

When we struggle with a mood disorder, pain, hopelessness, and despair can overwhelm us. We can relate to Job as death looked more and more like a beautiful place of rest from his unending pain. Listen to his testimony in **Job 3:11-26**.

- A number in our group have shared their experiences of becoming hopeless and having suicidal thoughts.
- A number in our group have shared the fact that they have made (multiple) attempts to take their lives.
- Some in our group have shared that they have had friends or relatives who have taken their lives.
- The temptation to commit suicide is not unusual or unique. As Paul writes in 1 Cor. 10:13 *"No temptation has overtaken you that is not common to man."*

Q1. Who would like to share again about a time you attempted to take your life?

Q2. Who would like to share again about your experience with suicidal thoughts?

- It would have been tragic for Job to have killed himself.
- It would have been tragic for any of us to have succeeded in killing ourselves.
- Job did not commit suicide, but **Judas** did (**Matt 27:3-5**):
- *"When Judas, who had betrayed him, realized that Jesus had been condemned to die, Judas was **filled with remorse**. So he took the thirty pieces of silver back to the leading priests and the elders. "I have sinned," Judas declared, "for I have betrayed an innocent man." "What do we care?" they retorted. "That's your problem." Then Judas threw the silver coins down in the Temple and **went out and hanged himself.**"*

Moving from Hopelessness to Hope

Q3. How did you overcome the fear of telling someone about your feelings and suicidal thoughts?

- When suicidal thoughts flood your mind and soul, purpose to **develop a support team** to help you.

Q4. Who is on your support team? Please jot down the names of 2-5 people to whom you could turn for help in time of need.

- **Turn to God for help.** Remember 2 Cor. 1:8-9.
- *"We were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death. But that was to make us **rely not on ourselves but on God who raises the dead.**"*
- **Fight death with death.** Remember **you are already dead!** (Gal. 2:19-20):
- *"For when I tried to keep the law, it condemned me. So **I died to the law--** I stopped trying to meet all its requirements-- so that I might live for God. **My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me.** So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me."*
- **Believe God's promises.** There is a way of escape! You can endure! God is not finished with you yet! Believe 1 Corinthians 10:13
- *"**No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.**"*

Q5. What promises helped you endure your darkest hours?

5. **Respond holistically.** Meditate on the case study of **Elijah** in **1 Kings 19**, who asked God to end his life (19:4). God helped him work through his suicidal thoughts by first meeting his **physical** needs of sleep and nutrition (19:5-8). Then he corrected his **thinking**: instead of being all alone (19:10, 14), God let him know he was 1 of 7,000! Most importantly he restored Elijah's **soul and spirit** by giving him new assignments, restoring hope and purpose (19:14-15), including a new friend in Elisha!

Prayer Requests

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

No temptation has overtaken you that is not **common to man**. God is faithful, and he will **not let you be tempted beyond your ability**, but with the temptation he will **also provide the way of escape**, that you may be **able to endure it**. (1 Cor. 10:13 ESV).

We were **so utterly burdened beyond our strength** that we **despaired of life itself**. Indeed, we **felt that we had received the sentence of death**. But that was to make us rely not on ourselves but on God who raises the dead (2 Cor. 1:8-9 ESV).

For when I tried to keep the law, it condemned me. So **I died to the law**-- I stopped trying to meet all its requirements-- so that I might live for God. **My old self has been crucified with Christ**. It is no longer I who live, but Christ lives in me. So I live in this earthly body by **trusting in the Son of God, who loved me and gave himself for me**. (Gal 2:19-20 NLT)

Mood Disorder Share & Prayer Support Group

**What should I do
when I feel desperate,
just wanting the pain to end?**

Our Mission - Glorify God by serving those who suffer from a mood disorder and those who care for them

PILLAR #2

We believe that those struggling with mood disorders can **find hope to overcome hopelessness, in spite of their diagnosis and feelings**.

A ministry of Grace Baptist Church, Bowie MD
Childcare available at no cost from 7:00-8:30 Tuesdays
www.gbcbowie.org