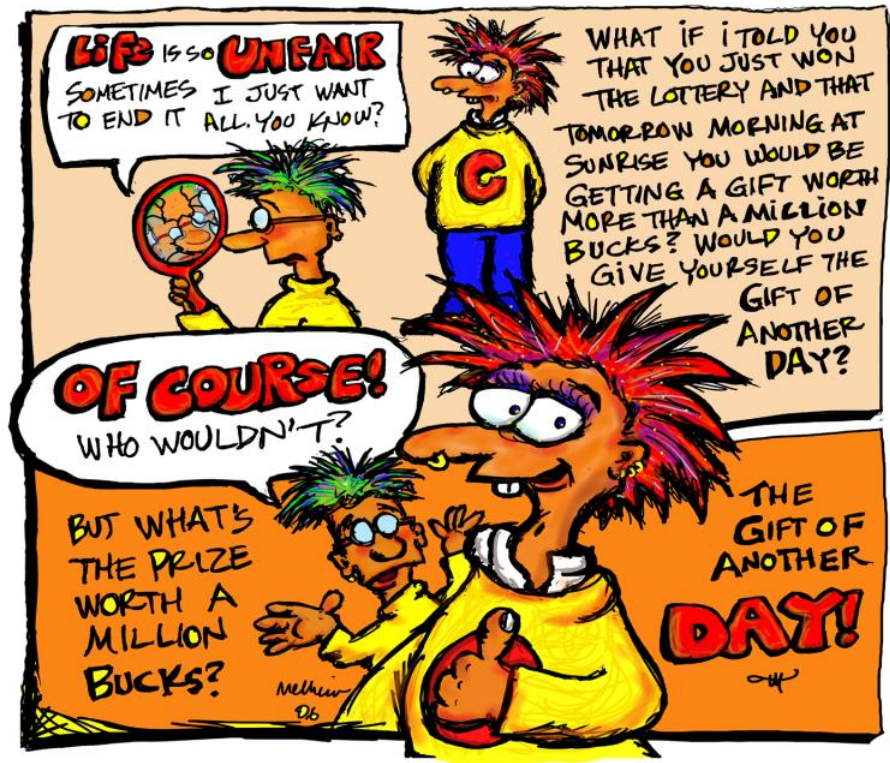




# Suicide



## SHARE

**your highs and lows**

Break into pairs.  
Listen carefully and  
record your partner's  
thoughts in the space  
provided. Then return  
to small group and  
share your friend's  
highs and lows.

MY HIGH THIS WEEK

MY LOW THIS WEEK

MY FRIEND'S HIGH THIS WEEK

MY FRIEND'S LOW THIS WEEK



## READ

**and highlight  
the theme verse  
in your Bible**

"As a deer longs for flowing streams, so my soul  
longs for you, O God. Why are you cast down,  
O my soul, and why are you disquieted within  
me? Hope in God; for I shall again praise him,  
my help and my God."

Psalms 42:1, 5-6a



## TALK

**about how the  
Bible reading  
might relate to  
your highs  
and lows**

Choose from the options below to enrich your Talk Time. Invite group members to take turns leading one or more of the following:

## IMAGES

1. Choose either the cover photo, cartoon or painting by Dr. He Qi (back page).
2. Where are you in this work of art?
3. How might the art and the theme verse relate to each other?
4. How might the art relate to your highs and lows?

## ROLE PLAY

Assign roles and take turns acting out the following:

1. A friend who has been very depressed for months is suddenly extremely happy. They start giving all of their favorite possessions away. Confront them.
2. After a painful break up, your best friend tells you he wants to die. Respond.

## QUESTIONS TO PONDER

1. Do you think suicide is an unforgivable sin? Why or why not?
2. What are three things you can do for friends when they are depressed? Will you be enough of a friend to yourself and do these things for yourself next time your spirits are down?

## QUOTATIONS

Choose a quotation (right column) and share your thoughts and questions about it.

*Suicide is a permanent solution to a temporary problem.*

**Anonymous**

*You, me, or nobody is gonna hit as hard as life. But it ain't how hard you hit; it's about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward. That's how winning is done.*

**Sylvester Stallone as Rocky Balboa in the film "Rocky Balboa"**

*The crime of suicide lies in its disregard for the feelings of those whom we leave behind.*

**E. M. Forster**

*If we had no winter, the spring would not be so pleasant; if we did not sometimes taste adversity, prosperity would not be so welcome.*

**Anne Bradstreet**



Write a definition...

**DEPRESSION**

**DESPAIR**

**HOPE**

**HOPELESSNESS**

**SUICIDE**



Panel from Creation by Dr. He Qi ([www.heqigallery.com](http://www.heqigallery.com))



**PRAY**  
for one another's  
highs and lows

Gather in a circle. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

**Prayers for Highs**

**Prayers for Lows**



**BLESS**  
one another

Trace the sign of the cross on one another's foreheads or palms.

**REMEMBER  
1 THING**

One strange and amazing thing about God is this: God will give you another tomorrow and thousands of more priceless gifts whether you acknowledge them and live thankfully or not.



**FAITH**  
INKUBATORS

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