Stress, worry and anxiety support · Rooted in Christ · 7-day journey
For adults experiencing worry or anxiety, including Christians who feel ashamed that prayer has not removed their symptoms. Bring worry into honest prayer, distinguish practical action from imagined control, and receive appropriate support without treating anxiety as failed faith.

Need help now? In England, call 999 or go to A&E if life is at risk or you cannot keep yourself or someone else safe. For urgent mental-health help, call NHS 111 and select the mental-health option, or seek an urgent GP appointment. Do not wait for a church reply. See NHS urgent-help guidance.

Begin the study · Start the devotional · Ask for non-emergency pastoral support

> casting all your worries on him, because he cares for you.
>
> *1 Peter 5:7, World English Bible British Edition*

ROOTED IN CHRIST · SEVEN-DAY DEVOTIONAL

Let today begin with care.

Gentle Bible readings, honest prayer and practical support when worry feels loud.

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

A little encouragement before you begin. Read at your own pace. Seeking help and praying can belong together; you do not have to carry everything alone.

When worry takes over: a practical way to begin

You can be a person of faith and still experience anxiety. This guide is an invitation to honest prayer and manageable action, not a diagnosis, a treatment programme or a test of how strongly you believe. You do not have to complete every exercise. Start with the next safe, useful step and keep any professional support you already receive.

Important: If anxiety is disrupting everyday life or you are struggling to cope, speak with a GP or an appropriate health professional. Do not assume new or severe physical symptoms are anxiety. In immediate danger, seek emergency help; do not wait for a church reply.

Go directly to the seven-day Bible readings and prayers

1. Describe one concern precisely

On paper, finish the sentence: ‘The situation I am concerned about is…’. Separate what has actually happened from what you fear might happen. This is not a demand to argue yourself out of distress. It simply helps you identify whether you need information, practical

help, a conversation or professional support.

2. Choose one small action for today

If there is an immediate task within your control, make it specific: send one necessary email, ask for clarification or arrange an appointment. Give it a realistic stopping point. If there is no action you can take today, acknowledge that uncertainty rather than spending the whole day trying to obtain an impossible guarantee.

3. Ask for the kind of help you need

A friend may listen, a colleague may clarify a deadline and a health professional can assess symptoms. Tell a trusted person whether you would like listening, company or practical assistance. An ANCC pastoral conversation can offer prayer and encouragement; it cannot replace clinical care or promise that anxiety will disappear.

4. Pray without grading the outcome

Use the full reading and prayer for Day 1 below. Name your concern plainly, or sit quietly if words are difficult. Feeling anxious afterwards does not prove that prayer failed or that God rejected you. If a verse feels like an accusation, read its surrounding passage and discuss it with someone thoughtful.

5. Review support, not spiritual performance

After a few days, ask what helped you take care of yourself and what still needs attention. Record whether you have obtained the practical or professional help you wanted, rather than scoring yourself on how calm you felt. Return to a previous day whenever useful; this is not a seven-day deadline for recovery.

Your private next-step worksheet

My concern in one sentence; what I know; what remains uncertain; one action within my control; the person or service I will contact; when I will review. Keep this privately. Do not put medical histories or other sensitive details into a general church enquiry form.

Questions you may be asking

Does anxiety mean I lack faith?

No. Distress is not a reliable measure of someone’s relationship with God. Christian care makes room for prayer, practical assistance and professional help without treating them as competing loyalties.

What if I cannot concentrate on a Bible study?

Read one short paragraph, listen to someone read it, or pause the guide. You do not need

to complete a long devotional to deserve care. Ask a trusted person to help you choose a manageable next step.

Can I visit church without explaining what is happening?

Yes. You can read the visitor information and attend without disclosing personal circumstances. If you want support, ask about a suitable conversation and its privacy and safeguarding boundaries before sharing sensitive details.

Continue with relevant ANCC resources

- Faith and Stress: Prayer, Practical Support and Rest
- Learning to Pray When Words Are Hard
- Plan Your Visit

NHS guidance on anxiety and getting help

You are welcome to explore ANCC at your own pace. Ask about current opportunities; no attendance, disclosure or donation is required to read this guide.

Go deeper: the Bible study and group discussion

Care is the reason you may come

Read 1 Peter 5:6–7 and Psalm 56:3–4 below. The invitation rests on God’s care, not your ability to stop feeling afraid. Anxiety is not evidence that God has rejected you, and a devotional cannot diagnose its cause or provide treatment. You may pray while also seeking medical or psychological support. Tell a trusted person or clinician when anxiety is affecting daily life, and use urgent services if safety is at risk.

