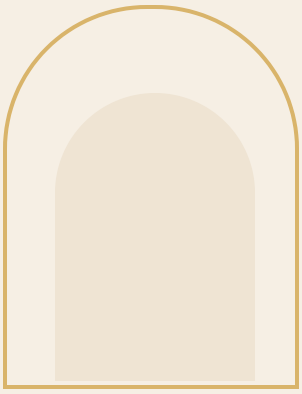
FREE FAITH AND THERAPY WORKSHEET

Exploring God *in your healing*



Faith and therapy are not in competition. For many people, faith is a source of strength, and sometimes a place of pain or questions. This worksheet helps you reflect on how your faith and your healing can walk together, wherever you are on that journey.

You might have heard
"Needing therapy means my faith is weak."

A gentler truth
Seeking help is wisdom. "In the multitude of counsellors there is safety." Proverbs 11:14 (KJV)

You might have heard
"If I just prayed more, I would feel better."

A gentler truth
Prayer matters, and so does caring for your mind and body. God often works through people, tools and time.

You might have heard
"A therapist will try to change my beliefs."

A gentler truth
Your faith is yours. A good therapist follows your lead and respects your values.

You might have heard
"I can't bring my doubts or anger into faith."

A gentler truth
Scripture is full of honest cries to God. The Psalms show us lament is a form of faith.

How I'd like faith to be part of my therapy

Tick what feels right. You can change your mind any time, and share this with your therapist.

- ☐ Opening or closing with prayer
- ☐ Exploring my doubts or questions
- ☐ Connecting my values to my goals
- ☐ Keeping faith separate for now
- ☐ Talking about scripture
- ☐ Working through church hurt
- ☐ I'm not sure yet
- ☐ Something else: _____

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 1:2 (KJV)

Faith welcomed, never forced.
Soul Care therapists are ministry leaders trained to bring faith and mental health care together, at your pace.

Find your therapist

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Reflect

Take your time. There are no right answers here, only honest ones.

Where do I sense God in this season?

Where does God feel distant or quiet?

What questions am I afraid to ask God?

How has my faith helped me through hard times before?

Is there hurt connected to faith or church that I carry?

What would healing look like for my mind, body and soul?

An honest prayer

Like the Psalms, start where you are. "God, right now I feel… I'm struggling with… I need… I'm holding on to…"

"The LORD is nigh unto them that are of a broken heart." Psalm 34:18

"Come unto me, all ye that labour and are heavy laden, and I will give you rest." Matthew 11:28

"Fear thou not; for I am with thee." Isaiah 41:10

Scripture quoted from the King James Version.