

Hold On

Scripture: Acts 16:1-40

Hold on . . . when you are making plans. (16:1-10)

Hold on . . . when you question if God sees you. (16:11-15)

Hold on . . . when you long for freedom. (16:16-18)

Hold on . . . because your life matters. (16:19-40)

Resources if you or someone you know is considering suicide:

- National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)
- Crisis Text Line: 741-741
- Options For Deaf + Hard of Hearing: 1-800-799-4889
- En Español: 1-888-628-9454
- Veterans Crisis Line & Military Crisis Line: 1-800-273-8255, Press 1
- In emergency situations, call 911
- Non-emergency counseling and prayer requests: Bethel Church, 701-232-4476

ONE THING

Hold on to Jesus.

