

# Those Who are Suffering are **INDISPENSABLE**.

## **Growing Pains**

*Hope grows out of Christ-like character, which can only be produced in the fires of suffering. Therefore, a Christian should not seek extreme measures or sinful means of escaping suffering but rather embrace struggles as a process of strengthening faith.*



## **Romans 5:3-4**

**Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.**

**START**

# What to Know

**1 in 5 adults and 1 in 2 adolescents live with mental illness.**

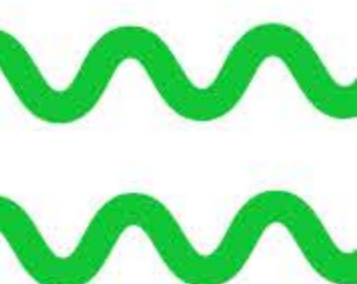
**More than 48,000 people died by suicide in 2018 - 1 death every 11 minutes.**

**Approximately 4% of adults, 35% of college students, and 15% of teenagers engage in non-suicidal self-injury. Most common: skin cutting (70-90%), head banging/hitting (21-44%), and burning (15-35%).**

**There are 3 times more people with serious mental illness in prison or jail than in hospitals.**

**In 2019, a minimum of 45% of homeless people had a mental illness, and 25% had a serious mental illness.**

**FINISH**



## 1 Peter 5:10

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

## Christian Responses

- *We do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.*
- *We are always prepared to proclaim Christ's promises to anyone who asks us for a reason for the hope that we have.*



## Galatians 6:2

Bear one another's burdens, and so fulfill the law of Christ.

#YOU ARE *indispensable*

#ASK ME WHY