

But the father said to his servants, "Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. Bring the fattened calf and kill it. Let's have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found. So they began to celebrate.

Luke 15: 20-24

A Letter to people who are spiritually bankrupt

You say, I am rich; I have acquired wealth and do not need a thing. But you do not realise that you are wretched, pitiful, poor, blind and naked.

I counsel you to buy from me gold refined in the fire, so you can become rich; and white clothes to wear, so you can cover your shameful nakedness; and salve to put on your eyes, so you can see.

*Those whom I love I rebuke and discipline. So be earnest and repent. Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. **Revelation***

3: 19-20

Bringing the Bible to Life

Self-Worth: Am I worth anything?

Some sobering facts from the recent tv programme produced by Horizon *Stopping Male Suicide*

- ⇒ ¾ of suicides in the UK are men.
- ⇒ Someone in the UK takes their own life every 90 minutes
- ⇒ Worldwide, someone takes their own life every 40 seconds

Survivors talked about the voice in their head telling them they are worthless and that they should kill themselves.

Survivors also talked about how important it was for someone to care enough to talk to them and ask if they were ok.

One of the health professionals emphasised 'the power of a single conversation' and the difference that can make to saving a life.

If you are feeling suicidal, please talk to a friend, and your G.P.

You can also find some good advice online at www.zerosuicidealliance.com

If you know someone who is struggling, it's vital that you show that you care about them by asking how they are and how you can help?

So, what about the Bible? What does the Bible have to say about our worth as human beings?

From start to finish the message of the Bible is that God knows you, God loves you, and wants to enter into a conversation with you. This message from God calls out to us from every page, in the laments, songs, prophecies, stories, and letters.

The following is just a sample of the biblical evidence that your life is more precious to God than you could ever imagine. The Lord says to you today, 'Here I am. Let's talk.'

A Lament for someone in the depths of despair

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.

*Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, The LORD is my portion; therefore I will wait for him. **Lamentations 3: 19-24***

A Song for the person who has gone into hiding

*Where can I go from your Spirit?
Where can I flee from your presence?
If I go to up to the heavens you are there,
If I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
If I settle on the far side of the sea,
Even there your hand will guide me,
Your right hand will hold me fast.
If I say surely the darkness will hide me and the light become night around me,
Even the darkness will not be dark to you
The night will shine like the day,
For darkness is a slight to you.*

Psalm 139: 7-12

A prophecy for someone whose life is almost snuffed out

Here is my servant, whom I uphold, my chosen one in whom I delight; I will put my Spirit on him, and he will bring justice to the nations.

*He will not shout or cry out or raise his voice in the streets. A bruised reed he will not break, and a smouldering wick he will not snuff out. **Isaiah 42: 1-3***

A Story for the person who feels a long way off

But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms round him and kissed him.

The son said to him, "Father, I have sinned against heaven and against you. I am no longer worthy to be called your son."