



Soul Care

PEACE FOR CAREGIVERS IN TROUBLED TIMES

with Bishop Todd Hunter

WEEK 7 FORMATIONAL EXERCISE

Use individually or share with your small group or family.

- Turn toward the Lord. Let Him remind you that he has you in his heart and hands.
- Meditate on Psalm 85:8.

I will listen to what God the Lord says: As you sit with Jesus, trust His deep desire to be with you. You are his sheep, and you can ask for His help in hearing the Shepherd's voice. Receive his words not as a lesson to be learned, but rather, as the loving words of a shepherd. Receive them in the same spirit of rest that comes with being deeply known, as when you listen to the words of a dear friend. You may want to imagine yourself leaning in—looking forward to what Jesus has to say.

He promises peace to His people: Honestly acknowledge to Jesus what is crowding out room for peace in your soul today. You may want to imagine for a moment that you and Jesus are sitting side by side on a park bench. As distractions arise, just turn your attention back to Him. Share with Him what is troubling you. Receive His peace as a balm. Let this gift sink down to a deeper place in you.

But let them not turn to folly: Ask the Holy Spirit to show you what folly looks like in your life right now. Where might the Lord be offering you freedom to step into a more spacious place? In leadership, we often feel the burden of holding all things together. Do you sense Jesus asking you to lay down your self-sufficiency? Maybe you can see the smile on His face as he lightheartedly reminds you that the burden is his job. Maybe you're struggling with anxiety about the future, or a strained relationship, or maybe it's something simpler, like too much time spent distracted on your phone. Tell Him about it now. Confess your folly to Jesus and receive his abundant forgiveness.