



# SERMON NOTES

*The Caring  
Congregation*  
What to Say When You Don't Know What to Say

Week 2 (November 8): "Christianity and Suicide"

*Psalm 13:1-6*

## I. An Age-Old Problem

- A. Suicide is the \_\_\_\_\_ leading cause of death in the United States.
- B. Even those closest to God and who were heroes of the faith struggled at times with clinical \_\_\_\_\_. (Moses, King David, Elijah, and Job)

## II. Misguided Thinking

- A. Those who wrestle with suicide believe that the people they love will be better off \_\_\_\_\_ them.
- B. Those who wrestle with suicide believe that their circumstances will never get \_\_\_\_\_.
- C. There are no \_\_\_\_\_ circumstances with God and he walks with us through the darkest places.

## III. Dealing with Depression

- A. In his book "*The Depression Cure*," Dr. Stephen Ilardi describes six practices that help \_\_\_\_\_ depression.
- B. We need a whole \_\_\_\_\_ around us to help us deal with depression.
- C. The Bible is the story of God's people going through \_\_\_\_\_ times and not giving up on God.

## IV. Those Who Lost a Loved One to Suicide

- A. If you lost a loved one to suicide it is not your \_\_\_\_\_.
- B. God is able to take the pain you walk through and he can bring something \_\_\_\_\_ and good from it.

***Things I Would Like to Remember About This Message***

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# ASBURY DAILY STUDY GUIDE

## INTRODUCTION

Suicide is a serious issue in the United States and is the 10<sup>th</sup> leading cause of death. Clinical depression is the number one cause of suicide. Clinical depression becomes devastating when we believe that there is no hope. Those that have thoughts of suicide believe things will never get better and everyone would be better off without them. So how do we respond to this issue as Jesus followers?

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### Monday: Psalm 31:9-24

Does it help you, in dark times, to know that others have gone through tough times, and the bad feelings you are facing? These Psalms, thousands of years old, reflect writers going through hardships, yet still trusting in God's helping presence. How can our spiritual choices help us to trust God when things "go south" in our lives?

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### Tuesday: Lamentations 3:16-26, 31-33

Verse 32 says, "...so great is his unending love." How do you hold onto God's unending love in hard times? How does God let you know he's "still around"? Verses 22-23 say, "his compassions never fail. They are new every morning." What habits can we develop, each morning, to feel God's presence in each new day?

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### Wednesday: Romans 8:31-39

If you believe in God's love, can that provide the trust and security of knowing that he's in control of our lives? Can our lives spin out of control if we truly believe and trust that God will carry us through the dark valleys? Can God give us the power to choose whether we want to be confident or miserable during the most difficult times?

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### Thursday: 2 Corinthians 4:6-9, 16-18

When our life is in darkness, how can "seeing the light of God" help us? "But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us." What is this power, and what can we do with it? What can we do to tap into this power and let it shape our life? Why does Paul say our troubles are "momentary"? Theologian Frederick Buechner, "The worst thing is never the last thing." What is he trying to tell us?

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### Friday: Isaiah 40:26-31

We often wonder if God sees or cares about our troubles. These verses offer an answer to that question. In the midst of our own disasters, how do we connect with God? Re-read verses 29-31. How does this make you feel?

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## MOVING FORWARD

What we learn in scripture is that there are no hopeless circumstances with God and he walks with us through the darkest places. As followers of Christ we are called to never give up and to put our faith in God. God will bring beauty from the ashes, joy from mourning, a heart of praise for a heart of heaviness and despair. Pray that God, working through you, might redirect those many lives in a way that builds and strengthens their faith and strengthens them emotionally.

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*Answers to the sermon notes: IA) tenth, B) depression. IIA) without, B) better, C) hopeless.  
IIIA) reduce, B) team, C) difficult. IVA) fault, B) beautiful.*