



Soul Care

PEACE FOR CAREGIVERS IN TROUBLED TIMES

with Bishop Todd Hunter

WEEK 6 FORMATIONAL EXERCISE

Use individually or share with your small group or family.

- Say the Celtic Evening Prayer:

Lord, You have always given bread for the coming day;
and though I am poor, today I believe.

Lord, You have always given strength for the coming day;
and though I am weak, today I believe.

Lord, You have always given peace for the coming day;
and though of anxious heart, today I believe.

Lord, You have always kept me safe in trials;
and now, tried as I am, today I believe.

Lord, You have always marked the road for the coming day;
and though it may be hidden, today I believe.

Lord, You have always lightened this darkness of mine;
and though the night is here, today I believe.

Lord, You have always spoken when time was ripe;
and though you be silent now, today I believe.

- Name the situations or thoughts this past week when you felt swallowed in darkness and fear. With the help of the prayers above, can you now entrust those feelings to God who promises to guard your heart and mind?
- Receive an invitation: to stop asking why today...just be in this situation. When God says, "I got this," do you really trust him today?
- Decide to face and live through suffering, not on your own strength, but through the peace of relationship with God—his peace that surpasses all human understanding.