

Visual Liturgies

on Anxiety



ALABASTER

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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. 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

ance 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. Draw-Sometimes, the noise and chaos seem to emanate ing on this tradition, each chapter invites us to move from within. Our minds race, our thoughts feel loud, through contemplative time with intention. We begin and we find ourselves caught in a cycle of anxiety. by ruminating on a passage from Scripture, followed In these moments, our insecurities and fears can feel by a reflective **reading** alongside imagery designed to as though they are in the driver's seat. We struggle encourage and inspire. Finally, we conclude with a to find solutions or to embrace peace. The constant prayer, lifting up our hearts and minds to God. questions and fears swirl around our heads and we The world may feel uncertain, but God is constant

feel untethered.The world may feel uncertain, but God is constant
and ever-present. May we breathe a sigh of reliefIn these moments, the grounding and encouraging
words of Scripture can help us regain stillness. God isand experience that encouraging presence each and
every day. Amen.