

Mental Health Sunday Worship Resources

2nd Sunday of Easter — Year A
May 17, 2026



United Church of Christ
**MENTAL HEALTH
NETWORK**™



Mental Health Sunday: Worship Resources Second Sunday of Easter – Year A May 17, 2026¹

This liturgy for Mental Health Sunday centers on finding peace, safety, and community strength within God's care, acknowledging emotional struggles while embracing hope, based on Psalm 68, Acts 1, 1 Peter 4-5, and John 17. It focuses on casting anxieties upon God, knowing we are not alone.

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¹ This liturgy need not be limited to only May 17, 2026! Feel free to use it on any Sunday.

Calls to Worship



A Haven for the Weary: God as our Strength, Defender, and Provider of Rest

One: Let God arise, and let our anxieties be scattered.

Many: Let those who feel broken in spirit find refuge in God's presence.

One: As smoke is driven away, let the weight of depression and despair be lifted.

Many: As wax melts before the fire, may our hearts melt into the healing love of God.

One: Sing to God, sing praises to his Name!

Many: We celebrate the Defender of the vulnerable, the Parent of the orphan, the Champion of the lonely.

Leader: God gives the lonely a home and brings prisoners into freedom.

Many: God sends a gracious rain, refreshing us when we are weary.

One: You, O God, provide for the needy.

Many: Praise be to God, who gives strength and power to all people.

All: Let us worship the God who cares for our minds, bodies, and souls. Amen.

(Adapted by Rev. Carolyn C. Blair, 2026; based on Psalm 68:1-10, 32-35; theme inspired by Mental Health America's 2026 theme of "More Good Days, Together")

"We gather in the presence of the One who abandons no one..."

One: We gather in the presence of the One who abandons no one.

All: Come Holy Spirit, our advocate and comforter.

One: All are welcome in this sacred place, made holy through your presence with us.

All: Open our hearts and minds this day, guide us into a loving relationship with all your children.

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One: We gather as God's beloved people, leaving no one outside.

All: Spark us with a word of life and radical belonging—a message that we share with others as we seek to live out Christ's love.

One: We call on the name of God, who creates, redeems, and sustains us.

All: Amen.

(Rev. Amy Petré Hill, *Call to Worship III* in [Mental Health and Wellness: Worship Resources for All](#), 2022)

Invocations



“Creator God, Father of the fatherless and defender of the weak...”

Creator God, Father of the fatherless and defender of the weak, you set the lonely in families and bring the prisoners out with singing. As we gather, we ask for your calming presence, a refuge from the storms of worry and anxiety. Heal our broken spirits, refresh our weary minds, and let your glory fill this space. May we feel your presence, strong and nurturing. Amen.

(Adapted by Rev. Carolyn C. Blair, 2026)

“O God, come into our place of worship this day and enliven us...”

One: O God, come into our place of worship this day and enliven us.

All: Come into each heart, each story, each prayer, each song, each life here today so that we may live and love with purpose, courage, and beauty.

One: O God, who has created each of us in your image and made us one body, each as holy vessels of your presence to one another, create in and among us a holy place.

All: Give us hearts and minds, we pray, to be open to human vulnerability, To listen to each other with patient and thoughtful attention and support. To perceive the grace of the differences in our embodied experience, To resist what excludes and diminishes, and to dismantle what acts as barriers to flourishing together in love and justice

One: O God, help us to trust your Spirit’s work to make us whole, together in relationships of mutuality and partnership, in sacred rhythms of giving and receiving.

All: Gather us together to be your people in the world.

One: In Jesus’ name we pray,

All: Amen.

(Dr. Tom Reynolds, Invocation/Opening Prayer II in [Mental Health and Wellness: Worship Resources for All](#), 2022)

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“Holy One, we are all seekers...”

Holy One, we are all seekers. No matter where we are in the world, no matter what our strengths or weaknesses, no matter what our language or our creed, you seek us out with the eternal parental love of the Creator. No matter that You are always present with and for us, no matter that we do not always recognize the form, no matter that we may have a dimness of sight as in a mirror, we continue to seek you with the unquenchable human desire to know You and to rest in You. In You we live and move and have our being. Guide us now to recognize that truth as we gather together with you in this hour. Amen.

(Carrie Bail, Invocation in [One in Heart and in Mind: Liturgy for Mental Health Sunday, Year A, 2017](#))

Prayers of Confession



“Lord of All Comfort...”

