

A Pause in the Pattern

A small space to return to Jesus before the next reaction.



The pattern can begin. It does not have to decide every next step.

One worry can stir tension. Tension can lead to checking, withdrawing or speaking sharply. The next difficult moment can seem to confirm the original fear. Like dominoes, familiar responses can gather momentum.

The empty space in the picture is a pause: noticing, receiving support, praying honestly or choosing a different response. This is a picture of possibility, not a promise that anxiety disappears. You do not have to remove every domino or stop every feeling.

“Cast all your anxiety on him because he cares for you.”

1 Peter 5:7 · NIV

Peter began to sink, and Jesus reached for him. Prayer can be just as honest: “Jesus, help me here.” You can bring what troubles you before you feel settled. Matthew 14:28-31 · Philippians 4:6-7

Make room for a different response

Choose one invitation. You do not have to complete every step.

N • NOTICE

What happened? What do I know, and what am I predicting?

Name one fact and one fear. A feeling is real; a prediction may need checking.

E • EXPERIENCE

What is happening in my body, and what is around me?

Feel the floor or chair supporting you. Name three things you see. Let your breathing be comfortable, without forcing it. If inward attention unsettles you, stay with your surroundings.

S • STEP

What is one caring, truthful response available now?

Ask for support, set a boundary, do one manageable task or repair a conversation. A real danger needs protection and help, not just a pause.

W • WAIT

Can I give this response a little room before acting?

Pray: "Jesus, I bring You this concern. Help me see my next step." Pause briefly if it is safe to do so, then return to what needs attention.

My small gap today

The familiar chain I noticed: _____

The pause or support I will try: _____

Later: what helped, and what might I need next time?

Progress may be noticing sooner, asking for help or repairing afterwards. Jesus is present even when calm takes time. Keep returning to the Living Way.

This page uses Notice · Experience · Step · Wait as an anxiety pause. Our wider compass remains Notice · Entrust · Step · Walk.

Further support: recurring or disruptive anxiety deserves professional care too. Practical sources: NHS, Breathing exercises for stress; NHS inform, Grounding exercises. Scripture quotation: NIV © Biblica, 1973-2011. Used by permission. All rights reserved worldwide.