

Conversation Guide

Suicide

Part
02

Feature
Presentation

You can't say to someone with a heavy heart, "just be happy." That isn't going to help them. What helps them, even if it seems counterintuitive, is entering into their sadness with them.

Summary

In our society today, for various reasons, we sometimes feel like we can't or shouldn't open up about our feelings of depression, sadness, etc. But burying our feelings and pretending not to have them tends to only make us feel worse. Having open conversations about depression, anxiety, and feelings of melancholy and sadness, are a very important step toward finding healing.

Reflect, Discuss, and Share

01 Esther Fleece wrote, "God doesn't meet us where we pretend to be, he meets us where we are." What do you think she meant by that?

02 What do you think it looks like to accept and learn from failure while not allowing it to define us? What does this look like in school, sports, or work?

03 Have you ever felt like it wasn't okay to admit that you weren't okay? What kept you from thinking you could open up? Consider sharing that story with your teen(s).

Discuss!

Think about this!

Be Vulnerable!

"Praise be to God ... the Father of Compassion and the God of comfort, who comforts us in our troubles, so that we can comfort those in trouble with the comfort we receive from God"

2 Corinthians 1:3-4



Make an effort to enter into someone's sadness with them. This doesn't mean you can't be positive, but be sure to validate the way they feel and listen to what they have to say.



Watch this video: <https://vimeo.com/123004006>. Do you agree with their perspective on melancholy? Can melancholy and joy exist in the same place, or are they opposites?