

If Suicide's the Answer ... What's the Question?

The Question of Distress

Stress, worry, and anxiety are three of the most common killers. Strokes, heart attacks, and even cancers have been linked to uncontrolled stress, worry, and anxiety. But not only is it a top killer through disease, each year hundreds of people take their own lives because they are overwhelmed with pressures they can no longer bear. This week: If distress is the question, is suicide really the answer?

1 Kings 16:8–10, 15–19a

1. Distress is _____ stress.
2. Distress has two key sources: _____ and _____
_____.
3. Distress is an _____ to full and abundant living.
4. The antidote to distress is _____.

My Count Me In! Commitments

- I'll be here next Sunday
- I'll invite a friend
- Make a list of the things I'm distressed (guilty, overwhelmed) about
- I'll practice saying "No" at least once each day this week
- I'll check the distress levels of those close to me

Additional Notes

Digging Deeper, Going Further

Monday

Read: 1 Corinthians 4

1. During the final judgment, what will God do with our deeds and our motives?
2. In v 16, why do you think Paul suggests that they imitate him? Do you think his statement shows arrogance or humility?

Reflect: According to Paul, how trustworthy is your conscience? What does this mean to you?

Tuesday

Read: 1 Corinthians 5

1. What did Paul say the church was to do with the man whose behavior was out of line with Christian values?
2. How are Christians to treat other “Christians” whose lives are out of line with Christian behaviors? (v 10–11)

Reflect: Why do you think Christianity has been so judgmental of those outside of the church? According to the scriptures, who should be the focus of our judgment?

Wednesday

Read: 1 Corinthians 6

1. How are Christians supposed to handle disagreements with each other?
2. What is the remedy for “wrongdoers”? (v 9–11)

Reflect: Paul writes that we must not be mastered by anything? In what areas of your life do you struggle with being mastered? What would be the remedy?

Thursday

Read: 1 Corinthians 7

1. According to this passage, who must the wife submit to? Who must the husband submit to?
2. According to Paul, why is it better to be an unmarried Christian?

Reflect: How do you think marriage enhances Christian behavior? How do you think it undermines Christian behavior?

Friday

Read: 1 Corinthians 8

1. Why were some people troubled by eating meat?
2. Were the Corinthian Christians “allowed” to eat meat from the temple markets?

Reflect: Under what circumstances is it okay to exercise your personal liberty (eating, drinking, etc.)? When would it *not* be okay to exercise your personal liberty?

Saturday: *Who will you invite to worship with you tomorrow?*