Lord of All Comfort, we confess that we often carry burdens you have asked us to cast upon you. We have succumbed to anxiety, doubted your presence in our darkness, and neglected to care for our minds and bodies. Forgive us when we try to bear everything alone and when we fail to see the pain in others. Shelter us under your wings of grace and renew a right spirit within us.

(Adapted by Rev. Carolyn C. Blair, 2026)

“Let us cast all our anxiety on you...”

Let us cast all our anxiety on you, O Bearer of Burdens, as we seek to follow in your footsteps. Even when we are reviled, even when we feel abandoned, even when we suffer physically and mentally and emotionally, we ask that you will help us to remember that we are, no matter what, your children. Even when we pretend to hide from you, ashamed of our wandering, ashamed of our weakness, we know you will find us and forgive us when we ask. We want to resist evil, and to remain steadfast in our faith, because we know there are many who share in our suffering. Direct us toward them, o Healing God, that we might not shy away but instead deeply engage those who are in need of your love. AMEN.

(Carrie Bail, Prayer of Confession in [One in Heart and in Mind: Liturgy for Mental Health Sunday, Year A](#), 2017)

Litanies



More Good Days, Together

Leader: Gracious God, you created us for community, knowing that we are better together. On this Mental Health Sunday, we gather to celebrate the hope of "More Good Days, Together".

All: May your Spirit strengthen our minds and protect our hearts.

Leader: We recognize that 1 in 5 people experience a mental health condition each year,² and 5 in 5 of us are managing our mental health every day. For the times we have felt isolated, ashamed, or broken, we ask for your healing light.

All: Lord, hear our prayer for comfort and connection.

Leader: We pray against the stigma that keeps us silent. Help us to create spaces of radical belonging, where every unique experience is validated and supported.

All: Help us create more good days, together.

Leader: For those navigating depression, anxiety, trauma, or burnout, we pray for moments of peace and access to the care they need.

All: May your peace, which passes all understanding, guard our hearts.

Leader: We give thanks for counselors, therapists, doctors, and support systems that help us navigate the hard days.

All: We bless the work of healing hands and listening ears.

Leader: As we look toward the future, we commit to being a community that walks alongside one another, understanding that "good" is defined by our unique experiences and goals.

All: With your help, we will move from merely surviving to thriving and flourishing.

² Substance Abuse and Mental Health Services Administration. (2025). *Key substance use and mental health indicators in the United States: Results from the 2024 National Survey on Drug Use and Health* (HHS Publication No. PEP25-07-007, NSDUH Series H-60). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health/national-releases>, 32.

Leader: God of comfort, companion on our journey, remind us that we never walk alone.

All: May your love bind us together, making way for more good days, together. Amen.

(Adapted by Rev. Carolyn C. Blair, 2026; theme inspired by Mental Health America's 2026 theme of "More Good Days, Together")

A Litany of Life Experiences

One: When we feel nervous, and the walls close in, and too many people are too close, and every day noises are too loud, and every light is too bright, and all we can do is plan our panicked escape from the situation we are in...

All: God help us

One: When sadness and depression pull us down like a lead weight, making it hard to move, hard to concentrate, hard to find motivation, hard to be alive, just hard...

All: God help us

One: When we can't help but burst into tears, and we learn the difference between crying and weeping, and the weeping won't stop, and we lose hope that we will ever feel hopeful again...

All: God help us

One: When information comes at us in blasts that we can't make sense of, and it seems like someone keeps randomly "changing the channel" when we try to focus, and it feels impossible to learn or keep up with what's going on around us...

All: God help us

One: When we get so revved that we want to take on the world, and leap tall buildings, and outrun freight trains and take on too many major projects at once, and stay up all night for days on end, and the only thing we know we can't do is slow ourselves down, until we crash out of control...

All: God help us

One: When voices inside our minds constantly intrude upon our lives, and when they won't stop and they confuse our thoughts and make it impossible to be with other people, let alone have any kind of real conversation...

All: God help us

One: When all we can see is a world that is out to get us, and we get stuck believing that some grand conspiracy is designed to hurt us, or ruin us, or kill us, and we believe that only our constant vigilance can save us, if anything can...

All: God help us

One: When we simply don't know how out of touch other people think our thoughts are...

