

 ALABASTER

# Visual Liturgies

*on Anxiety*













## 01 / Introduction

We live in a world that is constantly vying for our attention. As we are inundated with notifications, advertisements, and messages, we can find ourselves overwhelmed. We feel unsure of what lies ahead of us. We find it hard to make sense of which voices we should heed and which we ought to ignore.

Sometimes, the noise and chaos seem to emanate from within. Our minds race, our thoughts feel loud, and we find ourselves caught in a cycle of anxiety. In these moments, our insecurities and fears can feel as though they are in the driver's seat. We struggle to find solutions or to embrace peace. The constant questions and fears swirl around our heads and we feel untethered.

In these moments, the grounding and encouraging words of Scripture can help us regain stillness. God is

in control and working for our good. We can bring our anxieties to our Creator and receive comfort and peace.

This book aims to meet us where we are, offer assurance from the Bible, and remind us God is mighty and merciful. In church history, liturgy is a practice meant to draw us communally closer to God. Drawing on this tradition, each chapter invites us to move through contemplative time with intention. We begin by ruminating on a passage from **Scripture**, followed by a reflective **reading** alongside imagery designed to encourage and inspire. Finally, we conclude with a **prayer**, lifting up our hearts and minds to God.

The world may feel uncertain, but God is constant and ever-present. May we breathe a sigh of relief and experience that encouraging presence each and every day. Amen.