

# Prayer Guide for the week 5 to 11 February

**“There is evil in the world. There is demonic activity in the world. But there is also mental illness. Of all the people in the culture, Christians should be more sensitive than anyone during times of tragedy.” Phil Cooke**

For young people dealing with the pressures of life today, suicide has become a very real problem. We can only guess at the pain and anguish they go through to get to the point of suicide. Likewise, the anguish of parents and siblings as they try to understand why it happened.

Youth and young adults ages 10-24 years account for 15% of all suicides. It is the second leading cause of death for this age group. Situations often drive the emotional causes of suicide. Bullying, cyberbullying, abuse, a detrimental home life, loss of a loved one or even a breakup can be contributing causes of suicide. Often, many of these factors occur together to cause suicidal feelings and behaviours. Usually the underlying issue is one of mental illness such as depression or borderline personality disorder. These disorders amplify the pain a teen or young adult may feel. (Quoted from [www.healthyplace.com/suicide](http://www.healthyplace.com/suicide))



For the family and friends left behind, so many questions go through their minds: Why did we not see the signs; What was going through his mind? How else could we have met his needs? Where was God in this?

Lord, we pray:

- † For young folk who, at this time of their lives are depressed, feeling inadequate and suicidal. We ask that they may rather seek help from their parents, minister, youth leader or Lifeline; that they may receive counselling and aid to bring their lives back to normality.
- † For all parents, spouses, siblings and friends after the suicide of a loved one as they battle through the trauma and guilt. We pray that they will find comfort and solace in You.
- † For organisations such as Lifeline that provide support for those who contact them, feeling suicidal.
- † For friends of the families who have lost loved ones as they support those left behind, to understand how best to give that support in their hour of need.

