

PARENT GUIDE

Week 25—Suicide

This week in Confirmation class, we discussed a deeply important and sensitive topic: **suicide and the value of life**. This conversation was approached with care, biblical truth, and compassion. Our goal was to give students hope, clarity, and resources to respond with love and courage.

What We Covered

- **God is the author of life.** (Psalm 139:13–16)
- **Each person's life is sacred and valuable.** (5th Commandment)
- **God is near to the brokenhearted.** (Psalm 34:18)
- **Nothing can separate us from the love of Christ.** (Romans 8:38–39)
- Suicide is a tragic distortion of God's good gift of life, but not beyond God's grace.

Why We Talked About It

Adolescence is a time when emotional, mental, and spiritual challenges arise. Talking openly about suicide in a biblical and compassionate way helps students:

- Know their life matters.
- Recognize when someone may need help.
- Understand that asking for help is a sign of strength.

Catechism Points

- **5th Commandment:** We are called not only to avoid harming others, but to help and protect life—including our own.
- **Gospel Promise:** Jesus brings hope to the hurting. His grace is bigger than our sin or suffering.

What You Can Do

- Ask your student what stood out to them from the lesson.
- Remind them they can talk to you about anything.
- Reassure them of God's love and your support.

- Keep communication open about mental health.

If You're Concerned

If your child or someone you know is struggling, don't hesitate to reach out to your pastor, a school counselor, or a licensed professional. You can also call the **988 Suicide & Crisis Lifeline** for immediate help. Also, if needed, our Core Counseling Center is a place where families, and students can find immediate help from a trained and trusted voice.

www.kingofkings.org/core

We are walking alongside your family with Christ's love and truth.