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CQ Rewind - Summary Only Version!

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from the third, fifth and seventh verses. Whatever it was, he deeply repents for it, asks pardon and earnestly entreats support from God.

David reveals a season of overwhelming despair: Psalms 38:1-8: David shares the depth of his own despair with everyone. For those struggling with suicidal thoughts, this is important - acknowledge these thoughts exist.

For those suffering with suicidal thoughts: Acknowledge your despair.

For those who know someone who may be struggling: Take clear notice of their despair.

David, the musician and writer, was prone to the deep emotions of distress, despair, joy and exultation. **He acknowledged the pain but found the source of peace:** Psalms 69:1-13: *My eyes fail while I wait for my God* - He still acknowledges hope in the midst of despair. *The reproaches of those who reproach You have fallen on me* - David did not want to be a bad example to others. David found God in the midst of his great despair. He acknowledged the pain but also acknowledged the source of peace through God.

Out of David's overwhelming despair comes a dark and lonely existence: Psalms 38:9-11: Sometimes we perceive loneliness when we can in fact have support if we were only able to see it and accept it.

For those suffering with suicidal thoughts: Reach out in spite of your loneliness.

For those who know someone who may be struggling: Try to see through their protective shell and reach through to their loneliness.

James 5:13-18: Prayer can be used in many ways, one of which is as a tool of humble fellowship and spiritual healing. This shows a very clear principle of fellowship. True fellowship means trusting others with your hurt and your failure. Being a Christian does not mean you do not need professional treatment or medication. We should share with others what is on our hearts and minds so it can be reciprocated.

Loneliness can be combated with the reality of how the body of Christ works - ALL therein are important and ALL therein contribute! 1 Corinthians 12:20-23: God truly does recognize the extraordinary value of those who may be deemed insignificant.

From David's dark and lonely existence comes the daily struggle with his enemies:

Psalms 38:12-14: Sometimes we can perceive our enemies to be more tenacious and powerful than our allies are.

For those suffering with suicidal thoughts: Realize that with help you can begin to silence the voices of your perceived enemies.

For those who know someone who may be struggling: Be a balm of comfort to empower the silencing of the voices that bring despair.

It is important we realize treatment, therapy and medication are important. We should use our faith as well - not as a replacement to the physical things necessary for the biology of our minds. Just like a broken leg needs a cast, our minds sometimes need help as well.

Jesus literally was able to silence the dark voices of evil spirit beings: Luke 8:27-39: Fear and respect were in the voice of the fallen spirit beings addressing Jesus - they knew who he was. Jesus granted this permission for this was not yet the time for their judgment. That would come later. Our faith can help silence and vanquish the voices.

Where do you find hope when you are so overwhelmed with despair?

From David's daily struggle with his enemies comes his acknowledgement that God does have an answer and is therefore worthy of his hope: Psalms 38:15-17: Beginning to look up, to hope in the midst of darkness - though sometimes it feels feeble - can be a significant step towards healing.

For those suffering with suicidal thoughts: Find a source of true hope. There is most likely one much closer to you than you have allowed yourself to think!

For those who know someone who may be struggling: Be a willing source of or a conduit towards true hope.



If you are in need of hope, it really helps to know where to look for it: Psalms 42:1-11: David's soul needed God in order to be stable. Sometimes we just need to talk ourselves through the storm to find our true north. This is what David did. "Here is where I am; there is where I need to go. I know that where I am is not a good place and I do not want to be here." Part of the challenge is navigating through that void of helplessness. We can listen, validate and give feedback to people in this situation. "Should I hang on for one more day?" This gives us a good formula to do that.

David: "In spite of the desperate experiences and doubt that I may face, God can lift my countenance again!" This is profound. God can pull you back up.

Sometimes help and hope are closer than we can imagine and can come from the most unlikely sources: Acts 16:25-30: An unexpected voice can bring unexpected hope and can lead to our lives changing. Maybe you can be that unexpected voice for the person suffering.

Once we begin to see hope as a real possibility, what should we do next?

From acknowledging God's answer and hope comes trust - becoming vulnerable before God in all honesty.

With this trust comes a stated desire for God's presence in and around our struggles, just like David: Psalms 38:18-22: He looked for hope in the midst of his despair. Vulnerability before God is a freeing experience, for it means that *our complete trust* is in the hands of the mighty Creator who absolutely knows what is best for us.

You might be the ride to the doctor or the one who picks up medication. You might simply call and meet for coffee or let the person know you are thinking about them.

For those suffering with suicidal thoughts: Truly work at trusting your source of true hope. For those who know someone who may be struggling: Be a trustworthy and steady fixture in the process of delivering true hope.

Our mission at Christian Questions is for people to "think about the Bible like you never have before." We want to bring hope to a sin-sick world filled with challenges to point people in the right direction of God and His word. Mark is reaching out with a focus on suicide. Hopefully we can each use what is in our hands to help all.

As Christians, we follow in Jesus' footsteps but we are not Jesus. He could read the heart and mind and understand everything about a person. We do not have that same ability. We have to focus, pay attention, observe and act. Much of the issue is due to depression caused by many reasons including Post-Traumatic Stress Disorder. We need to realize hope exists because we can lift each other up. Am I willing enough and observant enough to help the person close to me? Am I compassionate enough?

2 Corinthians 1:3-11: In other words, "I have the difficult and draining trial of suffering as do you, but with it comes comfort. My experiences, though they are mine, can be shared with you because we are part of the same body. Our comfort might come from different channels, but we are all in this together. I was tried beyond what I thought possible - to the very door of death - yet I overcame the chilling call of death and defeat by faith in the One who brings life! I know how you feel. We will get through this together. Our hope is provable and alive and this gives us the inspiration to truly trust in God as we continue."

Galatians 6:2: (KJV) *Bear ye one another's burdens, and so fulfil the law of Christ.*

A lot of people are suffering with depression and have tried to take their own lives. We want to react with the compassion of Jesus and our big brother, Paul. We cannot solve the problem, but we can contribute to getting the needed help. Our faith in God

can give us the strength and fortitude to help those in need. There is always hope.

***So, is suicide an unforgivable sin?
For Jonathan and Rick and Christian Questions...
Think about it...!***