

We're so glad you're here today!

Is this your first time here? Welcome! Stop by the Info Spot before or after the service. We'd love to meet you, answer any questions you have, and give you some information. For kids and students, we offer great programs specially tailored to their ages. The Westwood Kids team is happy to help you get them connected. For more info on the great things happening here, check out westwoodcc.org.

RESOURCES

Suicide Prevention

National Suicide Prevention Lifeline

1.800.273.8255, suicidepreventionlifeline.org

If you are thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States. The Lifeline is available for everyone, is free, and confidential. Talking with someone about your thoughts and feelings can save your life.

Crisis Text Line

Text-based suicide prevention services across Minnesota. People who **text MN to 741741** will be connected with a counselor who will help defuse the crisis and connect the texter to local resources. Crisis Text Line is available 24 hours a day, seven days a week.

safeTALK: Suicide Alertness Training

Friday, October 19, 1:00-4:30pm or Saturday, November 17, 8:30am-12:00pm, register online, Cost: \$15

safeTALK is a half-day training in suicide alertness. It helps equip participants to take an active role in responding to persons expressing thoughts of suicide and connects them with resources to help them choose to live. Anyone age 15 or older who wants to make a difference can learn the safeTALK steps. Contact Jeanne Griswold, 952.224.7322, jeanne.griswold@westwoodcc.org

Done! I Don't Want to Live Anymore

The Problem of Pain is Real:

- People sometimes feel so bad that they want to die, even God's people.

- The Flooding Affect

Psalm 23

Is suicide the unpardonable sin?

- Let's clarify the confusing teaching from the church

- Does suicide separate us from the love of God?

Romans 8:37-39

- Why doesn't God stop someone from taking their life?

- A personal word to those contemplating suicide

How can we keep hope alive?

Psalm 23

- We _____

- We walk _____

- We _____ the Shepherd

This is what I hope for...

Bible Reading Plan

Join us in reading the Bible together. The Bible Reading Plan is a way to incorporate reading the Bible into your week. These verses are chosen by our staff and designed to complement the Sunday message.

You can find it on our app or at westwoodcc.org/readingplan

- Psalm 77
- Romans 8:18–27
- Psalm 23
- John 10:1-21
- Lamentations 3:19–26

Care Resources

To Better Understand Suicide and Depression Seminar Series

Depression, Monday, September 24, 6:30 – 8:30pm, A111 at Chanhassen Campus

Suicide, Monday, October 1, 6:30 – 8:30pm, A111 at Chanhassen Campus

Depression and suicide are on the rise. People facing these challenges often feel alone and misunderstood. To learn more for yourself or to better support a loved one, attend one or both seminars presented by local counselors from Lighthouse Counseling Ltd. Receive tools to manage your own mental health or to equip you to care for those in your life who are struggling. Learn about symptoms and practical action steps. Free, registration not required.

A resource sheet with additional information is available at the Info Spot and online.

