



FREE GUIDE • FAITH & COUNSELLING

Is it okay for a Christian *to see a therapist?*

An honest guide for anyone who loves God and is wondering whether therapy belongs in a life of faith. What Scripture says about wise counsel, and what Christian-integrated counselling actually involves.

PREPARED BY

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01

THE HONEST QUESTION UNDERNEATH

"Doesn't faith mean I *shouldn't* need this?"

Maybe you have prayed about it for a while. You have read the verses about anxiety, leaned on your church, asked God to lift the weight. And it is still there.

Somewhere along the way a quiet question shows up: if my faith is real, should I need a therapist at all? A lot of faithful people carry a quiet belief that needing help is a spiritual failure. That if they only prayed harder or trusted more, the anxiety or the grief or the strain in their marriage would lift. So they wait. And the waiting often adds shame on top of the original pain.

But Scripture never treats wisdom and care from others as a threat to faith. It treats them as part of how God looks after us. We were not built to carry everything alone, and reaching for support is not a sign that your faith is too small. It is often a sign of the kind of honesty God invites.

Anxiety, depression, and grief are not simply spiritual problems to be prayed away. They involve the body and the nervous system God designed. Treating them with skilled care is no more a failure of faith than seeing a doctor for a broken arm.

02

AN OLD AND BIBLICAL IDEA

What Scripture says about *wise counsel*.

The Bible speaks warmly about seeking counsel and carrying one another. Two threads run all the way through it: that wisdom often comes through other people, and that we are meant to help shoulder each other's burdens.

"Plans fail for lack of counsel, but with many advisers they succeed."

PROVERBS 15:22

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

GALATIANS 6:2

Counselling is one modern shape of an old idea: that healing usually happens in relationship, not in isolation. A good Christian therapist does not replace your prayer life, your church, or the Holy Spirit. They come alongside all of it.

03

NOT A CHOICE BETWEEN THE TWO

Therapy and faith, *never instead of prayer.*

The fear under the original question is usually this: that therapy will quietly pull you away from God, or treat your faith as a symptom to manage. With Christian counselling, the opposite is true. Faith and clinical work belong in the same room, not competing for space.

Prayer, Scripture, and your church community stay exactly where they are. Therapy adds tools for the parts those alone weren't reaching, the racing thoughts, the panic that shows up in the body, the patterns in a marriage that keep repeating. You are not choosing between God and getting help. You get to have both.

A QUESTION A GOOD CHRISTIAN COUNSELLOR CAN HOLD

"Why hasn't prayer been enough?" A secular therapist often can't fully answer it, and a pastor without clinical training usually can't either. A counsellor with both lenses can sit with you in that honest place without rushing you toward an easy answer.

04

A DELIBERATE HYBRID

What Christian-integrated *counselling involves.*

At Graceway Wellness, Christian counselling is a deliberate hybrid, not a therapist who simply happens to attend church. You get evidence-based therapy from a Registered Psychotherapist, and your faith is treated as a resource your therapist actively knows how to work with. Faith shows up only where you want it to. Nothing is imposed.

For different people, that looks different:

WHAT YOU MIGHT SAY

WHAT WE DO

"I want prayer to be part of every session."

We do that.

"I'd rather not pray in session, but it matters at home."

We work with that.

"I grew up in church and I'm wrestling with it now."

We hold that without pushing you toward or away from belief.

"Reference Scripture when it fits, not every time."

We track that.

There is no theological quiz at intake and no assumed denominational stance. We serve clients across Christian traditions. The shared ground is a belief in Christ and a desire to have faith present in the room.

05

IS THIS FOR ME?

When Christian counselling *tends to help.*

Not every Christian needs faith-integrated therapy, and a skilled secular therapist works fine for many. Christian counselling tends to help when:

- ☐ Faith is central to who you are and you want it named, not parked at the door
- ☐ You've tried therapy and felt your beliefs were misunderstood or gently pathologized
- ☐ Your struggle has a spiritual dimension, grief that raises questions about God, anxiety that coexists with faith, a marriage strained by different levels of commitment
- ☐ You're questioning or weary, and you want a therapist who can hold that without rushing to resolve it

If any of that lands, Christian counselling is probably worth a conversation. Our team offers it for anxiety, grief, and couples, in Burlington and virtually across Ontario. We are CRPO registered, and the clinical work meets the standards of the College of Registered Psychotherapists of Ontario.

A GENTLE WORD BEFORE YOU GO

You don't have to choose between your faith and getting help. At Graceway Wellness, both get to be in the room. Wanting support is not a failure of faith. It may be one of the wisest, most faithful things you do.

A moment to *reflect*.

Before you close this guide, take a moment. Name what stood out, then choose one small step. A plan you can actually keep beats a perfect one you can't.

What stood out to me

A small next step

One thing I want to bring to God about this

One person I could talk to honestly

A question I'd want to ask a counsellor

When I'll take the next step

A GENTLE REMINDER

You don't have to act on all of this. Pick one thing, give it a real week, and let that be enough to start.

YOUR NEXT STEP

You don't have to choose *between faith and help.*

When you're ready, Christian counselling can give you skilled clinical care with your faith fully welcome in the room, at your pace, with nothing imposed. The next step is a free 15-minute consultation. Answer a few questions, get matched with the therapist who fits your situation, and ask about faith integration directly. No obligation, no pressure, and nothing to pay.

Get matched & book your free consultation

gracewaywellness.com/book/free-consultation · about 90 seconds

Read more about our Christian counselling

gracewaywellness.com/christian-counselling-burlington

Prefer to reach out directly?

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