

MESSAGE BIG IDEA

You have a choice.

SCRIPTURE

2 Corinthians 4:6-10, 16-18

ICEBREAKER AND OPENING THOUGHT

1. What has been one thing that you thought would be a disaster, but ended up being really good?
2. Life is a journey of choices that we make throughout our life. Some of the choices were great, but some have been difficult and as a consequence we carry brokenness. Have you ever felt like you do not want to keep going? How were you able to overcome that thought?

BIBLE DISCUSSION

3. Read 2 Corinthians 4:6-10. What do you notice there? What does it mean to be in Christ?
4. Read 2 Corinthians 4:16-18. What does it mean to not lose heart? How do you find this in your own life? How do you fix your eyes on what is unseen?

LIFE APPLICATION

5. There are a few very strong, eye-opening statistics about suicide. Does this surprise you? How is this affecting our society, the church, and your close friends or family?
6. Here at COMMUNITY we believe that you matter, you matter to God, and you matter to others. Which of these realities have you struggled with in the past?
7. Sometimes it helps to have people in our lives who make it clear that we matter to them. Who has spoken life to you in the past? Who is speaking it right now?
8. Paul experienced harsh situations in his life, yet he encouraged people in the church to keep their sight on Jesus. How does asking for help keep our eyes on Jesus? How can your community of faith help you navigate the realities of life?

CHALLENGE

If you struggling with suicidal thoughts, reach out to someone in your circle. Remember you have a choice, and we want you to make the choice to stay. If you know someone who is wrestling with suicidal thoughts help them, reach out to the suicide hotline (800-273-8255) or call 911.

Also visit our resources page at communitychristian.org/mentalhealth

STATISTICS ON SUICIDE AND MENTAL HEALTH

THE CDC REPORTED THE FOLLOWING NUMBERS FROM 2017.

- Over one million people die by suicide worldwide each year, every 40 seconds on average.
- Suicide is the tenth leading cause of death in the United States claiming the lives of over 47,000 people.
- There were more than twice as many suicides (47,173) in the United States as there were homicides (19,510).
- In 2017, there were 47 percent more suicides among people aged 15 to 19 than in the year 2000.
- For every suicide, there are 25 people who make an attempt.

A STUDY FROM 2014 BY LIFEWAY FOUND THESE RESULTS ON MENTAL HEALTH IN THE CHURCH:

- 49% of pastors say they rarely or never speak to their congregation about mental illness.
- 65% of churchgoing family members of those with mental illness want their church to talk openly about mental illness.
- 76% of churchgoers say suicide is a problem that needs to be addressed in their community.
- 4% of churchgoers who lost a loved one to suicide say church leaders were aware of their loved one's struggles.¹

See also: suicidology.org/facts-and-statistics/

¹<https://lifewayresearch.com/2014/09/22/mental-illness-remains-taboo-topic-for-many-pastors/>