



Soul Care

PEACE FOR CAREGIVERS IN TROUBLED TIMES

with Bishop Todd Hunter

SEASON 2, WEEK 3 FORMATIONAL EXERCISE

Use individually or share with your small group or family.

Read Habakkuk 3:19. Now, let's walk through each section of this verse.

- **The Sovereign Lord:** As leaders, we can be quick to acknowledge the sovereignty of God, and yet, experientially, we feel the heavy burden of many responsibilities. In stillness, turn your attention to God right now. His sovereignty can sometimes make Him seem far away, but He is nearer to you than your very breath. Ask the Spirit to show you aspects of your leadership where you are wearing an ill-fitted yoke. Ask Him to help you see where you are carrying more than you should. Where have you been functioning as sovereign of your own kingdom instead of a co-laborer in the Kingdom of God? Allow God to share with you His peace that comes from leaning into his sovereignty. What might it look like to surrender outcomes to Him?
- **...IS my strength:** What good news! God says He IS your strength! He reminds us that strength comes from His being, and He wants to share it with us as a gift. Pause for a moment. Think about parts of your soul that feel weak, helpless and overwhelmed. Remember that God doesn't expect you to muster your own strength to face the demands pressing in on you. Instead, receive His invitation to be courageous. He wants to be your rock. You are His beloved creation, working in collaboration with Him. As you lead others from a place of humility, courage, and curiosity, they will be blessed by your dependence on the Lord, rather than your own strength.
- **...He makes my feet like the feet of a deer:** You may want to close your eyes and think about where in your body you feel burdened right now. Start at your head and move down. Is your mind weary? Maybe you feel tightness in your chest, or a pit in your stomach. What about your feet? As you become aware of your body, ask God for His peace. Imagine with Him what it might look like to move through your day and responsibilities with steady and light feet that come from experiencing trust and peace. Invite God to help you with a more well-fitting yoke that does not weigh you down.
- **...He enables me to tread on the heights:** Right now, most of us feel like we are in new terrain that is frightening and rocky. Take a minute to talk to God about this. Ask Him to enable you to take the next right steps with courage and trust. Ask Him to remind you of the big story of life in the Kingdom.