Crisis help · Rooted in Christ · 7-day journey

Need help now?

In England, call 999 or go to A&E now if someone's life is at risk, they have seriously harmed themselves, or you cannot keep yourself or someone else safe. For urgent mental-health help that is not an emergency, call NHS 111 and select the mental-health option, or ask for an urgent GP appointment. For someone to listen, call Samaritans on 116 123, free, day or night. **Do not wait for prayer or a church reply.** Outside England, use your local emergency and health services. Sources: NHS urgent mental-health help and Samaritans, checked 7 October 2026.

This is pastoral encouragement for adults facing an overwhelming situation and trusted supporters alongside them. It is not emergency care, diagnosis or treatment. Begin only when it is safe and helpful. You do not have to finish the readings or resolve the crisis in seven days.

Read the study · Begin the gentle devotional · Non-emergency pastoral care

ROOTED IN CHRIST · SEVEN-DAY DEVOTIONAL

One supported step at a time.

Gentle Bible readings and prayer to accompany practical care through a difficult season.

Full Bible passages · Guided prayer · A practical step each day

A little encouragement before you begin. Use the urgent-help information above when needed. These readings can wait; your safety and support come first.

Go deeper: the Bible study and group discussion

Start with safety, not the whole story

Psalm 46:1–3, printed under Day 1, speaks of refuge when life feels unstable. Before working through a lesson, ask whether urgent help is needed. You do not need to explain everything to take one step towards support. A trusted person can help you contact appropriate services. Prayer can accompany this action, but must never delay it.

Bring the real pain into prayer

Read Psalm 13 and Romans 8:26–27 under Days 2 and 4. Biblical prayer makes room for complaint, confusion and words that will not come. You are not required to interpret the crisis, find a lesson in it or sound hopeful for the sake of other people. A sentence such as God, help me through this next moment can be enough. Receiving health care, safeguarding help or practical assistance is compatible with prayer.

Let care become a concrete next step

Read Luke 10:30–37 and Galatians 6:2 under Days 5 and 6. Compassion attends to practical need. Contact a trusted person, arrange appropriate professional support and consider the next essential task. A supporter can offer presence and help with a call rather than quick explanations. A seven-day guide is a companion, not a deadline for recovery.

Questions to use gently

1. What support is needed before any study or discussion?
2. Which phrase in Psalm 46 offers a place to begin?
3. What can you say honestly to God today?
4. Who could help with one practical task or contact?
5. What would make the next few hours safer or more supported?

One practical exercise: Create a brief support card, privately and only as capacity allows: emergency help; urgent professional help; a trusted person; one practical need; one short prayer. Keep the relevant contact details above accessible. This card is not a clinical safety plan and does not replace assessment or treatment.

For supporters: Use individually or with a trusted supporter, not a group requiring disclosure. Ask about immediate safety without judgement. Listen, stay within your role and help the person reach appropriate services. Do not make promises of secrecy, blame distress on sin or weak faith, or offer a prediction about when the crisis will end.

Seven optional days of reading and prayer

Every Bible passage is printed in full. Read only what is helpful; stop or return later when needed. Declarations and decrees are optional Scripture-shaped expressions of hope, not predictions or a test of faith. Nothing below replaces appropriate professional support.

Day 1: A place to turn

Read Psalm 46:1–3.

> [1] God is our refuge and strength, a very present help in trouble.
> [2] Therefore we won’t be afraid, though the earth changes, though the mountains are shaken into the heart of the seas;
> [3] though its waters roar and are troubled, though the mountains tremble with their swelling. Selah.

Reflect: The psalm does not begin with a stable world. It speaks of refuge while the ground seems to move. You do not have to make everything feel manageable before asking for help. Begin with safety and one human contact. The spiritual words in this guide must never delay emergency or urgent professional support.

Consider: What help is needed before anything else today?

Pray: God, be near in this overwhelming moment. Help me reach safe support and give me strength for the next necessary step. Amen.

