

The Days That Were Formed For Me - Suicide Prevention, Distinctly Lutheran Webinar

September 23, 2024

Resources shared during the session:

- Booklet: “Restoring Hope: Care for Mental Health,” a resource by The Lutheran Church—Missouri Synod, is designed to offer guidance and spiritual support for individuals, caregivers and others who are navigating various mental health challenges. Free download of booklet is available at this link.
<https://resources.lcms.org/general/restoring-hope-care-for-mental-health-spiritual-care-companion/>
- LCMS Online Learning: <https://lcms.talentlms.com/plus/> Have added mental health related courses.
- Book: “I will Grieve for the Suicide: Gospel Comfort for Loved Ones Left Behind”, by Peter Preus <https://resources.lcms.org/reading-study/i-will-grieve-for-the-suicide/> In this book, the Rev. Peter Preus provides Gospel comfort for those who are left behind after a Christian dies by suicide. He addresses the stigma, psychology and theology of suicide, as well as the grieving process that follows it. Preus, whose lost his wife to suicide over two decades ago, recounts his personal experience with grief and with the response of those around him. He tackles difficult theological questions regarding Christian hope after a suicide. He discusses the psychology of suicide, acknowledging both its insights and its limits.
- Bible Study: “Gospel Relief for the Despairing – Speaking Christian Comfort to the Depressed and the Suicidal”
<https://resources.lcms.org/reading-study/life-ministry-bible-study-gospel-relief-for-the-despairing/>
- Website: Fresh Hope for Mental Health <https://freshhopeformentalhealth.com/> Has resources for peer support groups. Also, has recorded interviews of those with lived experience. A book from Chris Morris is mentioned “Resilient and Redeemed: Lessons from Suicidality and Depression”.
- Book: “I Trust When Dark My Road – A Lutheran View of Depression” by Todd Peperkorn. This book offers a rare glimpse into one LCMS pastor’s personal journey through depression while remaining reliant upon God’s grace. Free download available.
<https://resources.lcms.org/reading-study/lutheran-view-of-depression/>