

# Medication and Faith FAQ

A shame-free Christian starting point for medication questions.

## Quick answer

For some people, medication can be part of faithful care. Medication is not a moral failure, and taking it does not prove weak faith. Only a qualified medical professional can help you decide what is appropriate for you.

## Common questions

**Is taking medication a sin?** Medication itself is not a sin. Talk with a doctor or prescriber about your situation.

**Does medication mean I do not trust God?** No. Receiving care for the body and brain God gave you can be an act of wisdom.

**Can I stop if I feel better?** Do not start, stop, or change medication without talking with your prescriber.

**Can I pray and take medication?** Yes. Prayer and medical care are not enemies.

## One tiny next step

If you have medication questions, write them down and bring them to your prescriber. You do not have to figure it out alone.

This resource is encouragement and resource navigation, not therapy, medical advice, diagnosis, treatment, or crisis care. If you are in immediate danger or might hurt yourself, call or text 988 in the U.S., contact emergency services, or get near a trusted person now.