All: God help us

One: When we feel completely isolated and alone, longing for social connections we cannot make...

All: God help us

One: When we feel utter despair, and we see more reasons to end our lives than to keep living...

All: God help us

One: When we strive with best intentions to stop addictions that are ruining our lives, and we try our best again and again, but we can't resist, and we end up over and over again at the same helpless place that we would give anything to avoid...

All: God help us

One: When our thoughts jumble and things we thought we knew slip away, and we feel helpless, powerless, and scared, for the moment and for the future...

All: God help us. Amen

("A Litany of Life Experiences" in [Mental Health Sunday, Year C](#), 2020)

Words of Assurance



Based on 1 Peter 5:7

"Cast all your anxiety on him, because he cares for you." Hear the good news: God knows your name, understands your struggles, and covers you with grace. In Jesus Christ, we are forgiven, accepted, and loved. Your mental health matters to God.

(Adapted by Rev. Carolyn C. Blair, 2026)

Inspired by Psalm 68

Beloved one, God has marched through the wilderness to find you. You belong with the flock. You are deserving of community and a place to dwell. Out of our Creator God's goodness, she has provided for you. You may not feel like singing praises in God's name or lifting up a song of joy, and that is okay. God still hears you; you are still a Beloved Child of God.

(Abbie Chronister, MDiv, 2026)

Invitations to Generosity



“God, our helper, has loaded us with benefits...”

God, our helper, has loaded us with benefits. As we have received comfort, let us offer our gifts to support the work of healing and community. Let us give, that this congregation may continue to be a refuge for the brokenhearted and a safe harbor for mental wellness.

(Adapted by Rev. Carolyn C. Blair, 2026)

“In our offering we share...”

In our offering we share not only measurable treasures of time, talents and resources, we also radically commit to sharing immeasurable gifts of forgiveness, grace, compassion, acceptance and loving concern with each other and with ourselves.

(Rev. Dr. Alydia Smith, Invitation to Offering A in [Radical Belonging: A Mental Health Sunday Resource for All](#), 2021)

“To be a community...”

To be a community that supports flourishing life for all people, we must create new ways of being together that honour and celebrate the neuro-diverse gifts that each of us bring. We must create new economies that do not attempt to quantify, judge or label what we bring into the community, but that gives thanks for generous hearts willing to share.

(Rev. Dr. Alydia Smith, Invitation to Offering B in [Radical Belonging: A Mental Health Sunday Resource for All](#), 2021)

“We long to be members of the beloved community...”

We long to be members of the beloved community. We desire to experience God’s kin-dom on earth as it is in heaven. And so we share what gifts we can, laughter, love, hope, tears, time, talents and treasures, to do our part, trusting that the kin-dom is close when we are working together in community.

(Rev. Dr. Alydia Smith, Invitation to Offering C in [Radical Belonging: A Mental Health Sunday Resource for All](#), 2021)

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Prayers of Dedication



Based on 1 Peter 5:10

Lord of the Nations, we dedicate these gifts and ourselves to you. May these offerings bring comfort, support mental wellness programs, and spread your peace. Use our resources to remind the world that you are a Father to the orphaned and a defender of the vulnerable. Amen.

(Adapted by Rev. Carolyn C. Blair, 2026)

“W.I.S.E. God”

W.I.S.E. God, may the Spirit never stop churning and turning our comfort into justice-seeking unrest. We come before you, drawn by the power of your breath, offering you our gifts and our very selves that you may continue to build your Body, one person at a time, until all know the joy of being your Beloved. Amen.

(Rev. Dr. Rachael Keefe, Prayer of Dedication in [Prayers for Mental Health Sunday Pentecost, Year B](#), 2018)

“You have given us the gift of your child...”

You have given us the gift of your child, Jesus Christ, so that we might all know the one true God. Everything we have been given has the purpose of shaping us be of one heart and mind with Christ, and so we offer what we have to you. Bless these honest gifts as we bring them, that we all might do the work of God. AMEN.

(Carrie Bail, Prayer of Dedication in [One in Heart and in Mind: Liturgy for Mental Health Sunday, Year A](#), 2017)

Benedictions



Based on 1 Peter 5:6-11

After you have suffered a little while, may the God of all grace, who has called you to his eternal glory in Christ, restore, confirm, strengthen, and establish you. Go forth with peace in your minds, strength in your spirits, and community in your hearts. The blessing of God, Father, Son, and Holy Spirit, be upon you now and forever. Amen.

