



Soul Care

PEACE FOR CAREGIVERS IN TROUBLED TIMES

with Bishop Todd Hunter

WEEK 4 FORMATIONAL EXERCISE

Use individually or share with your small group or family.

Come to me.

All you who are weary and heavy burdened.

Find rest for your soul.

- Take a few moments to come to Jesus by turning your attention to the Lord. In the quiet of your heart, gently repeat any or all of these four qualities as you address your Master:

Lord, you are gentle—your great strength is guided by selfless love.

Lord, you are humble—you assumed a low position of trust in your Father.

Lord, your yoke is easy—you want me to walk with you and work with you.

Lord, your burden is light—you won't lay anything heavy or ill-fitting on me.

In what areas of your life do you need to know these things about Jesus right now? Can you place those areas in his hands?

- As caregivers, we often take on more than we can bear. Take the next few minutes to cast your cares upon Jesus. Share with him what you are facing and carrying. What seems confounding, frustrating or unending? Where do you feel disappointment—in yourself, others, your circumstances with work and/or at home?
- Ask the Spirit to show you what you are carrying that is not yours to carry, what you have been doing in your own strength, where you have been pushing beyond your limits, where you are more concerned with duty, obligation, security or appearances than life in and with Him. Take time to confess and repent of anything he shows you. Receive his forgiveness and let his mercy wash over you.
- Where can you carve out time to just be with God and receive from Him? What are some things or activities that give you a sense of real rest, delight and grace? How can you make space for them in your life right now? What could be keeping you from doing this?