

DO YOU HAVE TOXIC FAITH?

1. Has your family complained that you are always going to a church meeting rather than spending time with them?
2. Do you feel extreme guilt for being out of church just one Sunday?
3. Do you sense that God is looking at what you do, and if you don't do enough, he might turn on you or refuse to bless you?
4. Do you often tell your children what to do without explaining your reasons since you know you are right?
5. Do you find yourself with little time for the pleasures of earlier years because you are so busy serving on committees and attending other church groups?
6. Have people complained that you use so much Scripture in your conversation that it is hard to communicate with you?
7. Are you giving money to a ministry because you believe God will make you wealthy if you give?
8. Have you ever been involved sexually with a minister out of wedlock?
9. Is it hard for you to make a decision without consulting your minister? Even over the small issues?
10. Do you see your minister as more powerful than other humans?
11. Has your faith led you to lead an isolated life, making it hard for you to relate to your family and friends?
12. Have you found yourself looking to your minister for a quick fix to a lifelong problem?
13. Do you feel extreme guilt over the slightest mistakes or inadequacies?
14. Is your most significant relationship deteriorating over your strong beliefs, compared to those of a "weaker partner"?
15. Do you ever have thoughts of God wanting you to destroy yourself or others in order to go and live with him?
16. Do you regularly believe God is communicating with you in an audible voice?
17. Do you feel God is angry with you?
18. Do you believe you are still being punished for something you did as a child?
19. Do you feel if you work a little harder, God will finally forgive you?
20. Has anyone ever told you a minister was manipulating your thoughts and feelings?

“Toxic faith is a destructive and dangerous involvement in a religion that allows the religion, not a relationship with God, to control a person’s life.”

Arterburn, S. & Felton, J. (1991). ***TOXIC FAITH: Experiencing Healing from Painful Spiritual Abuse***. Colorado Springs, CO: Shaw Books.