

**Scripture:** Psalm 127:3

Hard seasons can make it easy to view life through tasks, risks, and needs. But the child in your care is not only a diagnosis, a case file, a schedule, or a behavior profile. They are a person, an image-bearer, and a gift. Even when you must manage many practical realities, do not lose sight of wonder.

**Today's response:** Spend one unrushed moment delighting in the child, not just caring for a need.

**Prayer:** God, help me see this child with tenderness and wonder today.

## Day 10: When You Need Help

**Scripture:** Ecclesiastes 4:9-10

Independence can feel safer than vulnerability, especially when you have been carrying a lot for a long time. But God often provides through people. Asking for help is not weakness. It is honesty. Support is one of the ways God sustains caregivers who cannot and should not do everything alone.

**Today's response:** Ask one person for one specific, practical kind of help.

**Prayer:** Lord, make me humble enough to receive support with gratitude.

## Day 11: Calm Is Contagious

**Scripture:** Proverbs 15:1

Your tone carries power. In stressful moments, a calm answer can create space for safety in a child's body and in your own. This does not mean suppressing every feeling. It means letting wisdom lead your response instead of urgency. Calm is not passivity. It is strength under control.

**Today's response:** Lower your voice on purpose during one stressful moment today.

**Prayer:** Jesus, make my words gentle and steady.

---

## Day 12: God Is Not Rushed

**Scripture:** Psalm 31:15

Caregiving often runs on schedules, alarms, deadlines, and time-sensitive decisions. God does not. He is attentive without panic. He moves with purpose, not pressure. When you feel chased by the clock, remember that your times are in His hands. You can move faithfully without letting urgency rule your spirit.

**Today's response:** Before your next task, whisper, *My times are in Your hands.*

**Prayer:** Lord, slow the panic in me and anchor me in Your timing.

---

## Day 13: Faithfulness in Small Things

**Scripture:** Luke 16:10

A caregiver's life can feel built out of small things that repeat endlessly. But faithfulness is usually formed there. Small acts of obedience shape a strong soul. One medicine given on time, one form completed, one bedtime blessing spoken, one hard conversation handled with grace—these things matter more than they may appear.

**Today's response:** Choose one small responsibility and do it with peaceful intention.

**Prayer:** Father, help me honor You in the little things today.

---

## Day 14: God Understands Your Tears

**Scripture:** Psalm 56:8

Sometimes tears are the most truthful prayer you have. They may come from fear, relief, fatigue, frustration, or grief over what this season has cost. Scripture reminds us that God notices every tear. You are not too emotional for His presence. You are fully known there.

**Today's response:** Let yourself feel what you feel before God instead of rushing past it.

**Prayer:** Lord, hold what is breaking my heart and stay near to me in it.

---

## Day 15: Hope Can Be Quiet

**Scripture:** Romans 15:13

Hope is not always bright and energetic. Sometimes hope is simply refusing to give up on love. It is choosing to pray again. It is believing that God can still work in what feels unfinished. Quiet hope is still real hope.

**Today's response:** Finish this sentence: *Today, hope looks like...*

**Prayer:** God of hope, fill me with steady confidence in Your goodness.

---

## Day 16: You Do Not Have to Carry Tomorrow Today

**Scripture:** Matthew 6:34

Tomorrow has a way of borrowing emotional energy from today. You imagine future bills, future setbacks, future changes, future losses. But borrowed burdens still weigh the body down. Jesus gently reminds us that today already has enough to hold. Stay here.

**Today's response:** When your mind runs ahead, say, *I will deal with tomorrow when it becomes today.*

**Prayer:** Jesus, help me stay grounded in the grace of this day.

---

## Day 17: Gentleness Is Not Weakness

**Scripture:** Galatians 5:22-23

The world often confuses gentleness with passivity, but gentleness is powerful. It creates safety. It de-escalates fear. It protects dignity. It leaves room for truth without cruelty. A gentle caregiver may still be firm, clear, and wise. Gentleness is strength that does not need to dominate.

**Today's response:** Choose one tense moment to practice firmness without harshness.

**Prayer:** Holy Spirit, grow gentleness in me today.

---

## Day 18: Let the Lord Be Your Shepherd

**Scripture:** Psalm 23:1

A shepherd leads, provides, protects, and stays close. Caregivers often act like they must shepherd everyone while forgetting that they too are being led. You are not only the one caring. You are also being cared for by God. Let Him lead you beside still waters in small, practical ways today.

**Today's response:** Notice one way God is providing for you right now.

**Prayer:** Shepherd of my soul, lead me gently today.

---

## Day 19: Courage for Hard Conversations

**Scripture:** Joshua 1:9

Some caregiving seasons require difficult conversations—with doctors, teachers, social workers, family members, or even with the child in your care. Courage does not mean you feel unafraid. It means you move forward with truth while trusting God to be with you.

**Today's response:** Prepare one hard conversation with prayer and one written note about what matters most to say.

**Prayer:** Lord, make me brave, clear, and kind.

---

## Day 20: Rest Is Holy

**Scripture:** Mark 6:31

Jesus invited weary people to come away and rest. Rest is not laziness. It is trust. It declares that your worth is not measured by how depleted you become while helping others. Even brief rest—a pause, a walk, a quiet cup of coffee, a closed door for ten minutes—can become a holy act of surrender.

