

# REASONS TO LIVE

MARCH 12-16

Of all the difficult but necessary conversations to have, the topic of suicide may be the one we tend to avoid the most. As Christians, we shy away from the topic. Even in our struggle, can we find direction and hope in the pages of Scripture? You may be surprised how God addresses this painful reality in both the Old and New Testaments. God doesn't avoid the subject... neither should we!



## THIS WEEK'S DISCUSSION QUESTIONS

- When it comes to suicide, the Bible not only talks about it but provides a story of suicide prevention in Acts 16:22–28. What was the hope Paul provided the jailer?
- In speaking with someone who is despondent and possibly considering suicide, what steps can you take? How might the compassion of Jesus in Matthew 11:28 guide you in such a critical time?
- Read Ruth 1–4. Where do you see the idea that "It won't always be this way" in the story of Naomi & Ruth?
- In Genesis 2:18–23, we read that Adam was alone and that God considered that issue for His resolve. Why is it not good to be alone? Why is this concept critical to suicide prevention?
- We know from the pages of the Bible that God has promised to never leave us or forsake us. He is always present. How might that same idea prove valuable to someone who is facing a time of despair and hopelessness?



## CHALLENGE

Suicide is a difficult topic. Yet we are not called to have all the answers. In fact, God simply encourages us to model His example of being present in times of need. As a believer, are you willing to take on a ministry of presence to help someone around you who is facing despair and hopelessness?



## COMMIT TO MEMORY

Where you go I will go and where you stay I will stay . . ."  
(Ruth 1:16).



## PRAYER

Father, the story of Ruth in the Old Testament raises a wonderful theme of commitment and staying the course with someone facing a difficult time. Help me to be aware of those around me who may be dealing with fear, trauma and worry...even to the point of despair. Help me to engage their hopelessness with a ministry of presence. To be there for them and love them as You love me. In Jesus Name, Amen.