



Heroes of Hope

How America's Heroes Can Bring
Hope to the Hopeless!



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Disclaimer: “American Heroes Network” is a developing outreach project of Heaven Ready Ministries. Our mission at AHN is to Honor, Inform, Equip and Inspire America’s First Responders, Military Personnel and Veterans. Regarding this publication, we are not medical professionals and do not qualified to give medical advice.

All information in this publication is for Educational Purposes Only.

American Heroes Network

"Heroes of Hope"

American Heroes Network



Firefighters – Police – Medical – Chaplains – Military - Veterans

You are America's Heroes for many different reasons and being a **"Hero of Hope"** is another way you can bring help to those in need.

Here are some sobering statistics compiled by the CDC concerning the **Suicide rate in America for the year 2022:**

- 13.2 million seriously thought about suicide.
- 3.8 million made a plan for suicide.
- 1.6 million attempted suicide.
- 49 thousand people died by suicide

Average: 1 death every 11 minutes in 2022.

These statistics are even more alarming when we understand that suicidal ideation, suicide attempts, and the suicide rate is significantly and disproportionately higher among all these groups; firefighters, law enforcement officers, emergency medical personnel, military and veterans.

Here are 4 Key Points that the CDC makes concerning suicide:

- 1) Suicide is a leading cause of death and affects people of all ages.
- 2) Suicide is a serious public health problem.
- 3) Resources are available to prevent suicide.
- 4) Hope is possible.

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Our primary concern and focus regarding this publication, is the disproportionately high rate of suicide among “America’s Heroes”. Veteran suicides alone average about 22 per day. Health professionals tell us that normally, the downhill spiral to suicide begins with some form of depression. The deeper the depression, the farther down the spiral they go. At a certain point, depression deepens into feelings of hopelessness without a sense of purpose. Once hope and purpose are gone, suicide is often viewed as the only solution to their suffering.

The Good News is that health professionals tell us that up to 75 percent of suicides can be prevented if those who are suffering receive help in time. Once a person receives the help they need, mentally, emotionally, physically and/or spiritually, hope and purpose can then be restored and that’s when true healing can begin.

The Bad News is that many of those who are suffering choose to keep their depression hidden, they don’t seek help, they don’t want others to know, they choose to suffer in silence. If they can’t be identified, then how can they be helped? More people than you might imagine suffer from some type of depression.

The National Institutes of Health (NIH) tell us that almost 1 in 10 Americans are affected by some form of Depression! That is an astronomical number!

So, how can you be a “Hero of Hope” to your fellow Heroes and anyone else around you that might be suffering with depression and thoughts of suicide?

First of all, you can help identify those that might be suffering with depression, engage them and if appropriate, encourage them to seek professional help. Be prepared to recognize some of the signs of depression among those on your team, other co-workers, family or even the general public. Depression can manifest in a variety of ways. Watch for specific indicators and then, even if they don't seek you out for help because of shame, guilt, pride or any other reason, it still may be possible for you to identify them, engage them and perhaps assist them in getting the help they need.

Here is a list of indicators from the National Institute of Mental Health (NIH). If you notice that someone has been experiencing some or all of these signs and symptoms, most of the day, nearly every day, or for at least 2 weeks, they may have depression:

Persistent sad, anxious, or “empty” mood

Feelings of hopelessness or pessimism

Feelings of irritability, frustration, or restlessness

Feelings of guilt, worthlessness, or helplessness

Loss of interest or pleasure in hobbies and activities

Fatigue, lack of energy, or feeling slowed down

Difficulty concentrating, remembering, or making decisions

Difficulty sleeping, waking too early in the morning, or oversleeping

Changes in appetite or unplanned weight changes

Physical aches or pains, headaches, cramps, or digestive problems without a clear physical cause that do not go away with treatment

Thoughts of death or suicide or suicide attempts

Not everyone who is depressed experiences all these symptoms. Some people experience only a few symptoms, while others experience many. Symptoms associated with depression interfere with day-to-day functioning and can cause significant distress for the person experiencing them.