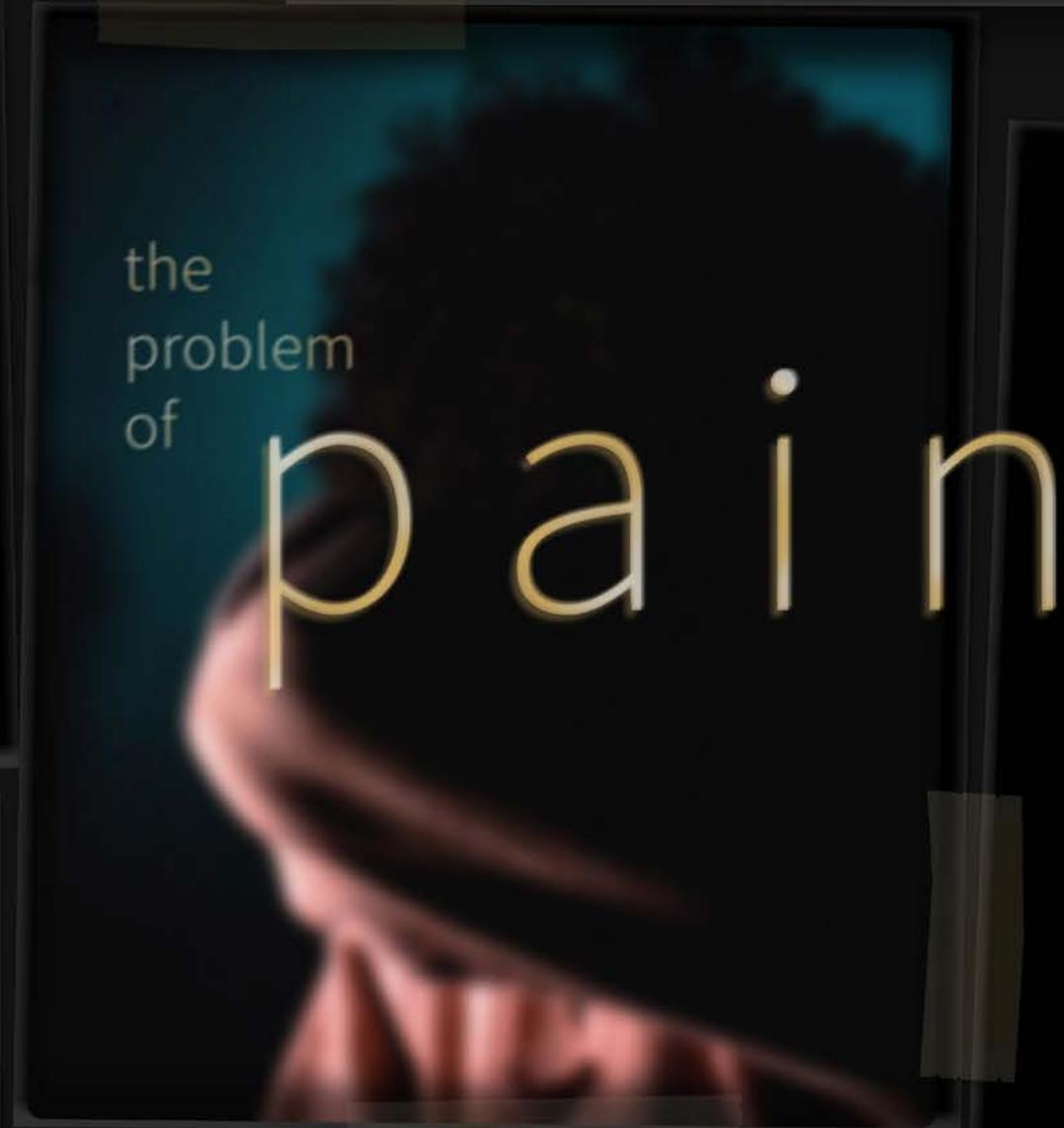
Life Transformed: Learning to Live Like Jesus

Life Transformed is an interactive 4-week gathering taught by Westwood pastors that will equip you and encourage you to grow in your faith. We will unpack what it means to be a follower of Christ, how to plug into community here, understand your unique gifts and learn how to use them to bless others. Register online.

Sundays, October 28–November 18: Chanhassen: 10:30am–12:00pm, Minnetonka: 11:30am–1:00pm



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The Problem of Pain #3
Done! I Don't Want to Live Anymore
September 23, 2018

SMALL GROUP QUESTIONS

1. Open your meeting by reading Psalm 23 and pray that God would be with you in a special way as you discuss this sensitive subject of suicide.
2. Why do you think suicide is difficult to talk about? Is the extensive news coverage of fashion icon Kate Spade and celebrity chef Anthony Bourdain's suicide helping people to remove the stigma or increase the conversation of suicide in your circle of relationships?
3. Pastor Joel repeated the words, *'people sometimes feel so bad that they want to die, even God's people.'* Have you ever had a moment in time or a season of your life that you felt this way? How long did those feelings last? How did you work through those feelings?
4. What is 'flooding' and what is its impact on emotional well-being for those who get stuck in a 'flooding' experience.
5. What stood out to you about the history of suicide and the teaching of the church or the influence of society?
6. The suicide rate is highest during the mid-teens. What do you think the reason for this is? What is different about this time in a person's life? What risk factors are involved? Does getting psychological help or treatment have a stigma associated with it? If so, why?
7. Some churches have taught that suicide could put your salvation at risk. Does suicided separate us from the love of God? Read Romans 8:37-39 and share your understanding of these verses.
8. Psalm 23 speaks about how we can keep hope alive. We each have different experiences, but we all experience these dark valleys. We don't all call them by the same name. Some of us refer to walking through the dark valley of addiction, depression, divorce, etc. What is the name of your darkest valley? Why is it important to 'walk' rather than run through valleys? What does the word 'through' mean in the Psalm – to 'walk through' is pointing to – what?
9. The forces that shape our perception of reality are sometimes biological, or psychological, or societal. Where does the spiritual force come in? How do you understand the phrase, "the Lord is my shepherd?"
10. What can we do to break the silence, remove the stigma and have the conversation about suicide? Is there anyone in your circle of relationships who is demonstrating hopelessness, helplessness or detachment from life? How can you enter into the conversation?