



Soul Care

PEACE FOR CAREGIVERS
IN TROUBLED TIMES

with Bishop Todd Hunter

WEEK 2 FORMATIONAL EXERCISE

Use individually or share with your small group or family.

- Where are you feeling pushed beyond your human capacity?
What has that been like for you?
- Can you identify ways in which you have been trying to manage this “as the world gives”? Maybe staying busy, grasping for a sense of control, numbing out, distracting yourself, drinking too much, eating too much, falling into self-pity, blaming others, denial, lashing out, forcing things to happen, etc.

What has that been like for you? What has it felt like? Has it brought the kind of peace you are looking for?

- The peace God gives often shows up in small, unexpected ways at first. Where have you noticed a hint or a whisper of deep rest and calm at work in your circumstances? How might you cooperate with that?

Maybe you haven't had a moment like this that registered in your awareness. Pay attention and watch for that moment. What does it feel like? Maybe it is a bigger and more profound experience than you expect. Maybe it is just a nudge toward something. Pay attention to whatever you are noticing. Do you sense an invitation? What do you need to let go of in order to respond to this invitation?