



**THE**

**SILENT**

**CRISIS**

WHAT THE BIBLE HAS TO SAY  
ABOUT MENTAL HEALTH

PARENTAL GUIDANCE  
SUGGESTED

**PG-13**

TODAY'S SERMON  
TOPIC IS ABOUT  
SUICIDE

Some Material May Be Inappropriate for Children Under 13

## Send Your Holy Spirit now for Christ's sake to...

Pray silently for the prayer request printed in your bulletin.

A

CHURCH

THAT

PRAYS

AWAKEN West Houston — Day 26 Prayer. Lord, please fight a specific battle in the life of each person and family on our lists, in an undeniable way, so they are drawn to You. Lord, please show each person and family that they are powerless, so that they may trust in Jesus as Savior.

The Raj\*put of India.

Lord bring peace to Ukraine and to the world.

**We ask all this for the glory of Your name.**

Please pray for this request shared during last week's worship service.

**Pray for  
others**

# ***The Silent Crisis***

## **“What the Bible Has to Say About Suicide”**

### **1 Kings 19 – March 27, 2022**

### **Our Sermon Series**

<b>THE SILENT CRISIS</b>		
<i>What the Bible Has to Say About Mental Health</i>		
<b>Date</b>	<b>Message Title</b>	<b>Scripture</b>
March 20	What the Bible Has to Say About Depression	Psalm 42
March 27	What the Bible Has to Say About Suicide	1 Kings 19
April 3	What the Bible Has to Say About Anxiety	TBD
April 10	What the Bible Has to Say About Addiction	TBD
More GF messages can be found at <a href="http://WhatIsGrace.org/Watch">WhatIsGrace.org/Watch</a>		

### **Seven Myths About Suicide**

<b>#</b>	<b><i>Myth</i></b>	<b><i>Truth</i></b>
1	Suicide does not affect many people.	<ul style="list-style-type: none"> <li>▪ 45,979 Americans died by suicide in 2020</li> <li>▪ 1,200,000 Americans attempted suicide in 2020</li> <li>▪ On average, there are 130 suicides per day in the U.S.</li> <li>▪ Suicide is the 2<sup>nd</sup> highest cause of death among 15-24 yr olds</li> <li>▪ 54% of Americans have been affected by suicide</li> </ul>
2	Suicide is the unforgivable sin	<ul style="list-style-type: none"> <li>▪ The “unforgivable sin” is talked about in Matthew 12:22-37, and nowhere is suicide mentioned in this passage. The “unforgivable sin” is “blasphemy of the Holy Spirit” and most likely indicates a heart that is so hard that it refuses to trust in Jesus Christ.</li> <li>▪ All sin is forgivable if you have placed your faith in Jesus Christ (1 Tim 1:15-16; Colossians 2:13-14; 2 Tim 2:13; John 10:27-30; Romans 8:31-39; 10:9)</li> </ul>
3	Everyone who commits suicide is going to hell	<ul style="list-style-type: none"> <li>▪ The issue is not which sin you have committed but whether you have placed your faith in Jesus (Eph 2:8-9; Rom 10:9).</li> <li>▪ Those who have <b>not</b> placed their faith in Jesus Christ are going to hell (Revelation 20:15).</li> </ul>
4	Everyone who commits suicide is going to heaven	<ul style="list-style-type: none"> <li>▪ Only those who have placed their faith and trust in Jesus Christ are going to heaven (John 14:6; Acts 4:12; Revelation 20:15; Romans 10:9; Ephesians 2:8-9)</li> </ul>
5	Suicide gets rid of all your problems	<ul style="list-style-type: none"> <li>▪ If you are going to heaven, you will be held accountable for your choice (2 Corinthians 5:10)</li> <li>▪ If you are going to hell, you just lost your chance to be saved (Hebrews 9:27)</li> <li>▪ Suicide creates enormous problems for those you leave</li> </ul>
6	Attempting suicide is harmless as long as you don't succeed	<ul style="list-style-type: none"> <li>▪ You've just opened yourself up to spiritual oppression by giving Satan license in your life (Ephesians 4:27; John 10:10)</li> <li>▪ You've just set a model for other people to follow. Suicide is contagious. After Marilyn Monroe....</li> </ul>
7	People who have suicidal thoughts are crazy and unspiritual	<ul style="list-style-type: none"> <li>▪ Moses (Num 11:14-15), Job (Job 3), Elijah (1 Kings 19:3-5), and Jonah (Jonah 4:3,8) all struggled with suicidal thoughts. Highly spiritual people have suicidal thoughts.</li> <li>▪ As the church, we must lead the way in dispelling the stigma around mental health issues. We need to be the safest place on the planet to not be okay!</li> </ul>

