

## Let's Talk About Mental Health

*The evidence is all around us—people of all ages are struggling with their mental health like never before. And not acknowledging the struggle isn't helping. So that's what we are going to do at The Hills—talk about mental health. We invite you to join us for a conversation that will be full of honesty, compassion, and hope...because Jesus is being invited too.*

### Week 6: Let's Talk About Suicide

1. Begin by sharing how this series has impacted you so far: What has been most helpful and encouraging to you? What is one thing you've changed as a result of what you've learned?
2. **LOOKING IN THE BIBLE... *Is suicide permissible?*** Rick reminded us that ***It is never God's will that anyone should take their own life.*** Why is that important to remember? Follow up: Rick went on to say, "*To prematurely end a life is to rob a person of their potential as an image-bearer of God, and to eliminate their capacity to participate in the mission of Christ.*" Share examples of how the Bible validates this statement & how it encourages you.
3. **LOOKING IN THE BIBLE... *Is it forgivable?*** Rick pointed out that ***It is always God's will to forgive sin, including the sin of taking one's own life.*** Rick went on to say, "*There is no sin beyond the reach of the blood of Jesus except the sin of rejecting that covering.*" How can knowing this bring comfort to you or someone you care about? **Read Psalm 56:8, John 10:28-29, and Romans 8:38.** What encouragement do these verses provide?
4. **SPEAKING TO SOME PEOPLE: *To those who think you know someone who could be considering hurting themselves...*** How should you respond if someone close to you is exhibiting signs that concern you (how can you be a healthy place for them)?
5. **SPEAKING TO SOME PEOPLE: *To those who know someone you loved who died by suicide...*** How can a verse like **Psalm 34:18** bring comfort to someone who is grieving a loss of someone they love? Why is it good to be honest to God about how you feel? Follow up: How can a verse like **Romans 8:1** help them deal with any guilt or blame they may feel?
6. **SPEAKING TO SOME PEOPLE: *To those of you who ever considered taking your own life...*** What truths are important to remember at a time like this? How can knowing this truth (***In the eyes of God, your existence on the earth is GOOD!***) provide hope?
7. **Read Matthew 22:37-39.** Why is loving "yourself" well so crucial? Follow up: **Read Romans 12:1.** What are some practical ways you can "offer" your life to God in a way that improves your mental health (*it may be as small as getting out of bed, taking a shower, taking a walk or going to church*)? How does that testify to the goodness of God?

