

SPRING
2023

Middle School



Let's Talk About . . . Suicide

A conversation about suicide
and the power of real hope.

Week One

Psalm 34:18

God gives help, and God gives hope.

MEMORY VERSE

“The Lord is close to
the brokenhearted; he
rescues those whose
spirits are crushed.”

Psalm 34:18, NLT

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ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, encourage them by reminding them of a time when they went through something difficult, but it got better. Let them know specific positive examples of things they did or ways you saw them grow.



Meal Time

At a meal this week, have everyone answer this: “Tell us about a time when you were going through something difficult and someone said or did something that gave you hope that things would get better.”



Drive Time

While on the go this week, ask your child: “What’s one thing you are grateful for right now?”



Bed Time

Pray that both you and your middle schooler will have safe people in your lives when life gets overwhelming, and that you both will never forget that there is always hope—even when we can’t see it.



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