## Factors in Elijah's Suicidal Condition (1 Kings 19:1-5)

1. Paralyzing fear (v.3)
2. Isolation (vv.3,10,14)
3. Negative self-talk (v.4)
4. Exhaustion (v.5)
5. Success and mountain-top experience (1 Kings 18)
6. Trauma (1 Kings 18)
7. The threat of the enemy (vv.1-2) (John 10:10; 1 Peter 5:8)

## How God Counseled a Suicidal Elijah (1 Kings 19)

### 1. God ministered first to Elijah's \_\_\_\_\_ needs and his \_\_\_\_\_ needs (vv.4-8)

- The first thing God did was serve Elijah some angel food and water while Elijah rested and exercised. Food, water, sleep, and exercise all affect our brain chemistry.
- Depression is a chemical state in the brain (low endorphins) caused by any number of very complex factors. Any treatment of depression must address both the root causes AND the chemical state of the brain. I personally believe that anti-depressant medications are a gift that God has allowed us to discover (just like penicillin) to help restore a person's serotonin and endorphin levels while they work on the root causes of their depression.
- Application #1 – As I deal with my depression, I am going to...
  - Go see a medical doctor or psychiatrist to see if my condition needs the help of medication.
  - Go see a Christian counselor to help address the root causes of my depression (see yellow list of recommended referrals from our Care Ministry Team – blue shirts in the lobby).
  - Eat healthy, exercise, and get 8 hours sleep.

### 2. God asked Elijah questions and \_\_\_\_\_ (vv.9-10)

- Listening is therapeutic and healing (James 5:16).
- **Galatians 6:2** – *Bear one another's burdens.*
- Sharing your joy doubles your joy. Sharing your pain cuts it in half. Get help by telling someone about your pain.
- If no one knows your secrets, you are in trouble! Everyone doesn't have to know your secrets, but **someone** needs to know your secrets! You are only as sick as your secrets.
- Application #2a – I'm going to allow someone to help me cut my pain in half by sharing with them how I am feeling and allowing them to bear my burden with me.
- Application #2b – I am going to listen empathetically. I am going to give my friend the ministry of presence. I'm NOT going to give advice; instead, I'm going to listen. I'm going to hurt with my friend (praying silently as I listen).

- A Crash Course on What to Listen For – Danger Signs of Suicide
  - ✓ Talking about suicide
  - ✓ Statements about hopelessness, helplessness, worthlessness
  - ✓ Preoccupation with death
  - ✓ Suddenly happier and calmer after period of deep depression
  - ✓ Loss of interest in things one cares about
  - ✓ Making arrangements and setting one's affairs in order
  - ✓ Giving things away
- What to Ask If You Think Someone is Suicidal
  1. Ask them: "Do you ever feel so badly that you think of suicide?"
  2. Ask them: "Do you know when you would do it? Do you know how you would do it? Do you have access to what you would use?"
  3. Never promise them that you will keep their suicidal thoughts or plans a secret.
  4. Take suicidal thoughts and plans very seriously – **get help immediately!**
    - ❖ 911
    - ❖ 1-800-273-TALK (National Suicide Prevention Lifeline)
    - ❖ Text the word TALK to 741741

### 3. God drew \_\_\_\_\_ to Elijah (vv.11-13)

- Part of the solution to Elijah's suicidal depression was having an encounter with God. This encounter did not happen through something dramatic like a stormy wind or earthquake or fire, but the encounter with God happened through a whisper.
- To hear a whisper... you must be close. God drew Elijah close!
- Application #3 – As you draw in close to God and lean on Him in your pain and depression, here is what you will hear Him whisper:
  - I love you!** (John 3:16; Jeremiah 31:3; Daniel 10:10)
  - Choose life!** (Deuteronomy 30:19)
  - You don't have to die to end your pain!** (John 10:10)
  - You have purpose!** (Ephesians 2:10)
  - There is hope!** (Romans 15:13; Hebrews 6:19)

### 4. God gave Elijah a \_\_\_\_\_ (vv.13-17)

- God gave Elijah some very specific assignments – namely, to seek out, commission, and develop 3 leaders for some very important assignments.
- God has a purpose for you: To glorify Him by loving God and loving people (Mark 12:29-31; Isaiah 43:7).
- God also has specific and purposeful assignments for you that He picked out just for you before you were born.
- **Ephesians 2:10** – *For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.*
- Rick Warren: "You were put on earth to make a contribution. In God's Kingdom, you have a place, a purpose, a role, and a function to fulfill. This gives your life great significance and value."