Declare / decree: I may seek refuge, practical help and human support; I do not have to face this alone.

Practise: Contact immediate or urgent help where needed; otherwise tell one trusted person how things really are.

Day 2: A prayer that does not pretend

Read Psalm 13 in full.

> [1] How long, LORD? Will you forget me forever? How long will you hide your face from me?
> [2] How long shall I take counsel in my soul, having sorrow in my heart every day? How long shall my enemy triumph over me?
> [3] Behold, and answer me, LORD, my God. Give light to my eyes, lest I sleep in death;
> [4] lest my enemy say, “I have prevailed against him;” lest my adversaries rejoice when I fall.
> [5] But I trust in your loving kindness. My heart rejoices in your salvation.
> [6] I will sing to the LORD, because he has been good to me.

Reflect: The psalm gives voice to the question How long? Distress is not edited out before prayer begins. You can speak in fragments or let the reading provide words. No one should require a positive declaration as proof that you trust God. Honest lament is a form of turning towards him.

Consider: What is one honest sentence you can offer?

Pray: Father, this is hard and I do not have all the words. Hear what I cannot express and help me receive care today. Amen.

Declare / decree: My honest cry is not disqualified by pain or uncertainty.

Practise: Write or speak one truthful sentence; stop there if that is enough.

Day 3: Care for the person, not just the problem

Read 1 Kings 19:1–8. This passage includes Elijah expressing a wish to die. You may skip it or read with a trusted supporter. Use the urgent help above if safety is at risk.

> [1] Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. [2] Then Jezebel sent a messenger to Elijah, saying, “So let the gods do to me, and more also, if I don’t make your life as the life of one of them by tomorrow about this time!”
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> [3] When he saw that, he arose and ran for his life, and came to Beersheba, which belongs to Judah, and left his servant there. [4] But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree. Then he requested for himself that he might die, and said, “It is enough. Now, O LORD, take away my life; for I am not better than my fathers.”
>
> [5] He lay down and slept under a juniper tree; and behold, an angel touched him, and said to him, “Arise and eat!” [6] He looked, and behold, there was at his head a cake baked on the coals, and a jar of water. He ate and drank, and lay down again. [7] The LORD’s angel came again the second time, and touched him, and said, “Arise and eat, because the journey is too great for you.” [8] He arose, and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, God’s Mountain.

Reflect: Elijah’s distress is met with practical care before a new assignment. This narrative is not a diagnosis or a treatment plan, but it reminds us that people are embodied and vulnerable. Attend to basic needs in ways suitable for your health and situation. Ask someone to help when even ordinary tasks feel too much.

Consider: Which basic need would be easier with support?

Pray: Lord, meet me with gentle care. Help me receive appropriate rest, nourishment, treatment and practical help without feeling I must earn them. Amen.

Declare / decree: My need for practical care does not make me a spiritual failure.

Practise: Ask for help with one essential task or follow the care plan agreed with your clinician.

Day 4: When words run out

Read Romans 8:26–27.

> [26] In the same way, the Spirit also helps our weaknesses, for we don't know how to pray as we ought. But the Spirit himself makes intercession for us with groanings which can't be uttered. [27] He who searches the hearts knows what is on the Spirit's mind, because he makes intercession for the saints according to God.

Reflect: Paul speaks of the Spirit helping believers in weakness. Prayer does not depend on your ability to produce an explanation. Silence, tears and a short request can be held before God. Let another trusted person pray with your permission, or simply sit with you. You do not need to perform a response.

Consider: Would silence, a short prayer or supportive company help most?

Pray: Holy Spirit, help me in my weakness. Carry what I cannot put into words and lead me towards the care I need. Amen.

Declare / decree: In weakness I am not abandoned; I may receive the Spirit's help and the care of others.

Practise: Tell a trusted supporter what kind of presence would help today.

Day 5: A neighbour's practical mercy

Read Luke 10:30–37.

