



Transforming Mundane Caregiving Acts into Sacred Assignments

We are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10

In Scripture, we are called to *do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others?* Philippians 3:2-4 On that same note, God instructs us to *work willingly at whatever you do, as though you were working for the Lord rather than for people.* Colossians 3:23.

How can we apply this in the caregiver role? As the title of this article suggests, we can attempt to transform our mundane acts into sacred assignments from God. Mundane, by definition, is "characterized by the practical and ordinary; commonplace; related to ordinary life rather than spiritual things. Synonyms include routine, habitual, and customary." What if each time you prepare a meal, pay a medical bill, pick up a prescription, or help your loved one in the shower, you consider it a sacred task? Sacred means "entitled to reverence and respect; highly valued and important. Synonyms include honorable, esteemed, and holy." Simply put, it is adopting a "get to" versus "have to" mentality. In Acts 20:35, Paul tells us about what it means to have a servant heart: "In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.'"

Words of Encouragement: This concept of transforming the mundane acts to sacred assignments may be new to you, and for many of you, it may seem like a "far-fetched" idea. I invite you to take this to God in prayer and ask for His Holy Spirit to guide you on your caregiving journey as you go about your daily routine. I am encouraged by something I read, and I hope it encourages you too. "A journey is called that because you cannot know what you will discover on the journey,

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what you will do with what you find, or what you find it will do to you.” Be open to what God shows you on this journey - He may surprise you!

In Him,

Robyn

See more on this topic in [Transforming the Mundane into Sacred: Spirituality in Caregiving for the Elderly, Chapter 3 Spirituality in Caregiving](#)

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