

# Conversation Guide

## Mental Health, ep. 3

### Episode 3 summary:

- It's a worthwhile reminder: if you're wrestling with suicidal thoughts, reach out to someone who cares about you or text 988.
- Sometimes we can joke about suicide, but this is often a result of us not knowing how to handle the topic. No matter the reason, suicide is an important topic to discuss.
- The reasons a person might consider suicide are varied and complex, but often they need support and a renewed sense of meaning in their lives.

1. Anxiety
2. Depression
- 3. Suicide**

### Discussion questions

**01** What do you think about the trend of making jokes about suicide? Why do you think people make those types of jokes?

**02** In the Garden of Gethsemane, the disciples fell asleep waiting for Jesus in his darkest moment. What are some ways we can stay "awake" to the needs of our friends? What are some ways we can care for them?

**03** What do you think it looks like to live a meaningful life? Is there anything you could do to live a life with purpose and meaning?

### Diving deeper

**Read Job 3.** Job is one of the most complex books of the Bible, but it can reveal a lot about what it means to be human and wrestle through wanting our lives to end. At the start of the chapter, we see Job curse the day of his birth. The Bible is full of people wrestling with very real and very significant emotions, and it speaks to our experiences even today. Spend some time praying that God would reveal more of his heart for the heartbroken and hopeless, whether it's the people around us or ourselves.