



# Student Notes

## Exposing the Myths of Suicide

**Suicide:** *the act of taking one's own life intentionally and voluntarily"*

- I. Five Common \_\_\_\_\_ About Suicide
  - a. **Myth #1:** People who \_\_\_\_\_ about suicide are only looking for attention.
  - b. **Myth #2:** Suicide only affects people with a \_\_\_\_\_ condition.
  - c. **Myth #3:** All people who attempt suicide \_\_\_\_\_ to die.
  - d. **Myth #4:** \_\_\_\_\_ don't attempt suicide.
  - e. **Myth #5:** Suicide is an \_\_\_\_\_ sin.
- II. Three Wonderful \_\_\_\_\_
  - a. **Truth #1:** God loves \_\_\_\_\_; God loves \_\_\_\_\_! (John 3:16; Romans 8:38-39)
  - b. **Truth #2:** Suicidal thoughts can be \_\_\_\_\_. (2 Corinthians 10:5)
  - c. **Truth #3:** There's always \_\_\_\_\_. (Psalm 46:1)
- III. The \_\_\_\_\_ Forward
  - a. Be a \_\_\_\_\_; recognize myths and believe the truth.
  - b. Be \_\_\_\_\_; take struggles seriously.
  - c. Be \_\_\_\_\_; start conversations.
  - d. Be \_\_\_\_\_; let your friends know that they are not alone.

## Sticky Statement

**The struggle is real.**



# Student Notes

## Small Group Discussion Questions

What are some myths about suicide?

What are some truths that we discussed that are important to keep in mind?

What can you do to help a friend who has thoughts of suicide?

What does God promise in Psalm 46:1 and what will you do this week to keep that truth in your mind?

## Next Steps

How will you be a “doer of the Word and not a hearer only” (James 1:22)?

As a result of hearing this lesson, what action step will you take this week?