Wellness Apps and AI Chatbots

A guide for the church family

Apps and AI chatbots can help us pray, listen to Scripture, manage stress, learn new skills, and work through everyday concerns. Some people also turn to AI for encouragement, advice, or emotional support. These tools can be useful. But it's worth considering what we trust them with and how they affect our lives.

"Prove all things; hold fast that which is good." — 1 Thessalonians 5:21

Four Questions Worth Asking

1. What am I using it for?

An app that helps you listen to Scripture is different from a chatbot offering mental-health advice. Think about what you need and whether the tool is suited for that purpose. Some apps can help people practice coping skills or manage symptoms. But don't treat a chatbot's response as a diagnosis or make important treatment decisions based on its advice alone.

2. Can I trust what it's telling me?

AI can sound confident, caring, and convincing even when it's wrong. Be especially careful with advice about your health, relationships, or spiritual life. Compare spiritual teaching with Scripture. Discuss important decisions with people who know you and can help you think them through.

3. What happens to the information I share?

Apps may store conversations, collect personal information, or share data with other companies. Before sharing something sensitive, check the privacy policy. Don't assume a chatbot offers the confidentiality of a counseling relationship.

4. What place is this taking in my life?

Consider how you're using the tool over time.

- Is it helping me handle everyday responsibilities and relationships?
- Am I turning to it repeatedly for reassurance or comfort?
- Is it helping me seek support when I need it, or making it easier to avoid people?

Using an app regularly or finding comfort in it isn't automatically a problem. But difficulty putting it down, withdrawing from relationships, or avoiding needed care are reasons to talk with someone you trust.

Why People Matter

God has joined believers together as the body of Christ. Through his Spirit, he calls us to bear one another's burdens, encourage one another, and grow together in love (*1 Corinthians 12:21–27*).

A chatbot can respond to our needs without asking much of us in return. Relationships with people are different. We learn to receive care, offer it, work through difficulties, and love others even when it's inconvenient.

Those experiences are part of how God forms us.

Technology can help us prepare for a difficult conversation or understand a concern. But it shouldn't become the only place we bring our struggles.

If You're Concerned About Your Own Use

You may find it easier to open up to a chatbot than to another person. Perhaps you've been hurt, misunderstood, or simply haven't known whom to approach. You don't need to dismiss whatever help you've received. But consider sharing your experience with someone trustworthy.

"I've been using an AI app to talk through some personal things. It's been helpful in some ways, but I'd like to think through whether it's healthy for me."

A counselor, minister, parent, mentor, or trusted friend can help you consider what has been helpful and whether anything needs to change.

If You're Concerned About Someone Else

Begin by listening rather than confronting. Ask what the person finds helpful about the app and why they turn to it. Parents should know which apps their children use and help them think through the advice they receive. Involve qualified care when needed, especially for mental-health concerns.

Finding Help
ACCFS can help you think through your next steps.
(877) 370-9988 | accounseling.org

ACCFS does not provide crisis intervention services. In the United States, call or text 988 for crisis support. If there is immediate danger, call 911 or go to the nearest emergency department. Do not wait for an app to arrange help.

ACCA Emerging Technology Work Group, November 2026
This guide reflects our current understanding. We expect to update it as technology, research, and our experience develop.