

## **Introduction**

- *A Quest for Truth*
- *Preparation for Deliberate Living*
- *Tossing the Cookie-Cutter Image*
- *What's the Significance of Reading this Book?*
- *Escaping the Shadows from Your Past*

## **Chapter 1**

I wish that I was dead and that I had never been born!

- *Why this Void?*
- *Am I a Product of Random Chance? If Not, Who Created Me?*
  - *Truth, the authority of Scripture*

## **Chapter 2**

No one truly cares about me!

- *Who Is God?*
- *Where Is This Pain Coming From?*
- *What Are Sin and Free Will?*
- *Who Is Jesus Christ?*
- *Can Jesus Save Me?*
- *Offer of Salvation!*

### **Chapter 3**

I feel so all alone!

- *Who Is the Holy Spirit?*
- *Who Am I?*
- *Whose Am I?*
- *Why Was I Created?*

## Chapter 4

Ending my life will stop all this hurt, pain, embarrassment, and shame!

- *What Am I Made Of?*
- *So How Do I Endure?*
- *Will This Pain Last Forever?*
- *Am I Built for Battle?*

## Chapter 5

Life is too hard, and suicide is my only escape!

- *What Course of Action Do I Take in Times of Storm?*
  - *Most disturbances in our lives form with little or no warning.*
  - *Storms can start off small and can change drastically overnight.*
  - *Many times we only pray and seek God in times of trouble.*
- *Where Can I Find Shelter from the Storm?*

- *What Foundation Is My New Home Built Upon?*