Depression can also involve other changes in mood or behavior that include:

Increased anger or irritability

Feeling restless or on edge

Becoming withdrawn, negative, or detached

Increased engagement in high-risk activities

Greater impulsivity

Increased use of alcohol or drugs

Isolating from family and friends

Inability to meet the responsibilities of work and family or ignoring other important roles

If you suspect that someone might be having problems or experiencing depression, encourage them to seek professional help.

Here are some Mental Health Hotlines that can help:

For Depression and other Mental Health concerns

National Mental Health Hotline

1-866-903-3787

<https://mentalhealthhotline.org>

For Suicide Prevention

988 Suicide & Crisis Hotline

Call or Text 988 on your Smartphone

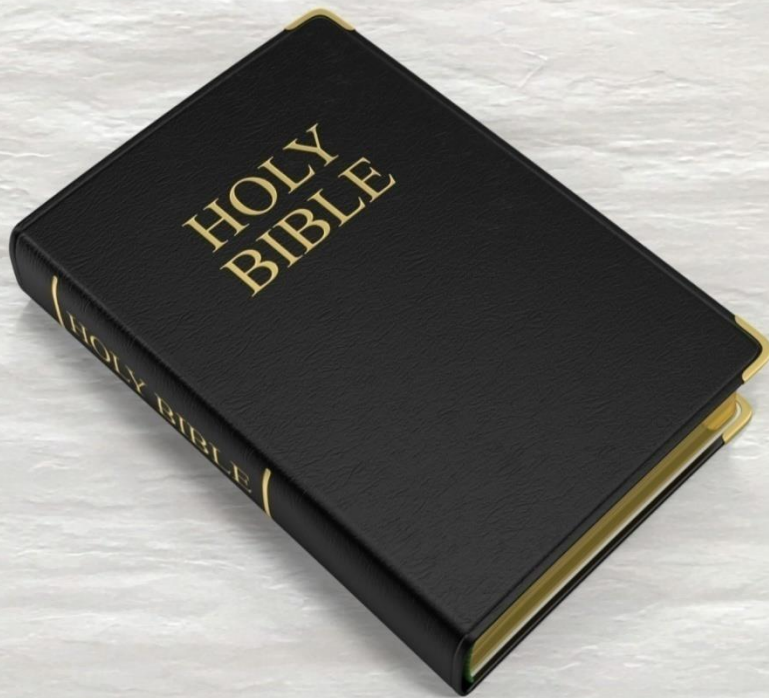
www.988liveline.org

It's also important to take the time to follow-up with them. Find out if they are getting the help they need and if things are improving for them. If they are beginning to experience hope and purpose once again, you'll know they are headed in the right direction. If not, assist them in contacting additional mental health resources in their local area and continue with periodic follow-ups when possible.

Secondly, as a Christian ministry, we would highly recommend that once the individual is receiving the mental, emotional and/or physical help they need, they should seek spiritual counseling as well. If they are willing, you could recommend that they speak with the Pastor of a local Bible Church or Chaplain about their spiritual health as well. We believe that the ultimate source of Faith, Hope and Love comes from a belief in the God of the Bible and His Son, Jesus Christ. To be the ultimate "Hero of Hope" share the booklet below with everyone interested in Hope, Purpose, Faith, Love, Heaven and Eternal Life.

The ONLY Way to Heaven is . . .

The Bible
way to
Heaven



Heaven Ready Ministries

The Bible Way to Heaven

The ONLY Way to Heaven is "The Bible Way to Heaven"!

"For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" - Mark 8:36

Most people think that going to Heaven has something to do with Being a GOOD PERSON, Doing GOOD WORKS, or Being RELIGIOUS, but the Bible makes it clear that going to Heaven has NOTHING to do with ANY of these things!

