



GROUP STUDY GUIDE

WEEK OF APRIL 21, 2024 | SUICIDE AND SELF HARM

We know that a conversation surrounding suicide could cause people to share the mental health challenges that they are walking through right now. If you feel as though someone is in danger to themselves, please call the suicide hotline (988) with them.

WARM-UP QUESTION

Do you think the church is a safe place to be honest about our brokenness? Do you feel like our group is a safe place to be honest about our brokenness? How can we grow in this area?

DISCUSS

Start your discussion by sharing what stood out to you from Sunday's message. Were there any new insights or key takeaways for you?

Read 2 Corinthians 12:8-10

- Where do you see hope in this passage? What does this tell you about God's character?
- Where have you seen God's power work best in your weakness? What do you think it means to boast about our weaknesses? How have you seen this play out in your life or in the lives of others?
- Read verse 9 again. What does Paul mean by saying, "The power of Christ can work through me."? Why does Christ want to work through us? What barriers keep this from happening in your life?

Read Psalms 34:17-20

- What does verse 17 tell us about going to God in difficult times? What can you share from your own life about crying out to God?
- Read verse 19 again. Does this surprise you? What does it mean to be righteous?
- In light of 2 Corinthians 12:8-10, how do you see these two passages connect? What is similar about the writer of Psalm 34 and Paul, the writer of 2 Corinthians?

The Bible mentions several people who struggled with their mental health and God's place in it. To name a few:

- David was depressed - Psalm 13:1
- Job was hopeless - Job 3, 7, 15, 16
- Solomon hated life - Ecclesiastes 2:17
- Elijah was suicidal - 1 Kings 19
- Jeremiah wished he had never been born - Jeremiah 15:10



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- What do you know about these people in Scripture? If you don't know much about them, read the scriptures above. In light of what you know about some of these characters in the midst of their mental health struggles, what does that tell you about God's work in our weaknesses?
- If God's Word doesn't hide the struggles His people had, how should we let that influence our perspective on our own mental health?
- Is there anything you've been hiding that you need to bring to the light?

RESPOND

- Based on what you just discussed, what do you think God is prompting you to do in response? When will you do it?
- Pray together as a group for the specific goals or areas of struggle that came up in your discussion. Thank God for revealing more of who He is, and ask Him to help you apply what He's prompting you to do this week.