

**BEING A  
NON-ANXIOUS PRESENCE**

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**WHO WILL WE BE?**

# THE CALL TO BE NON-ANXIOUS

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**THE GOSPEL CALLS US TO BE  
ROOTED**



# CALM IS CONTAGIOUS

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- Slow down
- Gather people to pray
- Respond with clarity
- Refuse to amplify anxiety
- Acts of pastoral care

**BE PREPARED**

# MULTIPLE EMOTIONAL REALITIES

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- Fear
- Anger
- Political tension
- Experiences differ

# REMAIN GROUNDED IN CHRIST

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- Care for those directly impacted without demonizing others.
- Speak truth without inflaming.
- Offer clarity without contempt.
- Pray with conviction without performing outrage.

**BEING NON-ANXIOUS IS A  
THEOLOGICAL POSTURE**

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- Slowing down communication rather than rushing it
  - Verifying facts before sharing them
  - Naming emotions without being governed by them
  - Checking your own reactivity before stepping into the pulpit or social media
  - Praying before pressing “send”

**“WE ARE GATHERING  
INFORMATION. WE WILL RESPOND  
THOUGHTFULLY. LET US PRAY.”**

**PRAYER IS NOT AVOIDANCE.  
IT IS ALIGNMENT.**

# A FINAL WORD

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- We resource one another.
- We remind one another.
- We steady one another.
- Remember Who is in the boat with us.