

Journeying with **dementia**



A five-day Christian devotional
for those caring for someone
living with dementia

Day 1

God sees what others miss

“You are the God who sees me.”

Genesis 16:13

Reflection

Caring for someone living with dementia often takes place in the quiet margins of life. Much of what you do will never be applauded or even noticed. The repeated explanations, the emotional labour of staying calm, the unseen grief of watching someone change – these moments can leave you feeling overlooked and weary.

In Genesis, Hagar names God as the One who sees her in her distress, alone in the wilderness. This same God sees you. He sees the cups of tea made and forgotten, the sleepless nights, the tears held back until no one is watching. Nothing you do in love is wasted or invisible to Him.

God’s seeing is not passive – it is compassionate and attentive. He does not simply observe your situation; He is present within it. When caring feels lonely or thankless, you can rest in the truth that you are fully known and deeply valued by the Lord. You matter to Him just as much as the person you are caring for.



Lord, You are the God who sees. Thank You for seeing me in the hidden, exhausting, faithful moments. When I feel unnoticed or worn down, remind me that You are close. Strengthen me with the assurance that nothing done in love is ever lost. Amen.

Action

Pause today and quietly say: “God sees me here.” Let yourself be seen by Him without rushing on to the next task.

Day 2

The image of God remains

“So God created mankind in His own image...”

Genesis 1:27

Reflection

Dementia can slowly strip away what the world often uses to define a person – independence, competence, memory, and speech. As carers, we may quietly grieve these losses while trying to remain strong. But Scripture tells us that a person’s worth does not rest in their abilities – it rests in the unchanging truth that they bear the image of God.

Even when recognition fades, even when personality shifts, the image of God remains intact. The person before you is still fully human, fully loved, and fully precious in God’s sight. Their life continues to reflect God’s creativity, dignity, and value.

When you treat them with patience, respect, and tenderness, you are not just providing care – you are honouring God’s image. In moments when behaviour is difficult or exhausting, God invites you to look deeper, beyond the illness, and see who they are in His eyes. This perspective does not remove the difficulty, but it gives meaning to your faithfulness.



Creator God, help me to see Your image in the person I care for, even when it is hard to recognise. Guard my heart from frustration and grow in me a deep respect for their God-given dignity. Amen.

Action

Today, intentionally address the person you care for with dignity – using their name, speaking gently, or affirming their worth, even if they cannot respond.

Day 3

Strength for today, not tomorrow

*“Give us
today our
daily bread.”*

Matthew 6:11

Reflection

Dementia brings uncertainty. You may worry about what lies ahead: further decline, increased care needs, or difficult decisions still to come. These worries can quietly accumulate, weighing heavily on your heart.

Jesus invites us to pray not for all the bread we will ever need, but for today's bread. God's grace is given in daily portions – enough for this morning, this appointment, this interaction. When we try to carry tomorrow as well as today, exhaustion quickly follows.

Learning to live one day at a time is not a sign of weakness; it is an act of trust. God promises to meet you in the present moment, not the imagined future. Each day you are given what you need to get through that day – nothing more, nothing less. Tomorrow's strength will come tomorrow.



Jesus, I place today into Your hands. Give me the patience, clarity, and endurance I need for this moment. Help me to release my fears about the future and trust You for what lies ahead. Amen.

Action

Name one concern about the future and consciously place it into God's care. Say: “Lord, I will trust You with this – just for today.”

Day 4

When words fade, love remains

*“Love
never fails.”*

1 Corinthians 13:8

Reflection

As dementia progresses, words often become unreliable. Conversations repeat, sentences trail off, and communication may feel strained or confusing. This can be deeply painful, especially when shared memories or meaningful conversations are lost.

Yet Scripture reminds us that love does not depend on perfect communication. Love transcends words. A calm voice, a familiar presence, gentle touch, or shared silence can communicate safety and care when language fails.

God’s love for us works the same way. Even when we cannot articulate our prayers clearly, He understands the heart behind them. As you continue to show love through presence rather than explanations, you are reflecting God’s steadfast love – one that remains when everything else changes.



God of unfailing love, help me to love patiently and gently today. When words fail, let my presence speak. Fill me with Your love so that I can share it freely. Amen.

Action

Offer a non-verbal expression of love today such as a reassuring touch, a smile, playing a familiar hymn or song, or simply sitting together quietly.

Day 5

You are not alone

“I will never leave you nor forsake you.”

Hebrews 13:5

Reflection

Caring for someone with dementia can feel deeply isolating. Friends may not understand. The person you care for may no longer offer the companionship they once did. In these moments, loneliness can settle heavily.

God’s promise is clear and unwavering: He will not leave you. He is present in the hospital waiting rooms, the care-home corridors, the quiet evenings at home. His presence does not depend on how well you are coping or how strong you feel.

Even when you feel at the end of your capacity, God remains faithful. He carries both you and the person you care for. You are accompanied, upheld, and loved – every step of this journey.



