



Soul Care

PEACE FOR CAREGIVERS IN TROUBLED TIMES

with Bishop Todd Hunter

SEASON 2, WEEK 4 FORMATIONAL EXERCISE

Use individually or share with your small group or family.

As caregivers, we often feel like we are supposed to magically have this glorious strength Paul speaks of, without making space to cultivate it. We forget that we too are vulnerable, needy and leaky, so we start working for God instead of with Him. For these next few minutes, let's remember how God has met us before so that we can not only endure our current circumstances, but find the strength we need to carry out God's good work in the midst of them.

- Take a few moments to remember the beginning of your journey with Christ, a memorable transformative experience, or maybe your calling to become a caregiver of God's people. Our endurance as caregivers often comes from staying faithful to these experiences even as we grow up into Christlikeness.

Recall the circumstances around your conversion, your transformative moment or your calling. What happened? How did God meet you? How did you respond to him? To the world around you? Where did your strength come from? What were some of its qualities? Where did you feel it in your body?

Relive these moments with the Lord. Soak them up and let them fill you with strength once again. Thank him for the good work he has done in you and through you.

- As you're reflecting on these past few months of COVID 19 and the call for racial reconciliation in our world, what event or interaction feels like you are gritting your teeth to manage, fix or just survive? It could be something big or small. How has this affected you, your loved ones, your community or your work?

Now, curl your fingers into a tightly closed fist. Imagine holding this situation firmly in your grip. Let the tension in your hands build up and express the frustration you are feeling. With fistled hands, hear Paul's prayer to the Colossians. This prayer is also for you: We pray that you'll have the strength to stick it out over the long haul - not the grim strength of gritting your teeth but the glory-strength God gives. It is strength that endures the unendurable and spills over into joy, thanking the Father who makes us strong enough to take part in everything bright and beautiful that he has for us.

Remembering the bright and beautiful work God has already done in and through you, begin to open your hands. Relax your grip on your current circumstance and rest your hands in your lap. Can you feel the difference between the tension of holding too tightly and the strength that comes from surrender? In the days and weeks to come, ask God to bring to mind ways you can stay faithful to and cultivate this place of surrender and partnership with the Lord.