

5-4-3-2-1 Grounding with Scripture

A simple sensory grounding card paired with one gentle truth.

Grounding steps

- 5 things you can see.
- 4 things you can feel.
- 3 things you can hear.
- 2 things you can smell.
- 1 true sentence: The Lord is near to the brokenhearted.

Use gently

Grounding is not magic and it is not a spiritual test. It is one way to help your body notice the present moment.

This resource offers encouragement and practical support. It is not therapy, diagnosis, medical advice, treatment, or crisis care.