



Student Notes

Sharing the Painful Burden

Suicide: *“the act of taking one’s own life intentionally and voluntarily”*

I. Everyone Needs _____.

Suicidal ideation: *“thoughts about or a preoccupation with killing oneself”*

II. We Are Called to Give _____.

a. _____ one another’s burdens. (Galatians 6:2; 2 Corinthians 4:16-18)

b. _____ the law of Christ. (Galatians 6:2; Mark 12:30-31; John 13:34)

III. Jesus Offers _____ for Eternity. (John 1:11; Matthew 27:46; 1 Peter 1:3)

IV. Practical Ways to Give _____

a. Pray for and with those who are hurting.

b. Ask difficult questions.

c. Listen to understand.

d. Share their story and share the love of Jesus.

Sticky Statement

Give hope to the hurting.



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Small Group Discussion Questions

In what ways have you had someone help you bear a burden in your life?

In what ways have you been able to help someone else bear a burden in their life?

What is your understanding of what it means to “fulfill the law of Christ”?

In what ways will you give hope to someone struggling under a heavy burden?

Next Steps

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

What step will you take this week to be more like Christ?