

# When Worry Keeps You Awake: Finding Rest in God's Peace

Faith-based counselling for anxiety: Scripture, simple CBT tools and a ten-minute worry time to try today

By Rev'd Elton Moore, Christ Counselling Centre



Still waters at first light. "He leadeth me beside the still waters" (Psalm 23:2).

It is three o'clock in the morning and your mind will not stop. The bills, the hospital letter, the argument that never got settled, the child who has gone quiet. You pray, you turn over, and the same thoughts come round again. If that is you this week, you are in good company. This post is about **faith-based counselling for anxiety**: how the peace Jesus promised and a few simple, well-tested tools from Cognitive Behavioural Therapy (CBT) can help a worried mind find rest.

Anxiety is not a lack of faith. Elijah sat under a juniper tree and asked to die. David wrote, "Why art thou cast down, O my soul?" Even Jesus, in Gethsemane, was "sore amazed, and very heavy". God does not scold us for being anxious. He invites us to bring it to Him.

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." **John 14:27**

## Why worry feels so convincing

CBT is built on a simple idea: the way we think about a situation shapes how we feel and what we do. Worry is a stream of "what if" thoughts about the future. Each one sets off a feeling of fear, the body tenses, sleep slips away, and the next "what if" feels even more believable. Round and round it goes.

Worry also tells us a quiet lie: that if we keep thinking about a problem, we are somehow protecting ourselves or the people we love. In truth, most of what we worry about at night is out of our hands at that moment. Jesus put it plainly:

"Which of you by taking thought can add one cubit unto his stature?" **Matthew 6:27**

### Three worry habits to notice

- **Catastrophising:** jumping straight to the worst outcome ("The test result will be bad, I just know it").
- **Fortune telling:** treating an unlikely possibility as a certainty ("What if I lose my job?" becomes "I'm going to lose my job").
- **Emotional reasoning:** believing that because you feel afraid, something must be wrong ("I feel anxious, so there must be danger").

Naming these habits is not about telling yourself off. It is about seeing the thought for what it is, a thought, rather than a prophecy. Paul's words in Philippians 4:8 are a beautiful guide: think on whatever is true, honest, just, pure, lovely and of good report.

## Christian support for anxiety in every season

Worry rarely arrives alone. It often travels with grief, caring, loneliness or a spiritual dry spell, and it can put strain on a marriage too. That is why all five 21-day companions in the [CCC+ Library](#) touch on anxious thoughts in their own way. Each day brings a Bible verse, a reflection, a simple CBT-based exercise, a prayer and one small step.

**Peace I Leave With You:** the heart of today's post. A Christian CBT journey through anxiety and worry, with tools such as worry time, riding the wave of anxiety and moving your attention on purpose. £14.50.

**Through the Valley:** grief brings its own fears: "How will I cope? What if I forget them?" This companion for grief and bereavement walks gently through those thoughts. £14.50.

**Caring for the Carer:** carers often lie awake running through tomorrow's appointments and medicines. This companion for family carers makes room for rest and honest prayer. £14.50.

**Lonely, Not Alone:** loneliness can make the night feel longer and the worries louder. This companion for loneliness and isolation helps you take small steps back towards connection. Coming 1 November at £9.35.

**When Prayer Feels Silent:** when you are anxious and heaven seems quiet, it can feel doubly hard. This companion for spiritual dryness meets you in that silence. Coming 1 November at £9.35.

You can buy *Peace I Leave With You*, *Through the Valley* and *Caring for the Carer* together as the Healing Set for £30.05 in the [CCC+ Library](#).



A candle, a closed Bible and a folded note: worries written down and handed over.

## Try this today: a ten-minute worry time

"Worry time" is one of the most useful CBT tools for anxious minds, and it sits well alongside 1 Peter 5:7: "Casting all your care upon him; for he careth for you." Rather than worrying all day and all night, you give your worries a set appointment, and gently postpone them until then.

1. **Choose a time.** Pick a 10-minute slot each day, not too close to bedtime. Early evening works well for many people.
2. **Postpone.** When a worry comes during the day or night, write it on a small notepad in a few words, and tell yourself, "Not now. I'll look at you at six o'clock." Then return to what you were doing.
3. **Sort.** At your worry time, read through the list. For each worry, ask: "Is this something I can do anything about?"
4. **Plan or release.** If yes, write one small, practical step and when you will do it. If no, pray it over and picture yourself placing it in God's hands. Then fold the paper and put it away.

Most people notice within a week or two that worries feel less urgent when they know they have a time and place. It is not about ignoring problems. It is about choosing when to face them, with God beside you.

## When anxiety touches your marriage

Anxiety in one partner often becomes tension in both. One person needs to talk it all through; the other wants to fix it or go quiet. Couples can try worry time together, taking turns to share one worry each and one thing they are thankful for. Learning to listen without rushing to answer is a big part of [Christian marriage counselling](#) and [Christian couples counselling](#), and it is something you can begin at your own kitchen table tonight.

## Frequently asked questions

### Is there Christian counselling near me?

If you are searching for christian counselling near me, distance need not be a barrier. Rev'd Elton Moore offers spiritual support and faith-based counselling by phone and online, so you can reach him wherever you are in the UK. Based in Lincolnshire, [Christ Counselling Centre](#) offers online Christian counselling across the UK.

### What is faith-based counselling for anxiety?

It is spiritual support that brings Scripture, prayer and simple CBT-based self-help ideas together to help you understand and ease anxious thoughts. It is not therapy or medical treatment. If anxiety is affecting your daily life, please speak to your GP as well.

### Can Christian counselling UK services help with worry and sleepless nights?

Many people find that talking with someone who shares their faith helps them feel less alone with their worries. Christian counselling UK support from Rev'd Elton can sit alongside care from your GP or NHS talking therapies. You can book a free 20-minute call to see whether it is right for you, or read more about [Christian counselling Lincolnshire](#) and UK-wide support on our main website.

### Need someone to talk to?

You do not have to carry your worries alone. Book a free 20-minute call with Rev'd Elton, Monday to Friday, 10:00 to 12:00 and 14:00 to 16:00 UK time, by phone or online.

**Book your free call:** [ccc-library.pplx.app/book.html](https://ccc-library.pplx.app/book.html)

**Browse the books in the CCC+ Library:** [ccc-library.pplx.app](https://ccc-library.pplx.app)

**Visit our main website:** [www.christcounsellingcentre.com](https://www.christcounsellingcentre.com)

**Call or email:** 07501 621463 | [info@christcounsellingcentre.com](mailto:info@christcounsellingcentre.com)

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." Isaiah 26:3

## A prayer for anxious nights

Lord Jesus, You know every worry that keeps me awake. I bring them to You now, the ones I can name and the ones I cannot. Give me wisdom for the things I can change, and the grace to leave the rest in Your hands. Quieten my racing thoughts, slow my breathing, and let Your peace, which passeth all understanding, keep my heart and mind. Amen.

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## A gentle note

Rev'd Elton Moore is a minister and spiritual counsellor. He offers spiritual support and faith-based counselling only, and is not a clinical counsellor, psychotherapist or medical professional. The CBT ideas in this post are simple self-help tools, not therapy. If you are struggling with your mental health, please speak to your GP, who can refer you to NHS talking therapies. In an emergency call 999. You can reach Samaritans any time on 116 123, or call NHS 111 for urgent mental health help. If worry is linked to abuse or danger in a relationship, call the free 24-hour National Domestic Abuse Helpline on 0808 2000 247.