



Soul Care

PEACE FOR CAREGIVERS
IN TROUBLED TIMES

with Bishop Todd Hunter

WEEK 5 FORMATIONAL EXERCISE

Use individually or share with your small group or family.

Cast all your anxiety on Jesus because he cares for you...

- When we stuff anxious feelings, our anxiety will pop out in behaviors that make life harder. Can you, in this moment, drop the guilt and shame you associate with anxiety?
- In God's presence, begin to notice what our COVID-19 crisis stirred up in you this week: loneliness; powerlessness; ambivalence; distress; the real or potential loss of income, connection, health, freedom, etc.
- When you are squeezed, what gets triggered in you—your sense of safety, belonging, control? Bring these things to God, naming them one by one, as best you can. Remember, God loves and helps, not condemns.
- Now, simply rest in God's presence. Let his grace settle and strengthen you—let Him give you what you need today to be and do in the manner of Jesus.