Every day, 155,000 people Die and Step into Eternity (56 million every year). Most of these people are Hoping to make it to Heaven but according to the Bible, Most People Never Will! You see, it's Not Enough to just WANT to go to Heaven, you have to know HOW to GET to Heaven (Matthew 7:13-14**)!**

God has a Simple Message called, "The Gospel" that He wants everyone on Planet Earth to Hear! The Gospel is all about His Son Jesus and God's Amazing Plan of Salvation! If you want to go to Heaven and receive God's FREE Gift of Eternal Life, you have to follow God's "3 Step" Gospel Path! Use a Bible, Bible App or Computer (the "Blue Letter Bible" for example), to complete these "3 Steps" so you can be 100% Sure you're Going to Heaven!

Get Started Today! Tomorrow Might Be Too Late!

If you want God's Promise of Heaven and Eternal Life, make sure you Complete Each Step! It may take you a day or two, a week, a month or even longer so don't wait! Do Nothing and you'll spend all of Eternity in a terrible place called Hell! God doesn't want Anyone to go to Hell, BUT He'll Never Force anyone into Heaven against their Will. The Decision is Yours and Yours Alone! You could die in your sleep tonight or in an accident tomorrow and then it would be too late! You're only a "Heartbeat away from Hell" and just "3 Steps from Heaven"! Don't Wait! Choose God, Heaven and Eternal Life! Get on the "Gospel Road" Today!

The 3 Step Gospel Road to Heaven

IMPORTANT: Select Bible verses for each Step are highlighted below in RED but it's important that you also read each verse directly from the Bible. You want to give God an Opportunity to Speak to Your Heart and Mind, give you understanding and build your Faith as you read directly from His Word. Don't Wait! Get Started Right Now!

(All verses below are quoted from the King James Bible – KJV)

STEP 1 – Hear the Gospel

The Gospel is the Story of Jesus – Who He Is, What He Said and What He Did! You see, Jesus wasn't just a "Good Moral Man", the Bible makes it clear that Jesus WAS and IS the very Son of God! It also tells us exactly WHY God sent Jesus down to earth to become the Savior of the World!

God's "Gospel Message" is actually God's "Love Story" to the whole world! God wants to have a Loving Relationship with you and He doesn't want to spend eternity without you, that's why He sent His Son Jesus Christ down to earth to become our Redeemer (**John 3:16-17**), (**Romans 5:8**)!

Your understanding of Who Jesus Is, What He Said and What He Did, needs to come Directly from "God's Word". Open your Bible (or Bible App) and Read the "Gospel of John". This step is important because the Bible says we are Saved by God's Grace through Faith (**Ephesians 2:8-9**) and that Faith comes by Hearing / Understanding "God's Word" (**Romans 10:17**). We Cannot Be Saved Without Faith so it is Important that we Read God's Word! Make sure you read all 21 chapters of John's Gospel before going on to Step 2.

STEP 2 – Understand the Gospel



God's Gospel Message has GOOD NEWS and BAD NEWS! The BAD NEWS is that the entire Human Race has a Big Problem called "SIN". Sin is all the Bad Things we Think, Say and Do. When we Lie, Cheat, Steal, take God's Name in Vain (say O.M.G.), or do anything that God considers Sin, we violate God's "Moral Law" **(1John 3:4)!**

The Bible says that we ALL Sin **(Romans 3:23)** and that our Sin causes a Spiritual Separation between Us and God **(Isaiah 59:2)!** GOD is Holy, Righteous, Pure and Perfect but WE on the other hand, are NOT **(Isaiah 64:6, Mark 7:20-23)!** The old saying, "No One's Perfect" is Absolutely True **(Romans 3:10)!** No One IS Perfect and No One can ever BE Perfect yet, most people still believe they're "Good Enough" to make it to Heaven! That's NOT how God sees it!

In God's Eyes, we are all Criminals that keep breaking His Moral Laws Over and Over again and we all deserve to be punished! So here's the Problem, God can't let a bunch of Criminals into Heaven, if He did, Heaven wouldn't be Perfect anymore! God is a Holy and Righteous Judge and He HATES ALL SIN! His just Punishment for Sin is Eternity in Hell **(Matthew 25:41, 2Thessalonians 1:9, Revelation 20:11-15, 21:8).**

Now for the GOOD NEWS! God is not only a Righteous and Holy Judge, He is also a Loving and Compassionate Judge! God doesn't want Anyone to end up in Hell **(2Peter 3:9, 1Timothy 2:4),** so He created a way for our Sins to be Forgiven and our Punishment Removed!