Prayer

Faithful God, thank You that I am never alone. When I feel weary or isolated, remind me of Your nearness. Hold both me and the one I care for in Your constant love. Amen.

Action

Reach out to one safe person today – a friend, church leader, or fellow carer – and share honestly how you are doing. Allow yourself to be supported.



About Pilgrims' Friend Society

Rooted in our Christian faith, at Pilgrims' Friend Society, as well as providing secure comfortable homes and professional care, we believe that older people can be supported and encouraged to spend the later part of their lives contributing to the world around them, growing and enjoying fulfilling lives.

We have been supporting older people to flourish for more than 200 years, since a group of Christians concerned about “the aged and infirm Christian poor” established the Aged Pilgrims' Friend Society in 1807. We started off by providing pensions and support through volunteer visits before developing housing and care schemes for older Christians.

Today we continue that legacy by running residential care homes and independent living housing schemes around the UK, providing environments in which older people are comfortable and secure, whether they need care or are living independently.

The Pilgrims' Friend Society bespoke approach to care, The Way We Care, ensures that we create communities where older people can flourish in their later years, especially as their physical needs increase.

We are committed to seeing the whole person – the history, the experiences, the joys and the sorrows of life, and to knowing who the important people are who make up the bundle of each person's living.

The Way We Care is grounded in our Christian faith and draws inspiration from the Bible. Every part of what The Way We Care looks like in the daily lives of our care homes is rooted in how the Bible tells us to treat and support others around us.

Find out more about The Way We Care by visiting www.pilgrimsfriend.org.uk/thewaywecare or by scanning the QR code



Our HOMES and HOUSING



*Joining the Pilgrims' Friend Society family in May 2026

Residential care homes

BETHANY HOUSE, PRESTON

☎ 0300 3031724
✉ bethanypreston@pilgrimsfriend.org.uk

BRIDGEMEAD, BATH

☎ 0300 1319115
✉ bridgemead@pilgrimsfriend.org.uk

EMMAUS HOUSE, HARROGATE

☎ 0300 3038450
✉ emmaushouse@pilgrimsfriend.org.uk

EMMAUS HOUSE, WHITEHAVEN

☎ 0300 3031440
✉ emmauscumbria@pilgrimsfriend.org.uk

EVINGTON HOME, LEICESTER

☎ 0300 3031455
✉ evington@pilgrimsfriend.org.uk

FINBOROUGH COURT, GREAT FINBOROUGH

☎ 0300 3031450
✉ finboroughcourt@pilgrimsfriend.org.uk

FRAMLAND, WANTAGE

☎ 0300 3031470
✉ wantage@pilgrimsfriend.org.uk

KOINONIA CHRISTIAN CARE HOME, WORTHING

☎ 0300 3038480
✉ koinonia@pilgrimsfriend.org.uk

LUFF HOUSE, WALTON-ON-THE-NAZE

☎ 0300 3031495
✉ luffhouse@pilgrimsfriend.org.uk

MIDDLEFIELDS HOUSE, CHIPPENHAM

☎ 0300 3038470
✉ middlefieldshouse@pilgrimsfriend.org.uk

MILWARD HOUSE, TUNBRIDGE WELLS

☎ 0300 3031460
✉ milward@pilgrimsfriend.org.uk

SHOTTERMILL HOUSE, HASLEMERE

☎ 0300 3031475
✉ shottermill@pilgrimsfriend.org.uk

Independent living housing schemes

CAREY GARDENS, KIRBY MUXLOE

☎ 0300 3038455
✉ carey.gardens@pilgrimsfriend.org.uk

DOROTHEA COURT, BEDFORD

☎ 0300 3031490
✉ dorothea@pilgrimsfriend.org.uk

FINBOROUGH COURT HOUSING, GREAT FINBOROUGH

☎ 0300 3031450
✉ housingmanager.finborough@pilgrimsfriend.org.uk

HOMESDALE, WANSTEAD, LONDON

☎ 0300 3038485
✉ homesdale@pilgrimsfriend.org.uk

LUFF MEWS & SELHURST COURT, WALTON-ON-THE-NAZE

☎ 0300 3031495
✉ luffhouse@pilgrimsfriend.org.uk

MILWARD HOUSE HOUSING, TUNBRIDGE WELLS

☎ 0300 3031460
✉ milward@pilgrimsfriend.org.uk

PILGRIM GARDENS, LEICESTER

☎ 0300 3038455
✉ andy.harrison@pilgrimsfriend.org.uk

ROYD COURT, MIRFIELD

☎ 0300 3031480
✉ roycourt@pilgrimsfriend.org.uk

STRATHCLYDE HOUSE, SKELMORLIE

☎ 0300 3038465
✉ strathclyde@pilgrimsfriend.org.uk

Visit our website to find out more about Pilgrims' Friend Society's Christian care home and housing schemes, and how we're supporting those living with dementia.



“Even to your old age and grey hairs I am He, I am He who will sustain you.”

Isaiah 46:4



www.pilgrimsfriend.org.uk

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