

WELCOME

Our Mission is to . . .

- Connect you to Jesus
- Connect you to His community for discipleship
- Connect you to your mission and purpose in life

We are not here to tell you what to wear, eat, listen to, vote for, or even believe. These are things you must determine for yourself if you want to have real faith. We are here to give you truth, facts, tools and point out that every choice, every belief, and every action you make is tied to an outcome in your life. You can't do life without developing a strong foundation and becoming a person of substance. This is your journey, your discovery, and you will reap the benefit of the work you do.

FHNew - Our mission as a church is to do everything we can to help you grow your faith. If you would like to get to know us a little better or begin or continue your journey of faith, text **FHNew** to **53123** and we will send you a link to a few short videos about Foothills Church, or stop by the **Connection booth in the Atrium.**

FHBaptism - One important step in your faith journey is being baptized. To learn more about baptism, text **FHBaptism** to **53123** and we will send you the teaching on Believers' Baptism.

ONGOING

- [Moms groups](#) (links)
- [Bible Recap](#) – read through the Bible
- **Weeds in My Garden** – 8 week sermon series (started February 4), on **Mental Health** -- suicide, self-harm, stress/anxiety, burnout, low self-esteem and depression.
 - **Pray the Holy Spirit** gives Pastors Doug and Harv the words that people need to hear
 - **Pray for the staff** who will be fielding questions on topics of which we are not experts as well as reaching those in our community who are feeling isolated and alone
 - **Pray about whom you might invite**: friends, family members, co-workers. Everyone wrestles with these issues or has a loved one who does, and we can all use tools in our toolbox to navigate life
 - **Testimonies**: If you have a testimony or story that could help someone, please tell it. You can **use the QR code** on the screen to sign up.
 - **Counselors**: We are looking for partners in this series. If you are a counselor or mental health professional and would like to be a resource for those in need, scan the QR code for a link to the **Counselor Info Form**.
 - **Parents**: If you typically bring your kids (6th grade and under) to the auditorium for church, during this sermon series I encourage you to take advantage of our kids' ministry for this series. We don't want to put ideas in their heads that you will have to navigate as a parent.
- **Master Course: The Nature of God** – 6-week course **started Thursday, February 15**, 6:30-8 pm in the Youth Center. Purpose: Encourage mature and growing Christians to the next level in their knowledge and understanding of God.

INTRODUCTION

We are in a series called **Weeds In My Garden**, an honest conversation about mental health.

Today's topic: Suicide

We introduced 4 buckets at the beginning of this series: Spiritual, Clinical, Situational, and Biological. There is no more important time to remember all four buckets than when dealing with the issue of suicide. In order to have success for yourself or for someone else, you need to address all four at the same time.

One important reason to discuss this issue is because it is becoming more prevalent in our society.

- **According to the CDC, suicide has become one of the largest causes of death in America**
- **In 2022, 49,449 people died from suicide**
- **Men commit suicide at 3.9 times the rate of women: That means for every woman that commits suicide, 4 men do -- No question this is an issue affecting men**
- **Suicide is most prevalent in the 25-44 age range**
- **Second highest age group for suicide is 45-64**
- **Suicide rates have increased 37% since 2000**
- **Military personnel, both active and inactive, have increasing rates of suicide**

It is important in the growth of your faith to be aware of this issue to understand how something could happen in your life, or you may be tempted to go this direction. There may be somebody in your life that might be considering it or has already made that choice.

BIBLE STUDY

There are a number of situations recorded in the Bible where people took their own lives

1. Abimelech

Judges 9:52-54 *So Abimelech came to the tower and fought against it, and approached the entrance of the tower to burn it down with fire. 53 But a woman threw an upper millstone on Abimelech's head, crushing his skull. 54 Then he called quickly to the young man, his armor bearer, and said to him, "Draw your sword and kill me, so that it will not be said of me, 'A woman killed him.'" So the young man pierced him through, and he died.*

2. Samson

Judges 16:30 *Samson said, "Let me die with the Philistines!" He pushed hard, and the temple collapsed on the rulers and all the people in it. He killed many more people in his death than he had killed during his life.*

3. Saul & his armor bearer

1 Samuel 31:4-5 *Saul said to his armor-bearer, "Draw your sword and stab me with it! Otherwise these uncircumcised people will come, stab me, and torture me." But his armor-bearer refused to do it, because he was very afraid. So Saul took his sword and fell on it. 5 When his armor bearer saw that Saul was dead, he also fell on his own sword and died with him.*

4. Ahithophel

2 Samuel 17:23 *Now when Ahithophel saw that his advice had not been followed, he saddled his donkey and set out and went to his home, to his city, and set his house in order, and hanged himself; so he died and was buried in his father's grave.*

5. Judas Iscariot

Matthew 27:3-5 *Then when Judas, who had betrayed Him, saw that He had been condemned, he felt remorse and returned the thirty pieces of silver to the chief priests and elders, 4 saying, "I have sinned by betraying innocent blood." But they said, "What is that to us? You shall see to it yourself!" 5 And he threw the pieces of silver into the temple sanctuary and left; and he went away and hanged himself.*

What can be learned from each of these situations?

- Each of these people had suffered a trauma -- due to someone else's action or their own decision
- They believed their future had no hope -- they believed their life was a complete failure
- The reason behind their choice was their state of mind

The classic Christian orthodoxy concerning suicide can be explored in [The Salty Pastor Podcast](#) episodes 377 and 378 on YouTube.

Our main goal in this message is to be helpful and hopeful.

"Connection is the Cure" is a non-profit, local based organization focused on helping people struggling with suicidal thoughts and addiction issues as well as for people who know of a loved one struggling with these issues.

<https://connectionisthecureidaho.org/>

An interview with September Frogley, founder and executive director of Connection is the Cure

- 1. Why did you form this particular organization?**
- 2. Why do you consider connecting people with the available resources?**

3. What are the risk factors we should be aware of?
4. What signs should people look for?
5. What is the best way to have a conversation with someone you might be concerned about?
6. What's the most important first step in helping someone access these important resources?

CHALLENGE

1. If you are struggling with this issue, seek help now.
2. If you have been impacted by someone who made this choice, you may now have a deeper understanding of how dark and difficult their struggle was and therefore can let go of the feeling that you should have done more.
3. Regardless of how devastating this issue is in life, it is a reality and as with all realities, there can be healing and wholeness from its impact.

DISCUSSION QUESTIONS

1. What are the most important factors to look for when someone you know, or yourself, is struggling with severe mental pain?
2. When you see people struggling with despair and hopelessness, how important is it to be direct and probe how they are doing? What is the best way to probe and be direct?
3. What is the best way to connect people with resources to help them, or yourself, through really dark times?