**Today's response:** Take one small rest on purpose, without apologizing for it.

**Prayer:** Jesus, teach me how to receive rest as a gift.

---

## Day 21: God Can Hold the Unknown

**Scripture:** Deuteronomy 31:8

Unknowns are especially difficult for caregivers. Will the child improve? Will the placement last? Will this treatment work? Will school be okay? The future may remain unclear, but God goes ahead of you. He is already present in places you have not yet reached.

**Today's response:** Surrender one unanswered question to God by naming it out loud.

**Prayer:** Lord, go before us in every unknown place.

---

## Day 22: Compassion for Yourself Too

**Scripture:** Psalm 103:13-14

God remembers that we are dust. He does not expect machine-like output from human hearts and bodies. If God deals with you compassionately, you are allowed to do the same. Self-compassion is not self-indulgence. It is agreeing with God about your human limits.

**Today's response:** Speak to yourself today the way you would speak to another exhausted caregiver you love.

**Prayer:** Father, help me receive Your compassion and extend it to myself.

---

## Day 23: Joy Still Belongs Here

**Scripture:** Nehemiah 8:10

Hard seasons are not joyless by definition. Joy may look different now, but it still belongs in your home. It may be a shared laugh, a tiny milestone, a silly song, a peaceful meal, or the relief of good news. Joy does not deny pain. It simply refuses to let pain have the only voice.

**Today's response:** Make room for one small delight today without feeling guilty.

**Prayer:** God, restore joy in ways that strengthen my heart.

---

## Day 24: The Lord Fights for You

**Scripture:** Exodus 14:14

Some battles cannot be solved by effort alone. There are moments when you must stand, trust, and let God do what only He can do. This is not passivity. It is surrender with confidence. Not everything depends on your strength.

**Today's response:** Release one burden you have been gripping too tightly.

**Prayer:** Lord, fight for us where my strength is not enough.

---

## Day 25: Patience Has a Purpose

**Scripture:** Romans 12:12

Patience grows in places that feel inconvenient, repetitive, and slow. That does not mean the slowness is easy. It means God can shape endurance in you without wasting the waiting. Long processes, delayed progress, and repeated setbacks can still become holy ground.

**Today's response:** When delay irritates you today, pause before reacting and ask, *What would patience look like right now?*

**Prayer:** Lord, make me patient without making me numb.

---

## Day 26: A Soft Place to Land

**Scripture:** Matthew 11:28

Jesus invites the weary to come to Him, not after they improve, but while they are burdened. Bring the whole weight—the paperwork, the fear, the role confusion, the sleep deprivation, the medical language, the behavior episodes, the emotional residue. He remains a soft place to land for tired souls.

**Today's response:** Sit still for two minutes and imagine handing your burdens to Jesus by name.

**Prayer:** Jesus, I bring You my weariness. Give me rest for my soul.

---

## Day 27: Your Labor Is Not in Vain

**Scripture:** 1 Corinthians 15:58

Caregiving can feel invisible and endless, especially when progress is slow. But labor done in love is never meaningless. Even when you cannot measure what changed, your faithfulness is shaping trust, stability, memory, and healing in ways you may not fully see yet.

**Today's response:** Thank God for one area where you have kept going even when it has been hard.

**Prayer:** Father, remind me that love offered in Your name is never wasted.

---

## Day 28: Hold Fast to What Is Good

**Scripture:** Romans 12:21

The hard parts of caregiving can dominate your field of vision if you let them. Scripture calls you to hold fast to what is good. This is not denial. It is discernment. It is remembering that grace still appears in small forms every day.

**Today's response:** Write down three good things from the last twenty-four hours, no matter how small.

**Prayer:** Lord, train my heart to notice and hold on to what is good.

---

## Day 29: God Will Finish What He Started

**Scripture:** Philippians 1:6

There are seasons when you feel unfinished in every direction. The child's needs are ongoing. Your own healing is incomplete. Family rhythms are still shaky. But God is faithful to finish what He starts. He is not overwhelmed by process, and He is not discouraged by the pace.

**Today's response:** Ask God to help you trust His steady work in unfinished places.

**Prayer:** God, continue Your good work in me, in this child, and in our home.

---

## Day 30: Keep Showing Up

**Scripture:** Hebrews 10:23

Here is the invitation at the end of these thirty days: keep showing up. Keep returning to prayer. Keep choosing presence over panic. Keep leaning on grace instead of pretending self-sufficiency. Keep believing that faithful love matters, even when results are slow. The God who called you to this season will remain with you in it.

**Today's response:** Finish this sentence in your journal or in prayer: *With God's help, I will keep showing up by...*

**Prayer:** Lord, keep my heart anchored, my hands faithful, and my love steady.

---

## Closing Blessing

May the Lord strengthen you in hidden places, calm you in urgent moments, guide you in difficult decisions, and surround your home with His peace. May He remind you that your faithful presence matters, your labor is seen, and His mercy will meet you again tomorrow.