Prayer is a relationship, not a symptom test

Philippians 4:4–9 connects prayer with thanksgiving and attention to what is worthy. Do not turn the passage into a test requiring immediate calm after the right words. Bring specific concerns, notice what is true, and practise one appropriate action. Feelings may remain intense. Continuing prescribed treatment or therapy is compatible with faith; do not stop or change treatment because of a devotional or a spiritual claim.

Take today at its actual size

In Matthew 6:25–34, Jesus directs attention to daily dependence rather than mastery over every possible tomorrow. Galatians 6:2 encourages shared care. Separate a concern that needs action from an outcome you cannot control. Make room for rest and supportive relationships. Reassurance is not always enough; recurring or severe anxiety deserves

qualified assessment. Seeking that help is a wise action, not a confession that your prayers have failed.

Discuss and apply

1. What difference does “because he cares for you” make to the invitation?
2. Have you been treating a feeling as a verdict on your faith?
3. Which worry needs a practical action or professional support?
4. Which outcome is outside your control today?
5. Who could help you maintain support beyond this week?

Your practical exercise: On a private page, create two columns: What needs action today; What I cannot settle today. Put only one manageable action in the first column, such as contacting a clinician, asking for support or completing an essential task. Turn the second column into a brief prayer of entrusting. This is a devotional reflection tool, not a clinical technique or treatment plan. Use it only as it feels helpful.

For leaders and supporters: Do not diagnose, promise symptom relief or suggest anxiety is always demonic. Invite professional support alongside prayer. Avoid pressuring people to close their eyes, be touched or describe distress publicly. Respect privacy while explaining safeguarding limits. Use urgent services whenever safety requires them.

Seven days of Bible reading and prayer

Every daily passage is printed in full. Take the readings at a pace that helps you; there is no deadline for feeling better. The declarations are optional, Scripture-shaped responses of trust, not medical claims, predictions or tests of spiritual strength. Readings use the public-domain World English Bible British Edition, except Psalm 56, which uses the World English Bible.

Day 1: Because he cares

Read 1 Peter 5:6–7.

> [6] Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time, [7] casting all your worries on him, because he cares for you.

Reflect: The invitation to bring worry rests on God’s care. You do not need to achieve a calm feeling before you are welcome. Name one concern rather than judging the quality of your faith. Bringing it to God can happen alongside speaking to a clinician or trusted supporter. Both may belong in today’s response.

Consider: What would change if care, not performance, were your starting point?

Pray: Father, I bring you the worry that feels loud today. Help me receive your care and take the appropriate steps towards support. Amen.

Declare: God's care is not withdrawn when I feel anxious.

Practise: Tell God one specific worry and identify any practical support it needs.

Day 2: Afraid, and still turning towards God

Read Psalm 56:3–4 — World English Bible.

> [3] When I am afraid, I will put my trust in you.
>
> [4] In God, I praise his word. In God, I put my trust. I will not be afraid. What can flesh do to me?

Reflect: The psalmist speaks of trusting when afraid, not only after fear disappears. Faith and difficult feelings can coexist. Do not demand that your body or mind instantly match a declaration. A simple prayer can express the direction you want to turn while you continue receiving help for what you experience.

Consider: Have you assumed that fear makes prayer dishonest?

Pray: Lord, meet me while I am afraid. Help me turn towards you honestly and receive support without pretending my feelings have already changed. Amen.

Declare: I can turn towards God while fear is still present.

Practise: Use one short prayer you can return to without grading your response.

Day 3: Bring the actual request

Read Philippians 4:4–7.

> [4] Rejoice in the Lord always! Again I will say, "Rejoice!" [5] Let your gentleness be known to all men. The Lord is at hand. [6] In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. [7] And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

Reflect: Paul invites specific prayer and thanksgiving. Rather than reciting words to force calm, speak about the concern itself and the help you need. Gratitude may be as small as noticing someone who listened. You do not have to call the painful circumstance good in order to acknowledge a kindness within it.

Consider: What help are you actually asking for?

Pray: God, I ask for wisdom, appropriate care and support in this concern. Thank you for the kindness that has reached me today. Amen.

Declare: I may make a specific request and notice real kindness without denying distress.

Practise: Write a one-sentence request and one truthful expression of gratitude.

Day 4: Attend to what is true

Read Philippians 4:8–9.

> [8] Finally, brothers, whatever things are true, whatever things are honourable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report: if there is any virtue and if there is anything worthy of praise, think about these things. [9] Do the things which you learnt, received, heard, and saw in me, and the God of peace will be with you.

Reflect: Attention can be directed towards what is true and worthwhile without pretending that every troubling thought is chosen. Intrusive or persistent thoughts may need professional help. Notice the difference between a known fact and an alarming prediction. Let a trustworthy person help you consider the situation when it feels difficult to assess alone.

Consider: What is known, and what is only predicted?

