FOR CHURCH CARE TEAMS

Anxiety Care Cards

Eight cards to leave with someone who is anxious.

These eight cards are for the quiet moment at the end of a visit with someone living with constant worry or fear about their health or family. Each card holds a verse and one gentle line, so you can leave something steady in the hands of someone whose mind is not at rest.

A card never replaces your presence, so listen first and let the card be what stays behind when you leave. Anxiety is not a lack of faith, and there is no need to hurry anyone past it.

How to print

1. Print pages 2 and 3 on US Letter paper at 100 percent, with page scaling turned off.
2. Cardstock works best, though plain paper is fine if that is what you have.
3. Cut along the dashed lines for four cards per page, each 4.25 by 5.5 inches.
4. The backs are blank, so you can write a short note and sign your name before you hand one over.
5. Each card also fits a standard A2 envelope, if you would rather mail it.

WITH YOU IN YOUR ANXIETY

Comfort Is Here

When my anxious thoughts multiply within me, Your comfort delights my soul.

Psalm 94:19

Your thoughts may be racing tonight, and God's comfort can reach even the loudest of them.

WITH YOU IN YOUR ANXIETY

When You Are Afraid

When I am afraid, I will put my trust in You. In God, whose word I praise, In God I have put my trust; I shall not be afraid. What can mere mortals do to me?

Psalm 56:3-4

Fear can feel very large, and you are welcome to bring it to God just as it is.

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WITH YOU IN YOUR ANXIETY

God Is With You

Do not fear, for I am with you; Do not be afraid, for I am your God. I will strengthen you, I will also help you, I will also uphold you with My righteous right hand.

Isaiah 41:10

Fear can find a person in the night or in a waiting room, and God is with you in both.

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WITH YOU IN YOUR ANXIETY

He Answers

I sought the LORD and He answered me, And rescued me from all my fears.

Psalm 34:4

Some fears stay a long time, and God is patient as you bring each one to Him.

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WITH YOU IN YOUR ANXIETY

Not Alone in the Valley

Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

Psalm 23:4

Even on the darkest road, God stays right beside you, and so do we.

WITH YOU IN YOUR ANXIETY

Help for Sleepless Nights

I will raise my eyes to the mountains; From where will my help come? My help comes from the LORD, Who made heaven and earth.

Psalm 121:1-2

When the night is long and sleep will not come, God is near, and His care does not stop at bedtime.

WITH YOU IN YOUR ANXIETY

Your Father Cares

Do not be afraid, little flock, because your Father has chosen to give you the kingdom.

Luke 12:32

Your Father knows how much you worry about your health and your family, and it matters to Him.

A PRAYER FOR TODAY

A Prayer for Tonight

Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.

Psalm 55:22

Father, I bring You what feels heavy tonight. Hold it with me, and stay close until morning.

Sharing these cards

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