(Adapted by Rev. Carolyn C. Blair, 2026)

“May the grace that says...”

May the grace that says “you are not alone” encourage you.

May the mercy that says “you are enough” comfort you.

May the love that says “you are loved” embrace you this day and every day. Amen.

(Benediction in [Mental Health Sunday, Year C](#), 2019)

“The One who created all...”

One: The One who created all that is calls us by name and invites us into a life of abundant Love.

All: We go out into the world as God’s beloved people, bringing Holy Love to all whom we meet.

One: Jesus taught us to love one another as fiercely and freely as God loves each of us, with the power that binds us together as the Body of Christ.

All: We will embody Christ by shattering stigma and welcoming all, leaving no one outside.

One: The Spirit fills us with the Breath of Life and urges us to imagine anew how to be Church in the world today.

All: We will breathe deeply and move beyond what has been and what is. We will follow the Spirit and bring hope and healing to all who live in despair and brokenness. We will be the Church!

(Rev. Dr. Rachael Keefe, Benediction in [Prayers for Mental Health Sunday Pentecost, Year B](#), 2018)

“Holy Parent...”

Holy Parent, guard these your people as they pursue a life that follows in your footsteps.

Make them one in heart and mind.

Help them to include all those who truly seek you,

And give them the courage to always love and serve you, today and always. Amen.

(Carrie Bail, Benediction in [One in Heart and in Mind: Liturgy for Mental Health Sunday, Year A](#), 2017)

Misc. Prayers



Prayers submitted by The Power of Pray Ministry, Zion UCC of Burlington, Iowa

More Good Days Together

Oh, most Holy God, alone I come to you unraveled by thoughts that drive me to the worst possible scenario. Bind my meditations, Oh God, to your love and comfort that my days ahead are better.

God as our strength, defender, and provider of rest.

Oh, heavenly Father I am empty. I can't work any harder at this. Lord be my strength and be with me as I rise again to try. In Jesus' name, amen.

Casting Anxieties on God

Dear heavenly Father, I praise you for being there when I finally stop trying to fix this alone. Accept my burdens as I cast my cares on you. Amen.

Jesus Prays for Safety and Unity

Oh most holy God, you know every emotion that I have. You know the ups and downs of my life. May you grant me stillness as I listen for your assurance. Through Jesus Christ, our Lord. Amen.

Waiting and Community

Dear Heavenly Father, during this period of waiting may we find comfort in prayer and spiritual practices that remind us we're not waiting alone. In your timing not mine. Amen.

Devotionals



Devotionals written by Allison E. Alison

More Good Days Together

A veterinarian I'd known and worked with died of suicide in March, 2023. Twenty years earlier, freshly graduated from Iowa State Vet school, he and another just-graduated veterinarian bought one of the animal clinics in town. I watched with pride as Merlin grew and shaped the clinic. He cared for my pets from the beginning of their lives to their end with skill and compassion. Because he doctored them, he also supported me, helping guide me through the ups and downs of their lives. The last time he saw my then puppy, Jasper, Merlin's lips quirked as he tried not to laugh because I didn't realize my sweet, baby boy had actually turned into a teenager with all the hormones that come along with that growth. When reality dawned on me, hilarity ensued. That day was the last chance I had to see Merlin as I'd always known him: kind, intelligent, capable, and impish. Over the next several months, Jasper, when he needed a vet, saw another one of the team. Vacation, I thought. Or an illness on his part, only I didn't know how ill Merlin was. I wouldn't learn that until nearly a year later after the stunning revelation he died of suicide. We can sometimes see depression in those for whom we care and interact, but other times, people can hide the struggle raging inside them. Merlin had the "best" doctors and medications and treatment centers working to return him to health, but, in the end, he slipped away from those bonds that loosely held him to this earth. I cannot fully comprehend the agony he endured, the torture to end what most from the outside saw as a good life: a wife and young children, close friends, a thriving vet clinic, and co-workers and clients who respected him and depended on him. Many still mourn his loss. In some sad moments, I think how he would have nurtured Jasper to the end of Jasper's life, as Merlin had my other pets. And now he can't. Merlin was 45, lost to us because of a mental illness that gripped him, a mental illness that severed his connection to this life.

