

CAUGHT IN THE CURRENT

Suicidal Thoughts – God’s Answer to the Rise of Sadness

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1. Pastor Mark mentioned that our physical health affects our emotional health. How are you doing with eating, drinking, sleeping, and exercising? What is the one main thing you can change in these areas to better influence your emotional health?
2. In the last two decades, the suicide rate has increased over 30 percent, and for many, life just feels sadder now than it did a few years ago. What do you think has changed either in culture or in your own life that reinforces these observations?
3. Although addressing our physical needs is a step in the right direction for our emotional health, oftentimes, it’s just more complicated than that. One way God responds to the sadness of His people is to remove them from their situation to bring them closer to Him. What things harming your emotional health do you need to get some “extra distance” from? How can you do that?
4. Slowing down our pace is another smart move toward mental health, but there are times or situations when we just need to gripe to God about how we feel. When did you last have a gripe session with God? Did He just listen, or did He respond?
5. When we turn to others instead of God, whether to gripe or seek solutions, we just won’t receive as effective of a response as we really need. In John 14:27, Jesus says, “Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” What are some differences between the peace the world gives and the peace Jesus gives?
6. Psalm 30:11 says, “You have turned for me my mourning into dancing; you have loosened my sackcloth and clothed me with gladness.” Has there been a situation in your life that God has brought you out of mourning (sadness) into dancing (gladness)? Explain.
7. God will listen to you. He is on your side. He binds up the brokenhearted and gives rest to the weary. How are you specifically taking advantage of your access to Him?