

# One Weekend of Prayer: Celebrating Life, Hope, and Reasons to Live

There is a reason for each of us to be here—alive—the young and the old; the sick and the healthy. Our community of faith should be a place where we protect and comfort each other when faced with the issue of suicide. This week, and all throughout the year, we celebrate reasons to live.



**Let's be honest, life can sometimes feel overwhelming and challenging.** Sometimes events can leave us feeling worthless, abandoned, or isolated. Our faith community seeks to be a caring community that focuses on the hope that, in God's time, life's challenges can be overcome, and bad feelings will subside. Through connections within our own community, we can find the strength to live out each day as God gives it. If that living ever becomes unbearable for any one of us, we should know how to access support and services, including the National Suicide Prevention Lifeline which can be reached at 1-800-273-8255 (TALK) and provides free, confidential support available 24/7, anywhere in the U.S.



**Faith.Hope.Life. is a reminder that God loves you and knows your struggles.** Even when you walk through the valley of the shadows and feel that you don't have the strength to face another day, God is with you. God can give you help through friends, loved ones, co-workers, members of your faith community, your faith leader, and other professionals, such as counselors, therapists, and doctors. They can be God's heart and God's listening ear when you feel most troubled and alone.



**If you know someone (including yourself) who needs help with the difficult challenges of life, has lost hope or withdrawn from others, feels trapped like there is no way out, or has no will to go on, reach out.** Let others help. It could make all the difference. Where there is help there is hope.

National Suicide Prevention Lifeline (24 hours/7 days)  
1-800-273-TALK (8255) [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)