



# Soul Care

## PEACE FOR CAREGIVERS IN TROUBLED TIMES

with Bishop Todd Hunter

### WEEK 8 FORMATIONAL EXERCISE

*Use individually or share with your small group or family.*

Many of us are experiencing decision-making fatigue from all the choices required of us to move forward through foggy, unfamiliar territory. In this in-between place, we are invited to let what is really real, the greater reality of the kingdom of God, be the loudest voice and the governing rule of our lives.

- Be still for a few minutes, welcoming the Holy Spirit and surrendering all you are carrying now. Jesus desires to give you His peace, courage and power.
- Read Romans 14:17 and turn your attention toward Jesus. He wants to help you to see and experience the deeper realities of his Kingdom.

The kingdom of God: Ask the Lord to show you the things that are drawing you closer to Him and the things that are drawing you away. Where have you been working from a place of emptiness? Ask for God's help in bringing you to a more settled, restful, full place. Let it renew your vision for what it looks like to be a daughter or a son in the Kingdom.

Not a matter of eating and drinking: Talk with God about the places in the road right now where you feel "snagged." What are the lesser things that are demanding your attention? There may be issues creating divisions among your team or in your family. Where do you feel at the mercy of an inner restlessness or others' expectations of you? Attend to these places with God.

But of righteousness, joy, and peace: As you sit with God, you may feel like you are being asked to lead people in ways that your soul also needs. Surrender the pressure to get everything right, and trust God to work in and through you. As you live into the Kingdom, trust the Spirit to guide you in righteousness, joy and peace in these strange times.