- Application #4 – With God’s help and leading, I’m going to live in my purpose of loving God and loving people, and I’m going to use the unique spiritual gifts, heart, abilities, personality, and experiences God has given to me in order to serve others and fulfill my purposes.
- Two more thoughts here:
  1. You have to “get up” to discover your purpose (vv.5,7,15)
  2. When Elijah lived in his purpose, God took care of his fear. Namely, Jehu ends up killing Jezebel (2 Kings 9:30-37).

## 5. God helped Elijah see that he is \_\_\_\_\_ (v.18)

- Whereas Elijah had left his ministry companion and gone alone into the desert (vv.3-4), God sends Elijah back to engage with people (vv.15-17) and then informs Elijah that he is NOT ALONE: There are 7000 faithful followers of Yahweh (v.18 versus vv.10,14).
- Application #5a – You are NOT ALONE! We are here for you! God is here for you! How can we help you?
- Application #5b – Grace Fellowship, let’s be the safest place on the planet for people to NOT be okay! Let’s take off our masks and be real with one another! Let’s listen to one another! Let’s ask God’s Spirit to show each of us who to call, who to text, who to walk up to, who to pray with.

## The Spiritual Warfare Dimensions of Suicide

- Suicidal thoughts come from satan (John 8:44; 10:10; 1 Peter 5:8; Rev. 12:10)
- Use spiritual weapons to fight this spiritual battle (2 Corinthians 10:3-5; Ephesians 6:10-20; James 4:7-8; 1 Peter 5:8-9)
- A Prayer to Break Any Footholds From a Past Suicide Attempt

Lord, I renounce all suicidal thoughts and any attempts I’ve made to take my own life or in any way injure myself. In Jesus’ name I break any footholds of death or suicide or self-hate that my past actions may have created. I renounce the lie that life is hopeless and the lie that I can find peace and freedom by taking my own life. Satan is a thief who comes to steal, kill, and destroy, but I choose life in Jesus Christ who said He came to give me life abundantly. Thank You, Lord Jesus, for Your forgiveness that allows me to forgive myself. I choose to believe that there is always hope in Christ. In Jesus’ name.

- A Prayer to Break Generational Cycles of Oppression

Lord Jesus, I here and now reject and disown all the sins of my ancestors. I specifically renounce the sin of suicide committed by \_\_\_\_\_ and break any generational footholds that might have been established through this act. As one who has been crucified and raised up with Jesus Christ and who sits with Him in heavenly places, I cancel out all demonic workings and renounce all satanic assignments that are directed toward my family and me. I cancel out every curse that satan and his workers have put on me. Jesus became a curse in my place, and I claim His atoning blood over myself. I belong to the Lord Jesus Christ and declare myself fully and eternally signed over to Jesus. I now command every familiar spirit and every enemy of the Lord Jesus to leave my presence. Jesus, I choose your abundant life and ask You to fill me with Your Holy Spirit. In Jesus’ name. Amen.



# BELIEVE

Exploring What You BELIEVE  
from the BIBLE'S Hall of Faith

**WHAT** do you believe, and **WHY** do you believe it?

## Cinco Ranch Campus **EASTER SERVICES**

- **SATURDAY, APRIL 16 AT 5PM**—Identical service to Sunday morning but in the convenience of Saturday night. Families worship together. Children's ministry for newborns through pre-K on Saturday night. (Easter weekend only.)
- **SUNDAY, APRIL 17 AT 8:45 OR 10:45AM**—Two services with Children's Ministry (all ages) during both hours. Junior High and High School students worship in the Worship Center.
- **SUNDAY, APRIL 17 AT 7AM**—Traditional Outdoor Easter Sunrise Service celebrating the Resurrection with familiar songs and hymns, a short Easter message, and Communion. (Sunrise service on Easter weekend only.)



A  
CHURCH  
THAT  
SERVES



## VACATION BIBLE SCHOOL

June 13—16 from 9AM—NOON

There are many opportunities to help kids learn that what you do today can change the world around you. When you put your trust in Jesus, you can “make waves” because of His Spirit living inside you.



