



## One Sabbath: Celebrating life, hope, and reasons to live

There is a reason for each of us to be here—alive—the young and old, the weak and strong, the sick and the healthy. This week, we celebrate reasons to live—today and every day, regardless of how you feel at the moment. Let's be honest: life can sometimes feel overwhelming. The loss of a job or a relationship, trouble in school, a serious mental or physical illness, a divorce, or the death of a loved one can happen to anyone. Life events like these can leave us feeling worthless, abandoned, or isolated.

[Insert the name of your faith community] seeks to be a caring community focusing on the hope that in God's time, the travails of this life will subside. Through connections within our own community, we find strength for each day. Each of us is here for a reason and has a God-given role in life, regardless of the circumstances. Moment by moment, it is important to remember there is help and hope.

Every life matters—to others, to the world you live in, and most importantly, to God. God loves you. God knows your struggles and failures, as well as your joys and triumphs. Even when you walk through the valley of the shadows, God is with you. In the times when it feels like God is far away or doesn't hear our prayers, God gives us people who can help—friends, loved ones, co-workers, others in your faith community, your [insert the term you use for faith leaders: rabbis, pastors, imams, priests], and clinical professionals such as counselors, therapists, and doctors. They can be God's heart and God's listening ear when we feel most troubled or alone.

If you know someone (including yourself) who has lost hope, is feeling completely alone, or feels life doesn't matter, reach out for help. Let others help. This is especially important if there are thoughts of suicide or wanting to die.

### Resources for Help

National Suicide Prevention Lifeline (24 hours): 1-800-273-TALK (8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Pathways2Promise: Ministry and Mental Illness: [pathways@mimh.edu](mailto:pathways@mimh.edu)

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