

Taking Our Meds Faithfully

*A Christian Perspective on
Psychiatric Medication*



My story



A photograph of a cozy reading nook. On the left, a light-colored armchair is partially visible, with a white cushion featuring three large, dark, circular patterns. To the right, a small wooden side table holds a stack of three books. On top of the books is a white ceramic vase containing dried, light-colored flowers. An open book lies flat on the table in front of the stack. A white mug is on the right side of the table. The background is a plain, light-colored wall. The entire image is overlaid with a semi-transparent dark grey filter.

**Why is this
a sensitive topic?**

Stigma





NATIONAL BESTSELLER

My Age of Anxiety

Fear,
Hope, Dread,
and the Search
for Peace of Mind

Scott Stossel

"Scott Stossel has produced the definitive account of anxiety. . . .

This story has needed to be told."

—Andrew Solomon, author of *The Noonday Demon*

Misunderstanding



Unknowns



The background image shows a dimly lit interior. On the wall, there is a large, dark-framed painting of a landscape with trees and a body of water. Below the painting, a light-colored wooden side table holds a stack of books, an open notebook with a pen, a white mug, and a white vase with dried flowers. To the left, a portion of a beige sofa and a patterned pillow are visible. The overall atmosphere is quiet and contemplative.

**How can we think wisely
about medication?**



Embodied Souls, Ensouled Bodies



Alleviating Suffering

No one who has ever been tormented by prolonged bouts of anxiety doubts its power to paralyze action, promote flight, eviscerate pleasure, and skew thinking toward the catastrophic...

— Barry E. Wolfe

***None would deny how terribly painful
the experience of anxiety can be. The
experience of chronic or intense anxiety
is above all else a profound and
perplexing confrontation with pain.***

— Barry E. Wolfe

**Give beer to one who is dying and wine
to one whose life is bitter. Let him drink
so that he can forget his poverty and
remember his trouble no more.**

Proverbs 31:6–7 (CSB)

God Uses Means



No longer drink only water, but use a little wine for the sake of your stomach and your frequent ailments.

1 Timothy 5:23

***“Medication and faith
do not belong to two
different realms.”***

— John Swinton



Concluding thoughts