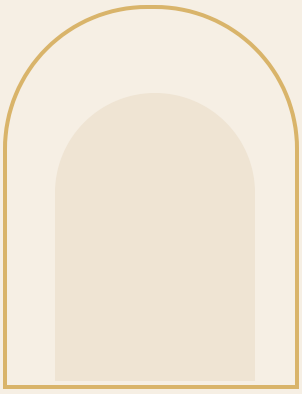
FREE FAITH AND THERAPY WORKSHEET

Scripture stories *for hard seasons*

The Bible is full of people who struggled with exhaustion, grief, depression and anguish, and God met them with care, not condemnation. If you are struggling, you are in good company.



Elijah: burnout and despair

1 Kings 19

After a great victory, Elijah ran, collapsed under a tree and asked to die. God did not scold him. He let him sleep, fed him, and sent an angel who said:

"Arise and eat; because the journey is too great for thee." 1 Kings 19:7

Reflect: Where am I running on empty? What would rest and nourishment look like for me?

Hannah: grief and longing

1 Samuel 1

Hannah wept so deeply that the priest thought she was drunk. She answered honestly:

"I am a woman of a sorrowful spirit... and have poured out my soul before the LORD." 1 Samuel 1:15

Reflect: What longing or sorrow do I need to pour out honestly?

David: depression and lament

Psalm 42

David wrote openly about feeling cast down and troubled, and spoke to his own soul:

"Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God." Psalm 42:11

Reflect: What would I say to my own soul today?

Naomi: loss and bitterness

Ruth 1

After losing her husband and sons, Naomi asked to be called "bitter." God kept providing for her through Ruth.

"Call me not Naomi, call me Mara: for the Almighty hath dealt very bitterly with me." Ruth 1:20

Reflect: Where do I feel bitter or let down? Who has God placed beside me?

Jesus in Gethsemane: anguish

Matthew 26

Before the cross, Jesus was overwhelmed and asked His friends to stay close:

"My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me." Matthew 26:38

Reflect: Who can I ask to stay close to me in this season?

Scripture quoted from the King James Version.

Make it personal

Which story feels most like my season?

What did God offer that person?

rest, food, presence, honesty, people, hope

What do I need from God right now?

What do I need from people right now?

My own psalm

Write honestly, like David did. Start with how you feel, say what you need, and end with one thing you're holding onto.

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

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