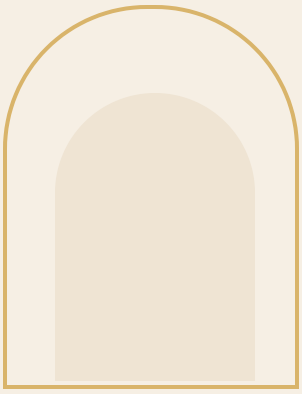
FREE FAITH AND THERAPY WORKSHEET

When Scripture has been *used against you*



Scripture is meant to bring life, but sometimes it has been used to shame, silence or control. If verses were used to dismiss your pain, deny your boundaries or make you feel your struggle was a lack of faith, that hurt is real. This worksheet helps you separate how Scripture was used from what it actually says.

"Be careful for nothing" (Philippians 4:6) used to shame your anxiety

Another way to read it

God invites you to bring your worries to Him, not to hide them. Feeling anxious is not a sin. "Casting all your care upon him; for he careth for you." 1 Peter 5:7

"Honour thy father and thy mother" used to deny you any boundaries

Another way to read it

Honour is not the same as having no limits. Scripture also says, "Fathers, provoke not your children to wrath." Ephesians 6:4. Jesus himself "withdrew himself into the wilderness, and prayed." Luke 5:16

"Just pray more" used to dismiss your mental health

Another way to read it

Prayer and care go together. Jesus said, "They that be whole need not a physician, but they that are sick." Matthew 9:12

"Weeping may endure for a night" used to rush your grief

Another way to read it

Jesus wept at His friend's tomb (John 11:35), even knowing what He would do next. Grief takes the time it takes.

Your struggle treated as a lack of faith or a punishment

Another way to read it

"There is therefore now no condemnation to them which are in Christ Jesus." Romans 8:1. Elijah, David and Hannah all struggled deeply, and God met them with care.

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

Scripture quoted from the King James Version.

Reflect

Go gently. You can stop at any time, or bring this to your therapist.

A verse or phrase that was used to hurt me

How it made me feel about myself and God

Who said it, and what they may have been afraid of

What I believe about God's heart toward me now

A truer word

Find a verse that speaks life to you and write it here.

Please know

If faith or Scripture was used to control, threaten or harm you, it was not your fault, and it is not what love looks like. Healing from spiritual harm is possible, and you can take your time finding your way with God again, or deciding what faith means to you.

"A bruised reed shall he not break, and smoking flax shall he not quench." Matthew 12:20 (KJV)