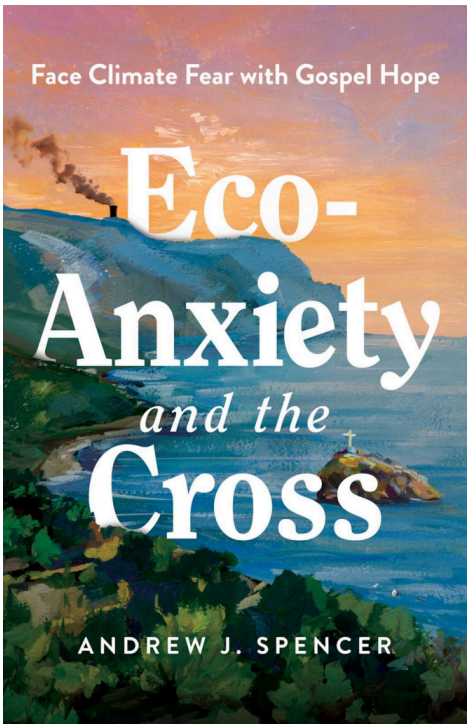
"Eco-Anxiety and the Cross" by Andrew Spencer
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New Bool' Offers a Gospel-Centered Response to Fear, Anxiety and Environmental Uncertainty



BRENTWOOD, Tenn., June 1, 2026—As conversations surrounding climate change and environmental uncertainty continue to dominate headlines, many Americans—particularly younger generations—are experiencing rising levels of anxiety and emotional distress related to environmental concerns, often described as "eco-anxiety."

According to a 2021 global study published in The Lancet, nearly 60% of young people reported feeling "very" or "extremely" worried about climate change, and more than 45% said those feelings negatively affected their daily lives and functioning. Mental health professionals and educators have increasingly identified eco-anxiety as a growing emotional and spiritual challenge among younger generations.

New book "Eco-Anxiety and the Cross" (B&H Publishing Group, September 2026) by author and theologian Andrew Spencer offers readers a compassionate, biblically grounded framework for responding to environmental concerns without surrendering to fear or despair. Spencer serves as associate editor for books at The Gospel Coalition and has written extensively on theology and environmental ethics.

"Eco-anxiety doesn't need to be a permanent part of anyone's life. In fact, I believe that the gospel points us toward hope that helps us overcome it," Spencer said.

In the book, Spencer explores how nonstop exposure to alarming headlines, online discourse and cultural fear can shape emotional and spiritual health. He encourages

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readers to approach environmental stewardship through the lens of Christian hope, discernment and faithful everyday action rather than panic or despair.

“I wish that overcoming eco-anxiety were easy,” Spencer writes. “However, eco-anxiety is deeply embedded in some people’s lives. It takes time and consistent focus on hope to overcome it. My hope is that this book helps readers move from fear and helplessness toward faithful stewardship, wisdom and lasting hope in Christ.”

B&H Publishing Group, an imprint of Lifeway Christian Resources, is a team that believes Every Word Matters®. We seek to provide intentional, biblical content that positively impacts the hearts and minds of people, cultivating lifelong relationships with Jesus Christ. We publish (print and digital) in the trade, church and academic markets, as well as the CSB translation. For more information, visit BHPublishingGroup.com.

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ABOUT THE AUTHOR



Andrew Spencer (PhD, Southeastern Baptist Theological Seminary) serves as associate editor for books at The Gospel Coalition. He is the author of “Hope for God’s Creation: Stewardship in an Age of Futility and Doctrine in Shades of Green: Theological Perspective for Environmental Ethics,” editor of “The Christian Mind of C. S. Lewis: Essays in Honor of Michael Travers,” and a contributor to “Baptist Political Theology.” Spencer is an elder at CrossPointe Church. He and his wife, Jennifer, have three children and live in southeast Michigan.

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TALKING POINTS & INTERVIEW ANGLES

Rising Climate Anxiety Among Younger Generations

- A growing number of young people report that climate concerns are affecting their mental and emotional wellbeing. In a global survey published in The Lancet, nearly 45% of respondents ages 16–25 said climate anxiety negatively impacted their daily lives and functioning. Other studies show that most American adolescents report at least moderate concern about climate change.
- Spencer can speak to why eco-anxiety is becoming such a defining emotional issue for younger generations and how Christians can respond

Doomscrolling, Fear Fatigue and the Digital Age

- Many people live in a nonstop cycle of alarming headlines, social media discourse and "doomscrolling," leaving them emotionally overwhelmed and spiritually exhausted.
- Spencer explores in the book how constant exposure to fear-based content shapes emotional health and offers practical ways readers can engage cultural conversations without becoming consumed by anxiety.

Is There a Christian Response to Eco-Anxiety?

- Christians often feel caught between two extremes: environmental apathy or fear-driven activism. "Eco-Anxiety and the Cross" offers a biblically grounded perspective that takes creation care seriously while anchoring readers in the hope of the gospel, God's sovereignty and the promise of redemption and renewal.

The Mental Health Impact of Climate Conversations

- Mental health professionals increasingly recognize eco-anxiety as a real emotional struggle, especially among Gen Z and Millennials.
- Spencer can discuss how fear, guilt and uncertainty surrounding environmental issues can affect emotional wellbeing, and why spiritual hope and emotional resilience matter in these conversations.

Moving from Fear to Faithful Action

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- Rather than encouraging panic or paralysis, Spencer equips readers with practical tools for responding thoughtfully and faithfully.
- The book includes guidance on processing fear, discerning facts from hyperbole, praying through anxiety and grief, and practicing meaningful stewardship in everyday life.

Why This Conversation Matters Now

- Spencer can talk about why Christians should be prepared to engage these conversations thoughtfully, compassionately and without fear—and why younger generations in particular are searching for hopeful, grounded responses.
- As a theologian, editor and author focused on environmental ethics and Christian stewardship, Andrew Spencer brings both scholarly depth and pastoral sensitivity to the topic. He helps readers think carefully about creation care while remaining grounded in biblical truth and emotional honesty.

POSSIBLE INTERVIEW QUESTIONS

- What first led you to write about eco-anxiety specifically?
- Why do you think environmental anxiety has become such a widespread emotional issue, especially among younger generations?
- Why does Gen Z seem to be carrying so much fear and emotional exhaustion surrounding climate conversations?
- How has social media and constant exposure to alarming headlines changed the way people emotionally process environmental issues?
- Some people dismiss eco-anxiety as exaggerated or political. Why do you think it's important to take it seriously?
- How can Christians acknowledge real environmental concerns without becoming overwhelmed by fear or hopelessness?
- Christians often feel caught between environmental apathy and fear-driven activism. How do we find a healthier, more balanced response?
- You write about the "hyperbolic language" often surrounding climate conversations. Why was it important for you to address that carefully?
- How can faith help people navigate fear and uncertainty in today's culture?
- How does Scripture speak to creation's suffering, human responsibility and future restoration?

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- What role do hope and emotional resilience play in responding to cultural crises like climate anxiety?
- What practical habits can help readers move from anxiety and helplessness toward hopeful, faithful action?
- How can churches better support people wrestling with fear about the future of the planet?
- What does faithful stewardship look like without falling into guilt, panic or paralysis?
- What would you say to someone who feels emotionally exhausted every time they encounter climate-related news or conversations online?
- If someone feels fearful or hopeless about the future, what do you hope they take away from this book?

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