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WHEN
FAITH
MEETS
THERAPY

FIND HOPE AND A PRACTICAL PATH
TO EMOTIONAL, SPIRITUAL,
AND RELATIONAL HEALING

A PDF COMPANION TO THE AUDIOBOOK

When Faith Meets Therapy

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SPIRITUAL HEALTH RESOURCES

Introduction: The Problem with Algebra (verses on why you need guidance)

- Proverbs 11:14: For lack of guidance a nation falls, but victory is won through many advisers.
- James 4:6: But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.”
- James 2:22: You see that his faith and his actions were working together, and his faith was made complete by what he did.

Chapter 1: Jesus and a Therapist (verses on finding insight)

- Proverbs 20:5: The purposes of a person’s heart are deep waters, but one who has insight draws them out.
- Lamentations 3:40: Let us examine our ways and test them, and let us return to the LORD.
- Psalm 119:59–60: I have considered my ways and have turned my steps to your statutes. I will hasten and not delay to obey your commands.

Chapter 2: Add Hope to Your Faith

- Hebrews 11:1: Now faith is confidence in what we hope for and assurance about what we do not see.
- Psalm 34:18: The LORD is close to the brokenhearted and saves those who are crushed in spirit.
- Proverbs 29:18: Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom's instruction.

Chapter 3: Become Your Best Self

- Romans 12:2: Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
- 1 Peter 3:3–4: Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.
- Proverbs 3:26: For the LORD will be at your side and will keep your foot from being snared.

Chapter 4: Own It, Then Change It (verses on owning your issues and decisions)

- Romans 7:24–25: What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.
- Psalm 139:13–14: For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

- Proverbs 13:20: Walk with the wise and become wise, for a companion of fools suffers harm.

Chapter 5: Face Your Fear Factor

- Isaiah 41:10: So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
- 2 Timothy 1:7: For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.
- 1 John 4:18: There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

Chapter 6: Understand the Problems and Purposes of Anger

- Proverbs 14:29: Whoever is patient has great understanding, but one who is quick-tempered displays folly.
- James 1:19: My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.
- Proverbs 15:1: A gentle answer turns away wrath, but a harsh word stirs up anger.

Chapter 7: Find Grace for Guilt and Shame

- Romans 5:20: The law was brought in so that the trespass might increase. But where sin increased, grace increased all the more.
- Psalm 25:3: No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause.
- Romans 8:1–2: Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Chapter 8: Feel Your Pain to Heal It

- Proverbs 20:30 GNT: Sometimes it takes a painful experience to make us change our ways.
- Proverbs 21:5: The plans of the diligent lead to profit as surely as haste leads to poverty.
- Psalm 147:3: He heals the brokenhearted and binds up their wounds.

Chapter 9: Recognize Your Toxic People

- 1 Peter 5:8: Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.
- John 7:24: Stop judging by mere appearances, but instead judge correctly.
- 1 Corinthians 15:33: Do not be misled: “Bad company corrupts good character.”

Chapter 10: Release Your Toxic People and Refocus Your Life

- Ephesians 4:31–32: Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
- Proverbs 26:11: As a dog returns to its vomit, so fools repeat their folly.
- Proverbs 20:3: It is to one’s honor to avoid strife, but every fool is quick to quarrel.

Chapter 11: Experience Forgiveness by Letting Go

- Ephesians 4:32: Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

- Colossians 3:13: Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.
- Matthew 6:14: For if you forgive other people when they sin against you, your heavenly Father will also forgive you.

Chapter 12: Protect Your Peace, Then Live in It

- Proverbs 4:23: Above all else, guard your heart, for everything you do flows from it.
- Philippians 4:7: And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
- John 16:13: But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.

Chapter 13: The Seven Keys to Healthy Relationships

- 2 Peter 1:5–7: For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.
- 1 Corinthians 13:4–5: Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.
- Proverbs 27:17: As iron sharpens iron, so one person sharpens another.

Chapter 14: Grow Through Grief and Loss

- Psalm 34:18: The LORD is close to the brokenhearted and saves those who are crushed in spirit.

- Psalm 126:6: Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.
- Psalm 9:9: The LORD is a refuge for the oppressed, a stronghold in times of trouble.

Chapter 15: Unleash Your Inner Power

- Ephesians 3:20–21: Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.
- 2 Corinthians 4:16–18: Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.
- Acts 10:34–35: Then Peter began to speak: “I now realize how true it is that God does not show favoritism but accepts from every nation the one who fears him and does what is right.”

Chapter 16: Change Everything with Gratitude

- James 1:2–4: Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.
- Jeremiah 29:11: “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”
- Philippians 1:6: Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Conclusion: Whatever Comes Your Way (verses for carrying on with strength)

- Matthew 16:19: I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.
- Hebrews 10:36: You need to persevere so that when you have done the will of God, you will receive what he has promised.
- Philippians 4:13: I can do all this through him who gives me strength.

MENTAL HEALTH RESOURCES

People to Talk To

If you are looking for a therapy referral, ask friends and/or any medical professional you currently trust, or contact the psychology department of your closest college or university.

- National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255)
- Crisis Text Line: Text “HOME” to 741741
- National Domestic Violence Hotline: 1-800-799-SAFE (7233) or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- RAINN (Rape, Abuse, and Incest National Network) National Sexual Assault Hotline: 1-800-656-HOPE (4673)

Books to Read

David D. Burns, *The Feeling Good Handbook*, rev. ed. (New York: Plume, 1999).

Louise L. Hay, *You Can Heal Your Life* (Carlsbad, CA: Hay House, 1984).

- Amir Levine and Rachel S. F. Heller, *Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love* (New York: Tarcher Perigree, 2010).
- Gary Chapman, *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* (Chicago: Northfield, 1992).
- Lindsay C. Gibson, *Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents* (Oakland, CA: New Harbinger, 2015).
- Malcolm Gladwell, *Outliers: The Story of Success* (New York: Little, Brown, 2008).
- Bruce D. Perry and Oprah Winfrey, *What Happened to You? Conversations on Trauma, Resilience, and Healing* (New York: Flatiron, 2021).
- Bessel van der Kolk, *The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma* (New York: Penguin, 2014).
- Margaret Paul, *Inner Bonding: Becoming a Loving Adult to Your Inner Child* (New York: HarperOne, 1992).
- Elisabeth Kübler-Ross and David Kessler, *On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss* (New York: Scribner, 2005).
- Brené Brown, *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* (Center City, MN: Hazelden, 2010).
- Russ Harris, *The Happiness Trap: How to Stop Struggling and Start Living* (Boston: Trumpeter, 2011).