What did God do? God sent His Perfect and Holy Son Jesus Christ down to earth to die on a Cross and Pay our Sin Debt! When Jesus was on the cross, God placed on Him the sins of the Whole World, Past, Present and Future **(2Corinthians 5:21)!**

We broke God's Laws and Jesus Paid our Fine! In a court of law, when somebody pays your fine, the Judge can legally dismiss your case and let you go Free IF you are willing to accept it! Jesus died and then rose from the dead three days later to Prove He was the Son of God and that He Alone has the power to Forgive our Sins!

If we are willing to Believe IN Him and Trust Him to be our Savior and Lord, He will forgive our Sins and give us Eternal Life (Romans 6:23**)!**

STEP 3 – Believe the Gospel



We can HEAR the Gospel and we can UNDERSTAND the Gospel BUT, if we don't BELIEVE the Gospel then we can never be SAVED (Mark 1:15, John 3:16-18, Revelation 21:8**)!**

Believing the Gospel is all about Believing IN Jesus. Jesus made it very clear that He is the One and Only Way to Heaven (John 14:6**) and if we will just "BELIEVE" IN Him, He will Save Us, give us Eternal Life and take us to Heaven (**John 3:16, 6:40, 6:47, 11:25-26, 14:1, 20:31, Acts 10:43, 16:31**)!**

"Believing IN Jesus" is more than just having "Head Knowledge" ABOUT Jesus. "Believing IN Jesus" is a matter of the Heart and it must be Settled in the Heart (Romans 10:9-10**). Many people think that simply reciting, "The Sinner's Prayer" with nothing more than "Head Knowledge" is enough to get them into Heaven BUT, they're Wrong! All this will do is give a "False Sense of Security" (**Matt 15:7-9**)! Believing with your "HEAD" will NOT get you any closer to Heaven than it will the Devil and his Demons! They also "Believe" but they will NEVER have a home in Heaven (**James 2:19**)!**

There are Eternal Consequences for Believing with just your Head and Not your Heart (Matt 15:7-9**), (**Luke 13:24-28**), (**Matt 7:21-23**), (**1Corinthians 8:3**), (**2Thess1:8-9**)!**

You must “BELIEVE” with your HEART (**Romans 10:9-10**), (**Jeremiah 29:13**)! On the day you truly “BELIEVE” in Jesus, there will be THREE things present in your HEART -

FAITH in Jesus, HOPE in Jesus and LOVE for Jesus:

1) FAITH – that Jesus IS the Son of God, that His words ARE true, that He died for YOUR sins and Rose Again the 3rd day (**Ephesians 2:8-9, 3:17-19**), (**Romans 5:1, 10:9**), (**Luke 24:6-7**).

2) HOPE - in His Power and Promises, that He will always be with you, will Lead you and give you Eternal Life in Heaven (**Romans 5:2,5, 8:24, 15:13**), (**1Thess 5:8**) (**Col 1:23, 27**).

3) LOVE - His Eternal Love for You and Your Eternal Love for Him (**John 14:23**), (**Matt 22:36-38**), (**Luke 7:44-47**), (**Psalm 145:20**), (**1Corinthians 2:9**), (**Proverbs 8:17-21**), (**James 1:12**).

LOVE is the MOST IMPORTANT of ALL (**1Corinthians 13:13**).

Read the Gospel of John and then the whole New Testament if Necessary, Get Answers to your Questions and then Pray for Understanding until you have true FAITH, true HOPE and true LOVE in your Heart for Jesus! THEN > Pray, Ask for Forgiveness and Receive Jesus into your Heart as your Lord and Savior (**John 1:12**). When you do this, you’ll have God’s Promise that He will Forgive your Sins and Give you Eternal Life! THEN > Read your Bible Everyday, Pray, Follow Jesus and Find a Good Gospel Church where you can Grow!

These are the “3 STEPS to HEAVEN”! Get Started Now!
Go to: www.HeavenReady.com for more Information!

