

CHURCH DISCUSSION GUIDE

FAITHFUL CONVERSATIONS. HEALTHY PEOPLE. STRONGER COMMUNITIES.

Talking about suicide isn't a lack of faith — it's a chance to show the heart of Jesus.

A SAFER CHURCH
A KINDER CHURCH
A MORE HOPEFUL
TOMORROW.



REAL CONVERSATIONS CAN SAVE LIVES.

A GUIDE FOR CHURCH LEADERS,
SMALL GROUPS, AND EVERY
BELIEVER WHO WANTS TO
MAKE A DIFFERENCE.



1. UNDERSTAND DISPEL THE STIGMA.

- Suicide is a real and growing issue, including among Christians.
- Struggling with mental health is not a sign of weak faith.
- People can love God and still experience depression, anxiety, or suicidal thoughts.
- Silence increases shame. Conversation brings light, healing, and help.
- The church should be a safe place for honest conversations.

*Compassion is not compromise.
Listening is not approval.
Caring is Christlike.*



2. CREATE A SAFE CHURCH CULTURE.

- Normalize conversations about mental health and emotional struggles.
- Use grace-filled, non-judgmental language.
- Be intentional about creating safe spaces (small groups, classes, one-on-one).
- Equip leaders and volunteers to respond with empathy.
- Emphasize that everyone belongs — no matter what they're going through.



*A church where people
can be honest about
their struggles is a church
that reflects Jesus.*



3. ENGAGE HAVE GRACE-FILLED CONVERSATIONS.

- Ask open and caring questions (e.g., "How are you really doing?").
- Listen without judgment.
- Validate their feelings.
- Don't be afraid to ask directly, "Are you thinking about suicide?"
- Assure them they are not alone.
- Encourage appropriate support (pastor, counselor, doctor).
- Keep checking in.



*People don't need
perfect answers.
They need a safe person
who will listen.*



4. SUPPORT WALK ALONGSIDE.

- Pray with them and for them.
- Encourage professional help when needed.
- Offer practical support (rides, meals, check-ins, accompaniment).
- Be patient. Healing takes time.
- Respect their journey and boundaries.
- Remind them they are valued, loved, and have a purpose.



*You may be the hands
and feet of Jesus in someone's
darkest season.*



5. DISCUSS GUIDE YOUR CONVERSATIONS.

Use these questions in your small group, class, or leadership team:

- 1 What comes to mind when you think about suicide? Why do you think it's often seen as a "taboo" topic in the church?
- 2 How can our church better reflect Jesus to people who are struggling?
- 3 What are practical ways we can create a safer, more welcoming community?
- 4 How can we support someone who shares they are having suicidal thoughts?
- 5 What role does Scripture, prayer, and community play in the healing process?



6. KEY TAKEAWAYS LET'S BE A CHURCH THAT...

- Chooses compassion over judgment.
- Sees mental health as part of holistic care.
- Talks about suicide with wisdom and grace.
- Creates safe spaces for honest conversations.
- Walks with people in their pain.
- Points to the hope of Jesus — always.



*"Carry one another's burdens,
and in this way you will fulfill
the law of Christ."
Galatians 6:2*



HEALTHY CONVERSATIONS
BUILD STRONGER FAMILIES.



A MORE COMPASSIONATE CHURCH
BUILDS A BRIGHTER TOMORROW.



TOGETHER WE CAN
BREAK THE STIGMA.