



# Soul Care

## PEACE FOR CAREGIVERS IN TROUBLED TIMES

with Bishop Todd Hunter

### SEASON 2, WEEK 1 FORMATIONAL EXERCISE

*Use individually or share with your small group or family.*

- Be still for a few minutes and ask for God’s power. Trust that He desires to share with you. Ask him to “come and see” the weak places where you feel at the end of yourself. In the freedom of surrender, receive his gift of fresh grace.
- Read Psalm 73:26 again and turn toward Jesus. You may want to lift your hands as a child would who wants to be picked up and held. You may want to kneel in a posture of surrender. Ask the Holy Spirit to show you what is keeping you from putting the full weight of dependence on Him in this time.

**My flesh and my heart may fail:** Acknowledge to God honestly the places you feel failed—by yourself, your church or community, or perhaps by God. Ask Jesus for the grace to be still. Ask him to open your ears and eyes to see and hear what he has for you.

**But God is the strength of my heart:** Honestly acknowledge to Jesus what is weighing on your soul today. Ask him what trusting him more and relying on his strength might look like in this time. What might you need to lay down? What might you need to take up? Trust that he is your Shepherd, and rely on his strength to shepherd those he has given you.

**And my portion forever:** Ask God for the contentment that comes from realizing he is your portion. Where in your life have you felt the pain of scarcity? You may want to imagine yourself sitting at his table. Your belly is full. Your heart is full. As you turn to talk with him, remember his abundance toward you.