**Scan the QR Code to Register to Volunteer!**

# Adult Ministries

## Discipleship

**How to Think Like a Christian in a World that Doesn't.** Thursday nights, April 3—May 15, 6:30pm in the Vista: This course will help you investigate the different ways people think and then compare each to what the Bible teaches.

Register at [WhatIsGrace.org/Adults](http://WhatIsGrace.org/Adults).

## Prayer

**Prayer Course 101, Mar. 28, 6—7:30PM in the Prayer Center:** Spiritual Warfare with Pastor Jeff Dietz.

**Healing Prayer Today from 10:30AM—12:30PM:** No appointments are needed. Just come into the Prayer Center.

**Prayer for Peace in Ukraine, Thursdays from 10—11AM:** We are praying for Ukraine, Russia, for peace in Europe, and unity across the world. You're invited to join us LIVE in the Prayer Center or Online at [thegreatsouthwestprayercenter.org](http://thegreatsouthwestprayercenter.org).

**Prayer Line:** (281) 398-2GOD

**Online Prayer:** [WhatIsGrace.org/Prayer-Wall](http://WhatIsGrace.org/Prayer-Wall)

## Missions

**April Church in Action:** Help Build a Ramp for a Special Needs Family, Saturday April 23rd. Contact [churchinaction@WhatIsGrace.org](mailto:churchinaction@WhatIsGrace.org) for more info.

**Prayer for the Unreached:** Receive prayer requests for our UPGs by text (1-2 per month). Join us in lifting up these precious people!

**FriendSpeak:** Reach out to international friends in our area, helping them practice their English! Email [sarahkaty2000@yahoo.com](mailto:sarahkaty2000@yahoo.com) for more info.

Visit [WhatIsGrace.org/Missions](http://WhatIsGrace.org/Missions) to learn more about these opportunities.

## Care

**Parenting with Grace:** Develop a family culture that fosters love, respect, and purpose.

**DivorceCare:** Encouragement, hope and healing for adults, children and teens dealing with divorce.

**Dave Ramsey's Financial Peace University:** Learn God's way of handling your money and finding financial freedom.

**GriefShare:** Support and healing for those dealing with the passing of a loved one.

**Marriage Matters:** Renew and strengthen your marriage with deeper communication and understanding.

**Free Indeed:** Support for men struggling with pornography and sexual addictions.

For more information and ongoing registration, please visit [WhatIsGrace.org/Care](http://WhatIsGrace.org/Care).

**Need confidential care? Contact Care Pastor Cindi Lomax at [CLomax@WhatIsGrace.org](mailto:CLomax@WhatIsGrace.org).**

# Kids Ministry

## Special Needs Ministry Parent Mini-Conference:

Hope for the Journey. Friday, April 8 from 6PM—9:30PM on campus in the Kids Ministry building. Childcare will be available. Please contact Katina at [KYeargain@WhatIsGrace.org](mailto:KYeargain@WhatIsGrace.org) for more information or to register.

**Kids 101 on April 10, from 12:30—3PM:** This class is highly recommended prior to your child's (ages K-5) baptism and covers the basics of the gospel in an interactive, age-appropriate format. Class is free for parents and children and lunch is provided. Visit [WhatIsGrace.org/Kids](http://WhatIsGrace.org/Kids) to register your child today!

# Student Ministry

**Join a Student Ministry Small Group!** Connect with friends and grow in your relationship with God. Please visit [WhatIsGrace.org/student-small-groups](http://WhatIsGrace.org/student-small-groups) to learn more.

## Get Connected

**New to Grace?** Welcome! Come by the Welcome Center in the lobby to pick up a gift. We would love to say "hello" and answer any questions you might have.

**Starting Steps:** Are you new to Grace Fellowship, or maybe you've been here a while and want to take your next step? Starting Steps are sessions created to help you make a connection and engage you in the life of Grace Fellowship. Learn more at [WhatIsGrace.org/Connection](http://WhatIsGrace.org/Connection).

## Get Involved

**Job Opening:** Full-time HR Director—This role is responsible for all activities of the human resource function including, but not limited to, compensation and benefits, payroll administration, and employee relations. To apply, contact Ben Bash, Administrative Pastor, at [Admin@WhatIsGrace.org](mailto:Admin@WhatIsGrace.org).

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