



C O P I N G A S W O R S H I P

A Workbook for Everyday Faithfulness

*Daily check-ins, reflection, and gentle practices
for turning your heart toward God while you cope.*

W I L L O W S O F G R A C E C O U N S E L I N G

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How to Use This Workbook



Coping does not have to be one more thing you do alone. The small, ordinary ways you care for yourself — breathing, resting, moving, creating, naming what is true — can become quiet acts of worship. Not performance. Not earning. Simply turning your face toward the God who is already with you.

This workbook is yours to use gently. There are no right answers — only invitations to notice, receive, and respond with kindness.

1

Check in daily

Use the feelings wheel and four prompts to notice your emotions, your body, your need for kindness, and where you have seen God.

2

Reflect weekly

Look back over your week: how have you been coping, and how has that coping become worship?

3

Remember who He is

When shame speaks loudly, return to the pages of God's character and your identity in Christ.

4

Keep it imperfect

A few words on a hard day still count. Grace is not measured in pages filled.

*“Come to me, all you who are weary and burdened,
and I will give you rest.”*

MATTHEW 11:28

Coping as Worship



Worship is not only what happens on Sunday. It is any moment we turn toward God with what is real. When you rest, you are trusting Him with what is unfinished. When you breathe slowly, you are receiving the life He gives. When you create, walk outside, or name one thing you are grateful for, you are remembering that He is good and that you are His.

Reflection Questions

How have I been coping and worshipping this week?

What do I love to do that can also be worshipful — dance, write, create, go in nature, or list characteristics of God?

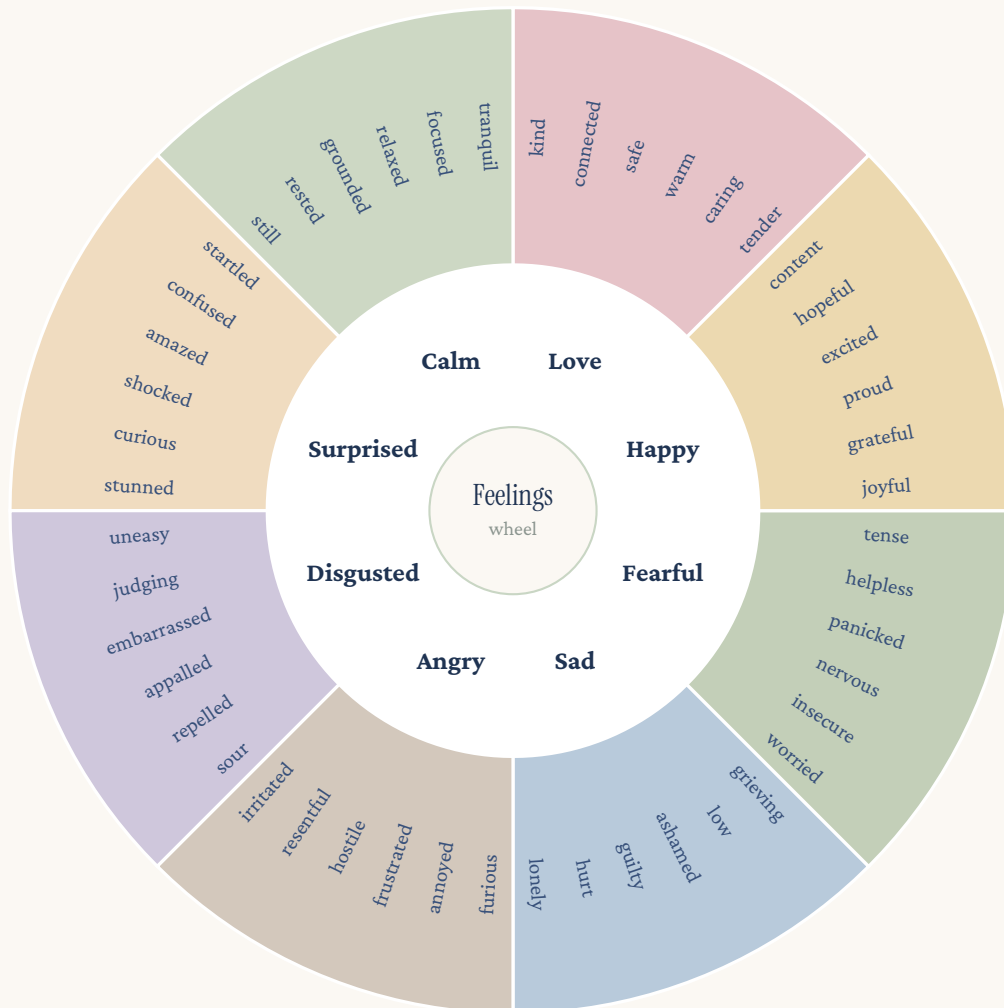
“Whatever you do, work at it with all your heart, as working for the Lord.”