> [30] Jesus answered, "A certain man was going down from Jerusalem to Jericho, and he fell amongst robbers, who both stripped him and beat him, and departed, leaving him half dead. [31] By chance a certain priest was going down that way. When he saw him, he passed by on the other side. [32] In the same way a Levite also, when he came to the place and saw him, passed by on the other side. [33] But a certain Samaritan, as he travelled, came where he was. When he saw him, he was moved with compassion, [34] came to him, and bound up his wounds, pouring on oil and wine. He set him on his own animal, brought him to an inn, and took care of him. [35] On the next day, when he departed, he took out two denarii, gave them to the host, and said to him, 'Take care of him. Whatever you spend beyond that, I will repay you when I return.' [36] Now which of these three do you think seemed to be a neighbour to him who fell amongst the robbers?"
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> [37] He said, "He who showed mercy on him." Then Jesus said to him, "Go and do

> likewise.”

Reflect: Jesus describes compassion that notices injury and arranges care. A helpful supporter need not solve the whole story. Transport, an appropriate phone call or help with an essential responsibility can express love. Accepting such help does not make you a burden. Ask clearly for one manageable thing rather than expecting others to guess.

Consider: What practical help could someone offer now?

Pray: Jesus, bring compassionate people alongside me and help me ask clearly for support. Bless those who turn concern into practical care. Amen.

Declare / decree: I am worthy of practical compassion, not only advice.

Practise: Ask a trusted person for one specific, realistic form of help.

Day 6: One burden shared

Read Galatians 6:2 and Ecclesiastes 4:9–10.

> **Galatians 6:2:** Bear one another’s burdens, and so fulfil the law of Christ.
>
> **Ecclesiastes 4:** [9] Two are better than one, because they have a good reward for their labour. [10] For if they fall, the one will lift up his fellow; but woe to him who is alone when he falls, and doesn’t have another to lift him up.

Reflect: These passages picture mutual support rather than isolated endurance. Choose someone who can listen and respect appropriate boundaries. A friend or pastor may accompany you, but serious risk or ongoing illness requires qualified care. You do not need to explain everything at once to begin a helpful conversation.

Consider: Who is safe enough to hear a little of the truth?

Pray: Father, lead me towards dependable support. Give me courage to share what is needed and wisdom about who can help appropriately. Amen.

Declare / decree: I do not have to prove strength by carrying every burden alone.

Practise: Arrange a supportive check-in or contact a suitable professional service.

Day 7: Hope beyond a deadline

Read Lamentations 3:19–26.

> [19] Remember my affliction and my misery, the wormwood and the bitterness.
> [20] My soul still remembers them, and is bowed down within me.
> [21] This I recall to my mind; therefore I have hope.
> [22] It is because of the LORD’s loving kindnesses that we are not consumed, because his mercies don’t fail.
> [23] They are new every morning. Great is your faithfulness.
> [24] “The LORD is my portion,” says my soul. “Therefore I will hope in him.”
> [25] The LORD is good to those who wait for him, to the soul who seeks him.
> [26] It is good that a man should hope and quietly wait for the salvation of the LORD.

Reflect: The writer remembers bitter suffering while speaking of mercy and hope. The hopeful words do not erase the painful ones. Reaching day seven does not mean you should feel recovered. Review what support is in place and what still needs attention. Continue at a pace shaped by care, not a devotional timetable.

Consider: What support should continue beyond this week?

Pray: God of mercy, sustain me beyond this page and this week. Keep opening paths of support and give me hope for the next step. Amen.

Declare / decree: This difficult week is not the whole of my story, and I may continue receiving help.

Practise: Review your support contacts and arrange the next appropriate follow-up.

Support beyond this guide

For immediate or urgent needs, use the services at the top of this page. For non-emergency pastoral support, contact ANCC Care. Explore support with anxiety, grief and bereavement, or prayer when words are hard. Sharing your experience publicly is never a condition of care.

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