

# Can I Ask That?

## Week 3

### 1 Kings 19:3-4

Elijah was afraid and ran for his life... He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

### Psalm 88:3-6

For my soul is filled with troubles. And my life comes near the grave.<sup>4</sup> I am added among those who go down into the deep hole. I am like a man without strength.<sup>5</sup> I am left among the dead, like those who have been killed and lie in the grave, whom You remember no more. They are cut off from Your help.

<sup>6</sup>You have put me in the deepest hole, in a dark and deep place.

### 2 Corinthians 1:8b (NIV)

We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

:: Asking for help reveals STRENGTH, not WEAKNESS.

### 1 Thessalonians 5:25

*Dear brothers and sisters, pray for us.*

:: The pathway to healing requires AUTHENTIC COMMUNITY.

### Galatians 6:2

*Help each other in troubles and problems. This is the kind of law Christ asks us to obey.*

### Ecclesiastes 4:9-12

Two people are better off than one, for they can help each other succeed.<sup>10</sup> If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.<sup>11</sup> Likewise, two people lying close together can keep each other warm. But how can one be warm alone?<sup>12</sup> A person standing alone can be

attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

:: Our eternity is determined by our final FAITH, not our final ACT.

### Ephesians 2:8-9

*God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God.<sup>9</sup> Salvation is not a reward for the good things we have done, so none of us can boast about it.*

### Romans 8:38-39

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers,<sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

## SO WHAT?

:: You are not ALONE.

:: You are not a MISTAKE.

:: You are PRICELESS.

There is HOPE!

### Isaiah 61:1-3

The Spirit of the Sovereign Lord is upon me, for the Lord has anointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed.<sup>2</sup> He has sent me to tell those who mourn that the time of the Lord's favor has come, and with it, the day of God's anger against their enemies.<sup>3</sup> To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair.

### Revelation 21:3

*He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.*

## Notes:

### Additional Resources:

**National Association of Mental Illness (NAMI)** - [www.nami.org](http://www.nami.org)  
Programs for those affected (Peer-to-Peer) and Family (Family-to-Family)

**Hope4MentalHealth.com**

Faith-based resources, testimonies, video & resources

**MentalHealth.gov**

### Heritage Church Support Groups:

**Grief Share** – for those affected by the loss of a loved one.

**Divorce Care** – for those navigating separation and/or divorce.

**Divorce Care for Kids** – for children ages 5-12 who are dealing with their parents separation and/or divorce.

**\*\* Mondays – 6:00pm – Bettendorf Campus \*\***

**Chemical Dependency** – for those seeking freedom from addiction.

**\*\* Sundays – 8:00am – Rock Island Campus \*\***

*For a list of counselors Heritage Church often refers to visit our 'Next Steps' areas or email [Nicole.Dohm@heritageqc.com](mailto:Nicole.Dohm@heritageqc.com).*

No one person can fulfill all your needs. But the community can truly hold you.

The community can let you experience the fact that, beyond your anguish,  
there are human hands that hold you and show you God's faithful love.

– Henri Nouwen



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## For Further Reflection:

- :: Share your initial reactions from this weekend's message. What impacted you? What surprised you?
- :: In many places the common misconception is shared that Christians shouldn't suffer from mental illness or suicidal thoughts. Re-read 1 Kings 19:3-4, Psalm 88:3-6 & 2 Corinthians 1:8. Share how you think these giants of the faith were feeling? Does it surprise you to read this?
- :: Pastor Justin noted that "to ask for help reveals strength, not weakness." What do you think about this? Is there someone you've seen display this?
- :: Share a time you've had to ask for help. What happened?
- :: Re-read Galatians 6:2 and Ecclesiastes 4:9-12. How do you think these two passages reflect "Authentic Community"? Where have you experienced this?
- :: Pastor Justin said, "Our eternity is determined by our final faith, not final act." Do you agree with this? Why or why not?
- :: Take a look at the three "So What" points. Which of these encourages you the most? Why?
- :: Re-read Isaiah 61:1-3 and Revelation 21:3. How do these Scriptures remind us that there is hope?
- :: How has this week's message challenged what you thought about mental illness and suicide? What might you do in response – whether for your own well-being or the well-being of someone else?
- :: Share that with at least one person who can pray for you and support you in this journey.

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## How to start a relationship with God:

- 1) Admitting that you, like everyone else, are in need of rescue.
- 2) Asking God to forgive your sins.
- 3) Saying YES to God by trusting Jesus as Savior & Lord.

You can do that right now by simply talking to God in a prayer like this:

**Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness.  
I believe You died for my sins and rose from the dead. Today, I recognize  
you as Savior; and I choose to respond to you as my Risen LORD.  
Help me to follow you all the days of my life.  
In Your name, Amen.**

Unless otherwise noted, today's Scripture is from the  
New Living Translation [NLT].  
Justin Barnes (@justinnbarnes) – September 22 & 23, 2018

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