

## Friday - March 13

*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.*

*2 Corinthians 4:16 (NIV)*

My Mom is energetic, fun, fit and has a great laugh. On her birthday a few weeks ago someone asked her how old she was and she said, “22.” She wasn’t being coy, or humorous. In her mind on that day she was 22. My mom has lived with the diagnosis of Alzheimer’s disease for 11 years and she just turned 77. You may be aware that over 5.5 Americans of all ages have Alzheimer’s with a diagnosis happening once every 66 seconds. May I ask that you pause one moment and reread the scripture above?

Sharing conversation with a person with memory impairment is a challenge. Open-ended questions like, “tell me about your day” don’t work; neither do close-ended questions like, “what did you eat for lunch?” If I tell a story she has a hard time tracking with the places, the people or the story line. Sometimes it feels discouraging to not be able to have free-flowing engaged conversation. One day I found myself just being a quiet companion. If I’m being really honest, I was feeling a little sorry for myself, and selfishly, I just wanted all the parts of mom. I picked up a Bible on a nearby table with the intent of reading to her, but instead I asked her to read to me. The exact words of a randomly chosen page she spoke aloud, “We are weak but you are strong...” and through our Father’s healing words, my mother and I were communicating once again.

Dana

**Prayer:** Holy God, sometimes we take a solo path trying to draw on our own strength. Thank you for journeying with us ready to lift our hearts and our energy in ways we haven’t even asked for but deeply need. Amen.