



## Session 3: Suicide Crisis & Moving through Fear

Video Presentation by Soulshop Trainer David Galvan (See webpage for biography)

### Opening Prayer

We come this day with tired souls and mental struggles.  
With preoccupations, with wounded hearts, and worries unknown to others.  
O Christ, Help us lean into the work before us, knowing that we lean on you.  
For it was you who whispered to our pain and reminded us to come to you,  
all who were weary and burdened, promising us rest.  
Remind us now and be with us as we gather to do the work you have called us to do.  
*Amen*

### Bible Verse Referenced in David Galvan's Video

#### **Matthew 27:3-5**

When Judas, his betrayer, saw that Jesus was condemned, he repented and brought back the thirty pieces of silver to the chief priests and the elders. He said, "I have sinned by betraying innocent blood." But they said, "What is that to us? See to it yourself." Throwing down the pieces of silver in the temple, he departed, and he went and hanged himself.

#### **Mark 5:25-34**

Now there was a woman who had been suffering from a flow of blood for twelve years. She had endured much under many physicians and had spent all that she had, and she was no better but rather grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak, for she said, "If I but touch his cloak, I will be made well." Immediately her flow of blood stopped, and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my cloak?" And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" He looked all around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

## Questions for Reflection & Discussion

*There may be more questions than you have time for, so select those you feel most meaningful for your group at this time.*

1. Why are we afraid to admit when we are grieving and going through difficult mental health times?
2. Do you feel comfortable sharing your whole story? Take a moment to consider what you are uncomfortable sharing.
3. Why might it be difficult to tell our whole story?
4. Have you ever felt unseen? How did it feel?
5. David says that being seen may be just the thing someone needs to move out of their desperation. Is anyone trying to “interrupt” you, hoping to be seen?
6. What holds you back from “turning around,” seeing others who may be hurting or in pain?
7. Do you feel comfortable asking someone if they are considering death by suicide? If not, what do you need?
8. How can walking side by side with someone who is suffering help you move through your own fear and feelings of being alone?
9. Optional: Practice passing the hope (saying twice to each person): “My life would not be the same with you. I’m so glad you’re here. Hope be in you.”

## Sending Prayer

O Lover, whose image we bear, whose estimation of us is incalculable, sing sweetly to the souls of those for whom life feels unbearable. Bring quickly those who will grieve with them, stay with them, and seek to understand and bear their burdens. Let therapy guide them through steps to heal from abandonment, grief, self-loathing, or trauma. When the present seems to be a wasteland, and the future a dark void, give them a bright spot which lightens one step of the path. Do so again and again; shepherd them away from death into the life of the Holy Spirit, who reigns with the Father and our Lord Jesus Christ, one God, in radiance everlasting. *Amen*

~ Terry J. Stokes