

Mental health issues, particularly depression, anxiety and substance abuse, are often closely linked to suicide. It's important to note that many people who struggle with suicidal thoughts are not necessarily seeking to end their lives but are instead feeling overwhelmed by emotional pain and see no way out.

The highest suicide rates in the UK (2021 census) are often found in middle-aged men, particularly those between the ages of 40 and 49.

The Christian faith and a healthy church can provide a safe and supportive place that brings hope and healing.

**When in your life has someone greatly encouraged you during a difficult time?**

**Read Psalm 42**

- 1. In what way does the Psalm provide help for those in distress?** Do you have a favourite Psalm you read when you are feeling helpless?
- 2. What does the Bible say about the sanctity of life?** How does the Bible emphasise the value of life in passages such as Psalm 139:13-16, Genesis 1:26-27 and Jeremiah 1:5?
- 3. What does the Bible say about taking one's own life in the context of sin and grace?** What do passages like 1 Corinthians 6:19-20 and Exodus 20:13 say about the value of human life and how we should view our bodies?
- 4. Unfortunately, there are people who believe that taking your own life means you go straight to hell.** Why is this not correct?
- 5. What examples of people in the Bible struggled with despair and suicidal thoughts?** Think of Jonah (Jonah 4:3 and chapter 2). What can we learn from his experiences about seeking God in times of crisis?
- 6. What does Jesus teach us about responding to pain, grief, and despair?** Look at Matthew 26:38, where Jesus expresses deep sorrow. How does Jesus model dealing with emotional pain in a healthy way?
- 7. What role do community and support play in times of distress?** How do passages like Galatians 6:2 and Hebrews 10:24-25 speak to the importance of supporting one another during difficult times?
- 8. How does the Bible offer comfort and healing for those who may have been affected by suicide?** Consider passages like 2 Corinthians 1:3-4 and Psalm 147:3. How can these scriptures provide solace to those grieving the loss of someone to suicide?
- 9. If someone shares that they have suicidal thoughts or they are contemplating suicide, how would you respond?** What are the helpful ways to respond or questions to ask if people are feeling hopeless? Samaritans 116 123

## Prayer Points

Pray for RunningSpace that meets every Tuesday evening in the church. Pray as they support those impacted by suicide and for those who attend.

Pray for organisations like the Samaritans and our mental health services that support those in need.

Pray for Afghan communities who are planting and caring for food forests, which will improve family nutrition and income. Pray for the protection of the people and the land against worsening seasonal flooding and drought.

## Sermon Notes



# BIBLE STUDY

February 9<sup>th</sup> 2025

Mental Health:  
Suicide

Psalm 42

We live in a time when there is a greater effort to understand the challenges people face with mental illness, and the importance of everyone's own mental wellbeing. In light of this, how do we understand mental health as Christians? What does the Bible actually teach, avoiding the danger of taking verses out of context? If we are faced with anxiety, depression or suicidal thoughts, how do we relate the gospel to our personal experience? How can we bring hope to those who face daily challenges?

If you would like to join a Connect Group, please contact the church office 01424 730001