

# You Are Not Alone:

## Finding Hope in the Midst of Pain

If you are struggling with thoughts of ending your life, I want you to know that you are deeply loved, seen, and valued. Your life matters to God, and there is hope beyond the pain you're feeling right now.

### Encouragement

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**You are Loved:** God says, "I have loved you with an everlasting love" (Jeremiah 31:3). No matter how dark things feel, you are not alone. God created you with a purpose, and He sees every tear and every struggle. His love for you is constant, even when you feel overwhelmed.

**Speak to Someone:** It's important to talk to someone you trust. Whether it's a pastor, friend, or counselor, you do not have to carry this burden alone. Asking for help is a sign of strength.

**God has a Plan for You:** The Bible says, "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11). Right now, it may feel impossible to see a way forward, but God has a future full of hope for you.

### **Practical Steps:**

- **Pray:** Even if you don't know what to say, just call out to God. Ask Him for strength to make it through this moment. He promises to be near the brokenhearted.
- **Reach Out:** Call a trusted friend or a hotline. Don't fight this battle alone.
- **Get Professional Help:** Sometimes, professional counseling or medical help is necessary. There is no shame in seeking this.

### A Prayer for you:

"God, I feel overwhelmed, but I know You see me. I don't want to carry this pain alone anymore. Please give me strength to face another day, and help me to reach out for help. I trust You have a plan for my life, even if I can't see it right now. Amen."

Additional Resources:  
National Suicide Prevention Hotline: call 988  
Local church and counseling contacts