

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.



Galatians 6:2

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

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.

#YOU ARE *indispensable*

#ASK ME WHY