Dear God,

When we hurt, let us ask for help.

When we grieve, let us ask for help.

When we are lost, let us ask for help.

When we feel lonely, let us ask for help.

When we suffer, let us ask for help.

When life feels burdensome, let us ask for help.

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Give us the ability to see others as much as possible and to ask for help so we can have more good days together.

Amen.

Wait Together, Hope Together (Acts 1:6-14)

When I was in high school, I worked in an office and felt happy and secure –until the company had to down-size, and I lost my job. I remember the visceral feeling of dismay. At 18, I did not think of change as a new beginning, only an end. I mourned not seeing the people I worked with as I grieved no longer being a part of that particular company. Then, I couldn't see my leaving that company opened a way to another position where I worked with people who encouraged me to attend college and supported my being the first person in my family to do so. Those steps led to many others, culminating scholastically in becoming a college English professor. We all experience change, of course. Sometimes, we initiate it; other times, it falls upon us, changing our lives in ways we hadn't imagined. Both types require faith. Being able to maintain equilibrium comes in part from holding on: to our supportive community, to our faith, to God.

Dear God, When our world feels topsy turvy, remind us we can turn to you for the stability and love you give us always.

Rooted in Love, Together in Unity (John 17:1-11)

The pit bull, a breed some vilify, huddled in a shop doorway, wary of me though I was across the street. His drooping head, his slumping sit, and his sad eyes begged for help, and my heart responded. I inched across the street until I sat on the curb. I talked softly to him until he relaxed a bit, and then, still crouching low to the ground, I slowly moved toward him, softly murmuring how handsome he was and how help was coming. When I got nearly to the doorway, I sat again. Gradually, I reached out my hand, keeping it below his head. He sniffed my fingers and soon let me touch his chest and then stroke his neck. I let him inspect the slip leash in my hand before attempting to place it over his head, and he accepted it. Before the animal control officer I called took him to her van, the pit bull licked my cheek, surely in thanks for saving him. He had been alone and bewildered, yet brave enough to accept help. Most of us have felt this way at times, not sure where we are or where to turn, sometimes too frightened to reach out. Patience, trust, and faith come calling. We can turn to a friend, animal or human, and to our God who holds us securely no matter our circumstances.

Loving God, Thank you for the peace and protection with which you grace us. Give us the courage to petition both your help and the help of others when necessary. Amen.

Daily Burden-Bearing (Psalm 68:1-10, 32-35)

We all have those times. Times when we are fatigued by life. Times when we can't find a way out of life's harsh places. Sometimes, the battle comes from outside us: we see pets without homes and people without basic securities. We witness people actively harming others through brutality or laws meant to diminish them or hurt them. We see billionaires getting richer while other people go without. Other times, the battle is inside our own minds. That feeling we don't measure up. That we can't get life right. The inner voice, at times dim, at times clanging, urges us to admit defeat, tells us we can't win this battle and, worse, are a burden to others. To whom do we reach out to for comfort and help? How do we scramble over the barrier of pain so thick we feel as if we are trying to walk through a vat of chest-deep molasses? We must try to reshape our thoughts, to find comfort from knowing where and to whom we belong and that "when God marched through the wilderness, the earth shook, the heavens poured down rain... God gave abundant showers, and refreshed our weary inheritance" (Psalm 68:7-9).

Dear God, When we are too tired to care for ourselves, let alone others, please fill us with your loving spirit and bring us peace and strength. Let your "abundant showers" revive us so we can absorb your mercies into our dry husks. Amen.

Cast Your Anxiety, Keep Your Calm (1 Peter 4:12-14; 5:6)

When I awaken in the wee hours, trembling and full of dread, my brain doing calisthenics about the happenings of the previous day and the events lined up for the coming day or week, I latch on to deepening my breathing and praying for relief. Those hours, deep in literal darkness, can be too heavy to withstand alone. A plea to God from Cole Arthur Riley in *Black Liturgies* sits deeply in my heart: "Grant us emotional honesty on the journey, knowing you will never ask us to dismiss our pain; rather, you ensure that our pain doesn't consume us. Remind us that more than one thing can be true at once. That the world can be terrible and still dare to be beautiful." I absorb these ideas and wait, at times comforted, at times still in fatigue and hopelessness, until day breaks with fresh hope and the promise breath will perhaps become easier.

