

# Family Discipleship

## Conversation Guide



## Suicide

According to the [American Association of Suicidology](#), suicide is the second leading cause of death among teens and the third leading cause among adults. They estimate that 40-50% of people will be exposed to suicide in their lifetime.

There are numerous causes that lead people to suicide. Various mental health issues such as depression, addiction, and trauma can cause people to want to end their lives. The increased use of social media may be leading to more isolation and feelings of worthlessness. People may consider suicide when they see no other way out of their problems.

**Discuss:** How has suicide affected your life or the lives of people you know?

A [survey of teens](#) revealed that over 31% of those surveyed lie to their parents about having suicidal thoughts. One psychologist proposed that teens “have thoughts about suicide simply because they are so overwhelmed by the various situations they’re struggling with in life...they have no other way or tools to deal with how they’re feeling so this is where their mind takes them.”

**Discuss:** What are some pressures affecting you or people you know that might lead to suicidal thoughts? What other options and resources exist for dealing with these pressures?

If you’ve known someone who has attempted or committed suicide, this can cause lasting shock, pain, and guilt.

Watch the following video about the guilt that suicide can leave behind:



Pastor Jon talks about the rest and peace that only God can give us through Jesus. God blesses us with friends and family members to talk to when we are suffering. He also blesses us with doctors and medication that can help alleviate mental health issues. Suicide is never the only option.

**Prayer:** Merciful Lord, you have given us life and it is precious. Help us to rely on you when we struggle and to find support in our friends and family and in your word. Use us to help others when they are hurting. Give us the words we need to share your love and connect people with the help they need. Comfort us when we grieve. In the name of Jesus our loving friend and Savior, amen.

**Crisis Text Line:** Text “HELP” to 741741

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) or [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

For more on this topic, watch the following Time of Grace video: [13 Reasons Why Not](#)

*Links, videos, and quotes contained within this guide do not necessarily represent the teachings of Grace Ev. Lutheran Church and the Wisconsin Evangelical Lutheran Synod (WELS).*