

Suicide

Are you in a season of pain and hopelessness? Is your world crumbling around you? Perhaps you feel like no one could possibly understand what you are going through and believe that the only solution is to end to your life? If you are contemplating suicide we want to help. God loves you and He can restore a sense of hope in your life. You can overcome these feelings and turn the tables on your suicidal thoughts. Let the word of God guide you from this period of darkness. God did not create you haphazardly. You were created with purpose. He tells us in Jeremiah 29:11-12 NIV "For I know the plans I have for you," declares the Lord, "plans to prosper you and not harm you, plans to give you hope and future. Then you will call on me and come and pray to me, and I will listen to you." It may feel like all hope is lost, but it is not. Connect with God, lay it all on the table and tell Him what is bothering you. Ps 18:2-3 NIV tells us "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold." Meditate on His promises and know that His plans for your life are far greater than what you can imagine.

The Cascade family loves you, and we are here to help with resources available to you. Please email the church office at care@cascadeumc.org or call (404) 691-5770 during office hours (9:00 a.m. – 6:00 p.m.) After 6:00 p.m. and on weekends, contact our on-call Pastor at (404) 313-4225.

Visit the American Foundation for Suicide Prevention www.afsp.org or call the **National Suicide Prevention Life 24/7 at 1-800-273-8255.**