COLOSSIANS 3:23

How Am I Feeling?



Start in the inner circle and find the core feeling that fits best, then move outward to name it more specifically. You can circle more than one.



Today I am feeling...



Notice, Receive, Respond

Date: _____

How am I feeling?

Emotions — use the feelings wheel to name what fits.

What is my body experiencing?

Sensations — tension, tightness, restlessness, fatigue, warmth, ease.

What can I do to give myself a brief moment of self-care or self-kindness today?

One small, kind step.

How have I seen God at work in my life?

Small graces: a moment of peace, a kind word, unexpected strength, beauty you noticed.

One way my coping today became worship:



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One way my coping today became worship:

Ways to Cope That Can Become Worship



Check the ones you want to try this week. Add your own in the blank spaces.

☐

Breathe slowly

Square breathing — in 4, hold 4, out 4, hold 4 — while praying “Jesus, I know you are with me.”

☐

Sing or listen

One worship song, all the way through, without doing anything else.

☐

Go outside

Walk and notice five things God made.

☐

Give thanks

Name three specific graces from today.

☐

Read one Psalm

Slowly. Out loud, if you can.

☐

Create something

Ten minutes of writing, drawing, cooking, or music.

☐

Move your body

Stretch, dance, garden — receive the gift of being embodied.

☐

Rest without guilt

Sabbath is trust made visible.

☐

Reach out

Text one safe person the truth about your day.

☐

Remember who He is

List characteristics of God until your heart catches up.

My own:

Remember Who He Is, Remember Who I Am



Who He Is

- Loving — 1 John 4:8
- Faithful — Deut. 7:9
- Merciful — Lam. 3:22-23
- Patient — 2 Peter 3:9
- Near — Psalm 34:18
- Good — Psalm 34:8
- Just — Psalm 33:5
- Gentle — Matthew 11:29
- Unchanging — Hebrews 13:8
- My refuge — Psalm 46:1
- My shepherd — Psalm 23:1
- Enough — 2 Cor. 12:9

Who I Am

- I am fearfully made — Psalm 139:14
- I am forgiven — Psalm 103:12
- I am not condemned — Romans 8:1
- I am His workmanship — Eph. 2:10
- I am a child of God — John 1:12
- I am chosen — 1 Peter 2:9
- I am held — Isaiah 41:10
- I am free — Galatians 5:1
- I am loved — Romans 8:38-39
- I am new — 2 Cor. 5:17
- I am seen — Genesis 16:13
- I am enough in Him — Col. 2:10

Which truth is hardest for me to believe right now — and why?

Weekly Reflection

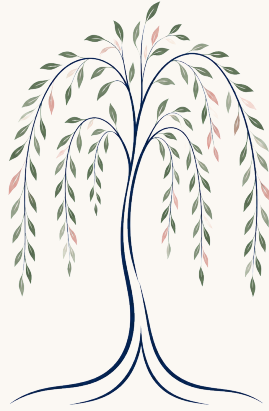


How have I been coping and worshipping this week?

What did my body and heart most need?

Where did I glimpse God's presence?

What would grace — not perfection — look like next week?



A B L E S S I N G F O R T H E R O A D

*May you know that you are held before you are healed,
loved before you are finished,
and welcomed exactly as you are today.*

*May your small acts of care become quiet worship,
and may grace be greater than every shame you carry.*

If you would like support in this work,
you are welcome to reach out for a free consultation.

willowsofgracecounseling.lovable.app