



Soul Care

PEACE FOR CAREGIVERS IN TROUBLED TIMES

with Bishop Todd Hunter

SEASON 2, WEEK 2 FORMATIONAL EXERCISE

Use individually or share with your small group or family.

- **Bring yourself to God as you are.** There's no need to try to feel any special way or to be holy. Just be here as you are—as simply and as honestly as you can.
- Things are not as they should be and the unrest in our heart is crying out for help. To experience and participate in God's work of restoration, we must first rethink the way we have been engaging. **Take the next few moments to recognize and repent of your sins of omission or commission.** Ask your gracious God to show you how you have missed the mark when reacting to the uncertainty of the COVID crisis, the distress over the racial tension in our nation, issues in your community, or your family over the last week.

What one unresolved moment or issue stands out to you?

Confess your sin to the Lord as openly and as honestly as you can. God is waiting to be gracious to you. Allow his forgiveness to wash over you ... and soothe your soul.

- Lament gives us room to express our sadness without filters and ask for God's help. It also reminds us to trust in the exquisite wisdom and unhurried nature of a God who takes time to make everything right. **Let's take these next few moments to lament.** Take a look inside your heart. Become aware of your feelings regarding the state of our nation, your community or your home. What one event or interaction made you angry, sad or afraid this week? Feel and express whatever arises in these moments to your gracious God.

What do you long to see happen regarding this circumstance? Express this longing to God. Now express your trust in God.