



# #LoveWell Challenge

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If you're ready to take the next step toward loving others well as a way of being a suicide prevention advocate, use the questions below to guide an honest time of reflection with God. Then decide how you'll move forward differently in the mission to love others well.

1. What am I doing to notice and serve the needs of the people of the people God has placed in my life that makes them feel seen and known?
2. How am I speaking life into lives of the people I live with, work with, worship with?
3. In what ways am I cutting people down with critical or sarcastic comments, and where is that coming from within me?
4. How am I sowing a Christ-centered identity into the people I'm in relationship with through affirming what the Scriptures say about them being made in the image of God?
5. How am I seeking God's provisions, healing, and protection over those I'm in relationship with?
6. Am I cultivating an environment in my home, church, workplace, friend group, or school that is safe for open dialogue and honest conversation?
7. Am I modeling a life of owning my sin and seeking God's forgiveness as well as the forgiveness of others when I hurt them?
8. Am I modeling a life of getting help to deal with my sin, issues, strongholds, and emotional challenges?
9. Am I making time to develop relationships through shared common experiences that are life-giving, even with those who seem so very different than me?
10. Am I making margin space to connect with a few on a deeper emotional level and not just superficially connecting through social media or in group situations?
11. Am I an advocate for the underdog, the weak, the defenseless, the orphan, the widow, the poor?
12. Am I an advocate for treating depression with a Christian counselor and mental health professional, either by my own example or by supporting those on this difficult journey?
13. Am I willing to be unfriended, and even the target of anger, in order to help someone in crisis, because an angry living friend is better than a dead one?