



FAITH & MENTAL HEALTH WORKSHEET

FOUNDATIONS OF FAITH & EMOTIONAL WELLNESS

Name:

This course explores the intersection of **Christian faith and mental health**, equipping participants with spiritual insights, practical tools, and foundational knowledge to support emotional wellness in faith communities.

This Worksheet:

- Reinforces key course concepts and encourages retention through repetition and personal engagement
- Prompts participants to explore their thoughts, emotions, and spiritual beliefs in a structured way
- Encourages deeper self-awareness and personal growth through journaling and Scripture-based questions
- Translates abstract concepts into actionable steps (e.g., coping strategies, prayer routines, support plans)
- Helps learners integrate biblical principles with mental health practices in daily life
- Offers tools for reframing negative thoughts using Scripture and therapeutic techniques
- Serves as a reference for continued growth beyond the course


Module 1 : Foundations of Faith and Emotional Wellness

Space for Journaling:
Responding to reflection
questions

Lesson1: Understanding Mental Health in a Faith Context

Reflection Questions:


- What scriptures have challenged or comforted my understanding of emotional wellness?
- In what ways have I separated mental wellness from spiritual growth?
- What habits support my emotional clarity? What habits hinder it?
- How do I care for my whole self — spiritually, emotionally, physically?

 *Optional Exercise: Create your "Wellness Web" — a diagram connecting body, mind, spirit, and community. Annotate where support is strong and where healing is needed.*

Lesson 2: Breaking Stigmas Around Emotional Pain

Reflection Questions:

- Have I ever felt shamed for expressing sadness, grief, or numbness?
- What cultural or spiritual expectations have silenced my emotional needs?
- How do I define strength today? Has that definition changed?
- What does Jesus' emotional honesty teach me about vulnerability?


 *Optional Exercise: Write a "Letter of Permission" — a personal declaration that you are allowed to rest, feel, and seek help without guilt.*

Space for Journaling:
Responding to reflection
questions

Lesson 3: Anchoring Identity in Christ

Reflection Questions:

- What labels have I carried that do not reflect God's truth about me?
- How have past experiences shaped my self-image?
- Where do I find security when my emotions feel unstable?
- What scripture affirms my identity when I feel emotionally lost?

 *Optional Exercise: Build a "Scripture Shield" — select 3–5 verses that affirm your identity in Christ. Write them on cards, decorate them, and place them where you can see them daily.*

Space for Journaling:
Responding to reflection
questions

Module Two: Reflection Questions

Lesson 1: Emotional Numbness

- When did I first notice my emotions becoming silent or distant?
- What thoughts come up when I try to feel — fear, shame, exhaustion?
- Where has my body held tension or avoided rest due to emotional fatigue?

*Space for Journaling:
Responding to reflection
questions*

Lesson 2: Silence & Absence

- What does it mean to me when I say “I don’t feel loved” — emotionally, spiritually, relationally?
- Have I ever felt distant from God? What did I believe about myself in that moment?
- What does “holy silence” look like in my life?

*Space for Journaling:
Responding to reflection
questions*

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Responding to reflection
questions*

**Module 3 Worksheet
Add-Ons**

Lesson 3: Devotional Love

- How do I currently express love when emotions feel muted?
 - What does devotion look like on dry days?
 - What faith-based rhythms help me walk even when I don't feel?
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Reflection Questions:

Spiritual Warfare Awareness

- What emotional patterns feel sudden or unexplainable?
- How does confusion or anxiety show up in my spiritual rhythms?

*Space for Journaling:
Responding to reflection
questions*

- Have I noticed any inner dialogue that contradicts God's truth about me?

Clarity & Truth

- What lies have I agreed with that need replacing?
- What scriptures restore clarity when I feel mentally foggy?
- How can I create rhythms of spiritual focus in my day?

Warfare Practices

- What daily habits strengthen my spiritual "armor"?
 - Where do I need boundaries to protect my peace?
 - How does breath prayer shift my internal atmosphere?
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Optional Exercises:

✦ 1. Thought Exchange Template

Negative Thought	Emotional Impact	Biblical Truth	Declaration
"I'm alone"	Anxiety	Hebrews 13:5	"God will never leave me"

✦ 2. Armor Inventory Assessment

Rate each on a scale of 1–5:

- Helmet of Salvation (clarity of identity)
- Breastplate of Righteousness (emotional protection)
- Sword of the Spirit (Word activation)
- Shield of Faith (deflection of lies)

Reflect: *Where is my armor strong? Where is it compromised?*

✦ 3. Breath Prayer Cards

Design 3 prayer cards:

- Inhale: "Peace of God" → Exhale: "Covers me"
- Inhale: "I am grounded" → Exhale: "In Christ's truth"
- Inhale: "No weapon formed..." → Exhale: "Shall prosper"

"Armor in Action" Journaling Prompts

*Space for Journaling:
Responding to reflection
questions*

- Which piece of armor feels easiest to activate right now? Which feels neglected?
 - Where have you recently sensed mental warfare, and how did your spiritual armor respond?
 - How does your body tell you it's time to spiritually gear up (e.g., tension, apathy, confusion)?
 - What physical routines (drinking herbal tea, anointing oil, movement) reinforce armor activation?
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Module 4: Reflection Questions

Biblical Stewardship

- How do I view my body in light of stewardship and healing?
- What misconceptions have I held about herbs or holistic care?
- Where is God inviting me to restore balance — physically and spiritually?

Herbal Integration

- Which herbs support my current emotional or spiritual season?
- How do I invite God into my herbal wellness routines?
- What rituals can I create around tea, reflection, and prayer?



Worksheet Exercises

"Tea + Truth Ritual Builder"

Create a personalized healing ritual:

- **Tea Chosen:** _____
- **Scripture to Reflect On:** _____
- **Prayer Focus:** _____
- **Journaling Prompt:** _____

"Herbal Stewardship Covenant"

Write a short declaration of intent to honor your body through wise, prayerful herbal support. Example:

"I commit to nourishing my temple with grace and discernment. Each sip, stretch, and stillness is an act of worship and wellness. I honor healing as holy."

Space for Journaling:
Responding to reflection
questions

Module 5: Reflection Questions & Prompts

Personal Stewardship

- What lies have I believed about mental health or emotional strength?
- How has God been inviting me to renew my thinking?
- What rituals can I create around mental decluttering, scripture, and silence?

Community Advocacy

- Who around me needs empowerment to steward their mind?
- How can I share my story in a way that heals, not just reveals?
- What systems need dismantling to allow mental freedom within faith spaces?

Prompt: “Thoughts That Heal”

Complete the sentences:

- The lie I used to believe is: _____
- God’s truth about my identity is: _____
- A daily mental protection ritual I commit to: _____
- A woman I will encourage this week is: _____

*Space for Journaling:
Responding to reflection
questions*

Module 6: Reflection Questions

Emotional Awareness

- What does emotional silence feel like in my body, my spirit, my relationships?
- When did I last feel emotionally overwhelmed, and how did I protect myself?

Devotional Love

- What actions do I choose even when emotions are absent?
- Where has God shown up for me in my numbness, not just in my passion?

Reconnection

- What gentle rituals could help me rebuild connection—with God, with others, with myself?
- How can I honor my story without rushing back to feeling?

Worksheet Exercise: “Silent Love Script”

Complete this journal page with quiet devotion:

- *One truth I believe even when I don't feel it:* _____
- *One act of love I gave today, even without emotion:* _____

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- *One whisper from God I cling to this week:*

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