

You Are Not a Bad Christian

Printable encouragement cards for shame-heavy days.

Cut-out card reminders

You are not a bad Christian because you are tired.

Depression is not spiritual failure.

Numbness is not rebellion.

Needing help is not weak faith.

Therapy can be part of faithful care.

Medication can be part of faithful care.

A tiny prayer is still prayer.

God is not disappointed that you are human.

You do not have to fix your whole life today.

One gentle next step is enough.

How to use them

Save one on your phone. Put one by your bed. Give one to a friend. Let the words be small enough to hold.

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.