

101 Faith Based Coping Skills



Prayer

- Pray the Psalms (e.g., Psalm 23 or 42) to find words for difficult emotions.
- Practice breath prayers (Inhale: "Lord Jesus Christ," Exhale: "Have mercy on me").
- Start a gratitude prayer journal to intentionally look for God's blessings.
- Write a lament prayer, pouring out your grief or frustration honestly to God.
- Engage in silent, centering prayer, focusing only on God's presence.
- Pray for others (intercession) to gently shift focus away from internal distress.
- Read and recite classic written prayers (e.g., St. Francis of Assisi's Prayer for Peace).
- Practice listening prayer—sit silently with a notebook and ask God to speak to your heart.
- Pray the Lord's Prayer very slowly, pausing to meditate on each phrase.
- Write short prayers on sticky notes and place them on your bathroom mirror.
- Practice a prayer of confession to release burdens of guilt.
- Walk through your home and pray a prayer of peace over each room.
- Kneel or adjust your physical posture to express surrender to God.
- Pray scripture back to God (e.g., "Lord, You said You are my refuge...").
- Use a prayer rope or beads to maintain focus during repetitive prayers.

Scripture

- Memorize a comforting Bible verse (e.g., Philippians 4:6-7).
- Practice Lectio Divina (divine reading) with a short passage of scripture.
- Listen to an audio Bible while resting or walking.
- Write out a chapter of the Bible by hand to slow down your racing thoughts.
- Do a topical Bible study on God's peace, comfort, or strength.
- Read the chapter in Proverbs that corresponds to today's date.
- Color a scripture-based adult coloring page.
- Recite your favorite Bible verse out loud to hear the truth spoken.
- Create scripture flashcards to keep in your purse or car.
- Meditate on the different names of God (Jehovah Jireh, Prince of Peace).
- Read Jesus's words in the Sermon on the Mount (Matthew 5-7).
- Rewrite a comforting verse in your own words to personalize it.
- Study the life of a resilient biblical figure (like Joseph or Ruth).
- Start a structured, daily Bible reading plan via an app.
- Keep a physical Bible open on your desk or table as a visual anchor.

Music & Worship

- Listen to an uplifting worship music playlist.
- Sing a classic hymn aloud (e.g., "It Is Well With My Soul").
- Write your own song or poem of praise.
- Dance or move to upbeat Christian music to release physical tension.
- Play an instrument as a private act of worship.
- Attend a mid-week or Sunday worship service.
- Listen to choral music or Gregorian chants to calm the nervous system.
- Read the lyrics of a favorite hymn as if reading poetry.
- Create a personalized "Peace and Comfort" worship playlist.
- Lift your hands in worship as a physical sign of letting go.
- Sing spiritual songs in the shower.
- Listen to instrumental hymns while working or studying.
- Watch a live or recorded worship concert online.
- Hum a familiar, comforting church song during a stressful moment.
- Focus intensely on the lyrics of a worship song to ground your thoughts.

Community

- Call a trusted Christian friend to talk or vent.
- Attend a church small group or Bible study.
- Speak with a pastor, priest, or church elder for spiritual guidance.
- Text a friend specifically asking them to pray for your mental health.
- Volunteer for a church ministry (shifting focus to helping others).
- Join a faith-based mental health support group.
- Write and send an encouraging card to someone else in your congregation.
- Share a meal or coffee with a fellow believer.
- ☪ Text an encouraging scripture to a friend.
- Offer to mentor someone younger in their faith walk.
- Seek out a licensed Christian counselor or therapist.
- Participate in church fellowship events, even if you just observe.
- Ask someone to share their testimony of how God helped them through a hard time.
- Host or attend a casual, stress-free game night with church friends.
- Pray with someone over the phone.

Mindfulness & Rest

- Practice Sabbath rest—take a full day away from work and chores.
- Take a "holy pause" during the day for 2 minutes of silence.
- Visit an empty church sanctuary just to sit in the quiet.
- Reflect on and list out times God has been faithful to you in the past.
- Take a nap, recognizing that sleep is a gift from God.
- Watch a sunrise or sunset and quietly praise the Creator.
- Practice Christian mindfulness by becoming aware of God's presence in the room.
- Visualize handing your anxieties over to Jesus, one by one.
- Do a "digital fast"—limit screen time to focus solely on God and peace.
- Light a candle to symbolize Christ as the Light of the World in your darkness.
- Take a quiet walk in nature and intentionally notice God's creation.
- Breathe deeply and remember that God's Spirit gives you the breath of life.
- Remind yourself out loud of your identity in Christ (loved, chosen, redeemed).
- Give yourself the same grace and forgiveness that God extends to you.
- Accept your current emotional limitations, knowing God's power is made perfect in weakness.

Creativity

- Try Bible journaling—using art and lettering in the margins of a Bible.
- Paint, draw, or sketch a biblical scene or a vision of heaven.
- Write a poem about your current faith journey or struggles.
- Create a vision board heavily featuring God's promises for your life.
- Craft a handmade cross out of wood, paper, or clay.
- Scrapbook your spiritual milestones (baptisms, answered prayers).
- Bake bread and meditate on Jesus as the Bread of Life.
- Knit, crochet, or sew while praying for the person who will receive the item.
- Write a deeply personal letter to God as a form of journaling.
- Take photographs of everyday things that remind you of God's character.

Physical & Action

- Exercise while listening to a Christian podcast or sermon.
- Fast for a meal (if medically safe) to dedicate that time to prayer.
- Clean or organize a room while thanking God for providing shelter.
- Go on a prayer walk around your neighborhood, praying for homes you pass.
- Gather items you no longer need and donate them to a local ministry.
- Care for a houseplant as a tangible reminder of spiritual growth.
- Do gentle physical stretching while reciting memory verses.

- Perform a random act of kindness in Jesus's name.
- Wash your face with cold water and recall your baptism/new life in Christ.
- Drink a glass of water slowly, thinking of Jesus offering "Living Water."
- Build a small memorial of stones in your garden to remember God's help.
- Practice generosity by tipping extra or giving to a charity.
- Cook or prepare a meal for someone in need in your community.
- Stand barefoot on the grass (grounding) and thank God for the earth.
- Engage in a hobby you enjoy, viewing your creativity as a gift from God.
- Rest deeply in the theological assurance that your salvation is secure.