Dear Creator, We need to feel you, especially when the night is long and fear and pain are strong. Help us rest in you. Help us feel we belong to you and can inch our way to another sunrise. Amen.

Suggested Hymns & Music



The hymn numbers listed below correlate with **The New Century Hymnal**, but many are available in other hymnals as well. Each title is linked to its entry on Hymnary.org for ease of locating within other hymnals.

Hymns Based on UCC Resources

- "Be Still, My Soul" ([#488; in other hymnals](#))
 - *Encouraging calm in difficult moments, directly addressing anxiety.*
 - Words: Katharina von Schlegel (trans. Jane Laurie Borthwick)
 - Tune: FINLANDIA (Jean Sibelius)
- "It Is Well With My Soul" ([#492; in other hymnals](#))
 - *Offers peace for troubled hearts, suitable for lament and healing.*
 - Words: Howard Arnold Walter
 - Tune: PEEK (Joseph Y. Peek)
- "God of the Sparrow, God of the Whale" ([#32; in other hymnals](#))
 - *Acknowledges God's presence in all of life's complexities.*
 - Words: Jaroslav J. Vajda
 - Tune: ROEDER (Carl F. Schalk)
- "Great Is Thy Faithfulness" ([#423; in other hymnals](#))
 - *A reminder of God's steady love, supporting those dealing with trauma or hopelessness.*
 - Words: Thomas O. Chisholm
 - Tune: FAITHFULNESS (William M. Runyan)
- "For the Healing of the Nations" ([#576; in other hymnals](#))
 - *Connects personal healing with communal well-being.*
 - Words: Fred Kaan
 - Tune: WESTMINSTER ABBEY (Henry Purcell, arr. Ernest Hawkins)
- "Precious Lord, Take My Hand" ([#472; in other hymnals](#))
 - *A powerful, comforting song for times of emotional despair and hopelessness.*
 - Words: Thomas A. Dorsey
 - Tune: PRECIOUS LORD (Thomas A. Dorsey)
- "Like a Mother Who Has Born" ([#583; in other hymnals](#))

- *Focuses on God as a loving, comforting presence.*
- Words: Daniel Bechtel
- Tune: AUSTIN (William P. Rowan)
- "When Memory Fades" ([in other hymnals](#))
 - *Useful for honoring those living with dementia or memory-related mental health challenges.*
 - Words: Mary Louise Bringle
 - Tune: FINLANDIA (Jean Sibelius)

Hymns by Lectionary Text (Seventh Sunday of Easter – Year A)

- "God Is Our Refuge and Our Strength" ([in other hymnals](#)) → Psalm 68:1-10, 32-35
 - Words: *Psalm 46*
 - Tunes:
 - MATERNA (Samuel A. Ward)
 - NOEL (adp. Arthur Sullivan)
 - WINCHESTER OLD (attrib. to George Kirbye)
- "What a Friend We Have in Jesus" ([#506](#); [in other hymnals](#)) → 1 Peter 4:12-14; 5:6-11
 - Words: Joseph Scrive
 - Tune: ERIE (Charles C. Converse)
- "I Need Thee Every Hour" ([#517](#); [in other hymnals](#)) → John 17:1-11
 - Words: Annie S. Hawks (refrain: Robert Lowry)
 - Tune: NEED (Robert Lowry)
- "There's a Wideness in God's mercy" ([#23](#); [in other hymnals](#)) → Acts 1:6-14
 - Words: Frederick William Faber
 - Tune: IN BABILONE (Julius Röntgen)
 - Alt. tune: HOLY MANNA (attrib. to William B. Moore) ([#376](#); [#556](#); [in other hymnals](#))

Music Themes by Lectionary Text (Seventh Sunday of Easter – Year A)

- God as Defender of the Vulnerable → Psalm 68:1-10, 32-35
 - Focus on the refrain "Sing to God, O kingdoms of the earth!" to emphasize God lifting up the downcast (v. 32)
- Casting Anxieties on God → 1 Peter 4:12-14; 5:6-1
 - Focus on 5:7 "Cast all your anxiety on him, because he cares for you" (NRSV)

- Jesus Prays for Safety and Unity → John 17:1-11
 - Songs about calming, resting, or "being still," connecting to the theme of God keeping us in the midst of stress
- Waiting and Community → Acts 1:6-14
 - Anthems focusing on the unity of the community waiting together