Pray: Father, help me attend to truth with gentleness towards myself. Lead me to qualified help when thoughts feel persistent, frightening or overwhelming. Amen.

Declare: A frightening thought is not automatically a fact or a message from God.

Practise: Name one verified fact and ask for support with any uncertainty that needs it.

Day 5: Today’s responsibilities

Read Matthew 6:25–34.

> [25] Therefore I tell you, don’t be anxious for your life: what you will eat, or what you will drink; nor yet for your body, what you will wear. Isn’t life more than food, and the body more than clothing? [26] See the birds of the sky, that they don’t sow, neither do they reap, nor gather into barns. Your heavenly Father feeds them. Aren’t you of much more value than they?
>
> [27] “Which of you by being anxious, can add one moment to his lifespan? [28] Why are you anxious about clothing? Consider the lilies of the field, how they grow. They don’t toil, neither do they spin, [29] yet I tell you that even Solomon in all his glory was not dressed like one of these. [30] But if God so clothes the grass of the field, which today exists and tomorrow is thrown into the oven, won’t he much more clothe you, you of little faith?
>
> [31] “Therefore don’t be anxious, saying, ‘What will we eat?’, ‘What will we drink?’ or, ‘With what will we be clothed?’ [32] For the Gentiles seek after all these things; for your heavenly Father knows that you need all these things. [33] But seek first God’s Kingdom and his righteousness; and all these things will be given to you as well. [34] Therefore don’t be anxious for tomorrow, for tomorrow will be anxious for itself. Each day’s own evil is sufficient.

Reflect: Jesus speaks against being consumed by tomorrow. The passage does not forbid planning or blame people who need treatment for anxiety. Ask what is actually required today. A modest action may be enough: make a call, attend an appointment or complete an essential task. You need not solve every future possibility now.

Consider: What is one appropriate action for today?

Pray: Lord, help me face today’s responsibilities at a manageable size. Give me wisdom about what to do and what I cannot control. Amen.

Declare: I can take today’s responsible step without solving every imagined tomorrow.

Practise: Choose one manageable action and leave room for rest or support.

Day 6: Receive shared care

Read Galatians 6:2.

> Bear one another’s burdens, and so fulfil the law of Christ.

Reflect: Carrying burdens together makes room for practical companionship. Tell a trusted person what is helpful rather than expecting them to guess. They may listen, accompany you or help arrange professional support. A church community is not a replacement for treatment, but it can be part of a caring network around you.

Consider: What kind of support would be useful rather than overwhelming?

Pray: God, give me dependable companions and courage to ask clearly for help. Teach us to support one another without judgement or pressure. Amen.

Declare: Receiving support is compatible with faith and with responsible self-care.

Practise: Arrange one useful check-in or ask someone to accompany you to an appointment.

Day 7: A continuing journey

Read Psalm 23.

> A Psalm by David.
>
> [1] The LORD is my shepherd; I shall lack nothing.
>
> [2] He makes me lie down in green pastures. He leads me beside still waters.
>
> [3] He restores my soul. He guides me in the paths of righteousness for his name’s sake.
>
> [4] Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me.
>
> [5] You prepare a table before me in the presence of my enemies. You anoint my head with oil. My cup runs over.
>
> [6] Surely goodness and loving kindness shall follow me all the days of my life, and I will dwell in the LORD’s house forever.

Reflect: The shepherd’s care includes a path through a dark valley, not a promise that no valley will occur. You do not have to be symptom-free by the end of this guide. Review what has helped and continue the care you need. The next faithful step may simply be keeping an appointment or telling someone the truth.

Consider: What care needs to continue after this week?

Pray: Shepherd of my life, continue with me beyond this week. Help me remain connected

to wise care and receive strength for the next step. Amen.

Declare: The valley does not cancel God’s care, and I may continue seeking help.

Practise: Record your next support contact and one practice you found genuinely helpful.

Your next step

Use ANCC Care for non-emergency pastoral support and an appropriate health professional for assessment or treatment. Continue with Hope in a Crisis, Learning to Pray When Words Are Hard, or Trusting God When Faith Feels Small.

Original ANCC Rooted in Christ study. Scripture: World English Bible British Edition and Psalm 56, World English Bible, public domain. Full daily passages appear above. Use your browser’s Print menu to print or save this page as a PDF.

A conversation can be a first step

Talk about life or faith, ask for prayer, or ask about a welcome at Thursday’s service. Jessy coordinates our listening team: Jessy, Kusiyo, Kate, Edgar, Mutende and Micheal.

Prayer and listening · Thursday connection at 7pm

Continue with a prayer guide

Use these prayers to speak honestly about your emotions and hopes.

- The Emotional Prayer
- The Possibilities Prayer

Explore the complete twelve-day prayer journey