

## EXCERPT



### ***Hope for Caregivers***

*A 42-Day Devotional in Company with Henri J. M. Nouwen*

August 16, 2022 | \$16, 80 pages, casebound | 978-1-5140-0554-5

Caregiving is often reduced to a list of tasks that another individual cannot do independently. This six-week devotional inspired by the words of Henri Nouwen intertwines Scripture and prayer to summon us away from our lists for a few moments each day, drawing us to a fresh framework for the experience of giving care.

## Caring with Hope

It is our deep joy to offer *Hope for Caregivers*, six weeks of daily devotionals that feature themes in Henri Nouwen's personal letters and published writings paired with Scripture passages and brief reflections and prayers for caregivers.

These daily devotionals are arranged around six themes:

1. The eyes of pain—we see you.
2. Our greatest gift—you are doing something hard.
3. An invitation to joy—the experience will change you.
4. The prayer of caring—you are not alone.
5. The voice of love—you are God's beloved.
6. Rise to new life—love triumphs.

Each week, a letter that Henri wrote in his personal correspondence shows his understanding of the taxing issues of being a caregiver and sets the tone for the meditations that follow. Start each day's reading with a nugget of insight from Henri Nouwen. A Scripture verse follows, as well as a few lines of reflection and questions that weave together Henri's insight and the verse to offer encouragement and self-understanding even if all you have is a few minutes to ponder these thoughts. Wrap up with a sentence prayer. Maybe there are days when you can't find the words to pray, but the prayer of the devotional can be your own.

*Hope for Caregivers* works well for private reading and reflection. Caregiving is full of stories, and sometimes we need somebody to walk with us—someone who knows us well and whom we trust with parts of our stories that most people will never hear. If you have a companion like that in your life, *Hope for Caregivers* might be something that you'd like to read together. Even if geography or responsibilities do not allow you to be physically together every day, you can read separately and then share reflections and encouragement on the phone or in an e-mail by using the reflection questions to spur your thoughts and the prayer as a reminder to pray for each other.

Another way to use *Hope for Caregivers* is in a support group setting. We realize it's unlikely that a group of caregivers can meet in person every day for six weeks. However, it might be an encouragement to the whole group to know that others are reading the same devotionals and wrestling with the same questions. Then when you are face-to-face, you have a basis for your sharing and discussion. Even if not everyone is reading along at the same pace, if you lead a support group, you might like to flag devotionals that you feel are especially pertinent to the people in your group.

No matter how you choose to use *Hope for Caregivers*—individually, with a friend, or in a group—our prayer is that it brings you encouragement in finding meaning and significance in your caregiving relationships.

You are God's beloved. Never forget.

—Taken from the introduction

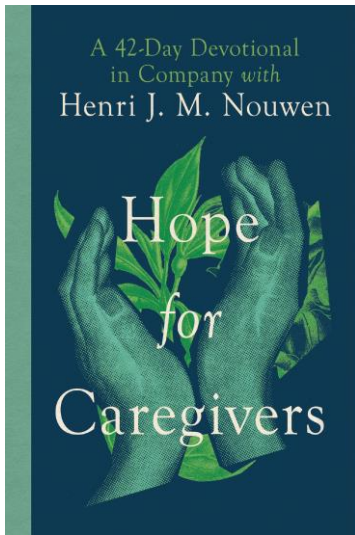


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*"Henri Nouwen's words of consolation and wisdom are found in this precious book for caregivers—which includes each of us in relationship with others who suffer from debilitating illnesses. We often experience caregiving as tiring and burdensome, but Henri offers another vision that is lived more from the heart."*

—*Sue Mosteller, CSJ, executor of Henri Nouwen's literary estate*

Henri Nouwen's life and writings on the spiritual life continue to touch millions of people in dozens of languages. Henri was born in the Netherlands in 1932 and was drawn to the priesthood in the Catholic Church at a young age. After being ordained in 1957, he undertook further studies in psychology in the United States. Nouwen corresponded regularly in English, Dutch, German, French, and Spanish with hundreds of friends and reached out to thousands through his many lectures and retreats. Since his death in 1996, ever-increasing numbers of readers, writers, teachers, and seekers have been guided by his literary legacy.



*Hope for Caregivers* is edited by Susan Martins Miller, who has been a publishing professional for over thirty years. In that time she has worked as an author, editor, collaborator, writing coach, and workshop presenter. Her body of work includes fiction and nonfiction for both children and adults, church resources, devotionals, and magazines. She holds a master's degree in biblical studies from Trinity Evangelical Divinity School, and she lives in Colorado Springs, Colorado, with her husband and nearby adult children.



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