

Sunday Notes - Living in the Presence of the Lord

August 22, 2021

I'm Not Okay - Pt. 3

Genesis 2:18, *The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."*

John 10:10, *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

2 Corinthians 1:8, *We do not want you to be uninformed, brothers and sisters, about the troubles we experienced... We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. 9 Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. 10 He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, 11 as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many.*

For Those Considering Suicide:

- **Your Feelings Are Temporary, but Suicide is Permanent**
- **Suicide Multiplies Your Pain It Does Not End It**
- **Being Depressed Is Not a Sin but Committing Suicide Is**
- **If You Don't Think Your Life Matters—You Are Wrong**
- **Share Your Feelings With Someone Else**
- **Surround Yourself With People Who Care About You**
- **Start Moving—Physical Activity, Serving Others and Getting Outdoors Will Boost Your Mood**
- **Make a List of Things You are Thankful for and Keep It Close to You**
- **Remove Anything That Would Make It Easy to End Your**

Life

For Those Who Know Someone Who Might Be Considering Suicide:

- **Take It Seriously**
- **Share the Thoughts Above**
- **Offer to Help and Get Them Help**
- **Encourage Them to Become More Active**
- **Get Them in a Group**

Surviving the Loss of Someone You Love:

- **Be Honest With God and Others About Your Pain**
- **Surround Yourself With People Who Care**
- **Use Your Pain to Help Others**

Romans 8:38, *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

Galatians 6:2, *Carry each other's burdens, and in this way you will fulfill the law of Christ.*

Acts 2:42, *They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. 43 Everyone was filled with awe at the many wonders and signs performed by the apostles. 44 All the believers were together and had everything in common. 45 They sold property and possessions to give to anyone who had need. 46 Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.*