



Soul Care

PEACE FOR CAREGIVERS
IN TROUBLED TIMES

with Bishop Todd Hunter

WEEK 3 FORMATIONAL EXERCISE

Use individually or share with your small group or family.

- Begin by recalling the life of Jesus ... a story that comes to mind that highlights his inner disposition of love, joy and peace? Imagine yourself being in the midst of that story. What was He experiencing? Who was He interacting with? How did he respond? Notice in particular His sense of, and embodiment of peace.
- Reviewing the last week, when did you feel the need or desire for the power of the Holy Spirit? What were you experiencing? How did you respond? Did you ask the Holy Spirit to come? If so, what was that like?

Consider: Dallas Willard -- When our deepest attitudes and dispositions are those of Jesus, it is because we have learned to let the Spirit foster his life, his fruit in us...

- What would your life look and feel like as animated, energized and inspired by the Holy Spirit?

Pause for a moment to get a clear vision of such a life - how it would affect your sense of wellbeing, your relationships? If you are thirsty for it, Jesus says come, be filled with living water, with the life and leadership of the Holy Spirit...such that he gushes forth from you for the sake of others...