



**“Hope, Hurt, and Healing: Experiencing Jesus in the Wake of Suicide”**

**by Catherine Renfro**

**Publication Date: Sept. 2, 2025**

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## **In “Hope, Hurt, and Healing” Catherine Renfro Shares How She Experienced Jesus in the Wake of Her Brother’s Suicide**

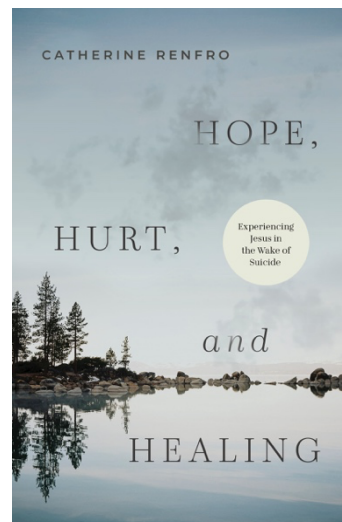
**BRENTWOOD, Tenn., April 24, 2025**—In her early 20s, Catherine Renfro received a call that would change her life forever. When she answered the phone, she heard the voice of her brother Barrett crying out in despair before taking his own life.

Following this tragedy, she went through an indescribable season of anguish, anger and guilt, but in the darkness, she found peace.

In her deeply personal new book, [“Hope, Hurt, and Healing: Experiencing Jesus in the Wake of Suicide,”](#) author and ministry leader Catherine Renfro shares her painful yet redemptive journey with grief—and the unexpected grace she found along the way.

In “Hope, Hurt, and Healing,” released by B&H Publishing Group, Renfro provides an honest depiction of the emotions and doubts that plagued her. She doesn’t deny the depth of pain or minimize its lingering effects—but she points to the peace she found in the promises and presence of Jesus in the midst of the darkness.

Renfro’s heartbreaking story is one shared by hundreds of thousands of people every year in America who have been impacted by suicide. Deeply rooted in the truths of Scripture, Renfro can offer readers gospel-centered comfort and equip those in ministry to help others walk through this dark valley of grief.



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### **About Catherine Renfro**

Catherine Renfro serves as the national director of women’s evangelism at the North American Mission Board. Catherine received a master’s degree in Christian education and biblical counseling in 2010 and has been serving in full-time ministry ever since. She has a passion for seeing lost people come to know Jesus and for saved people to live out their purpose of making Jesus known.

Please direct interview requests to Jill Waggoner, Lifeway publicist, at [jill.waggoner@lifeway.com](mailto:jill.waggoner@lifeway.com) or 615.330.6821. More high-resolution images, media assets and excerpts are available.

Discussion around other content ideas is also welcome.



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### **Potential Interview Questions**

- Could you begin by sharing a bit of your story and what led you to write “Hope, Hurt, and Healing”?
- Many believers feel ashamed of their emotions when grieving. What would you say to someone who feels like they’re failing when they’re overcome by their emotions?
- Some readers might be surprised how often the topic of guilt comes up in the book. What caused you to feel guilty? How did you deal with that?
- Were there any Bible verses or stories that spoke especially powerfully to you during that season?
- What role did other people play in your healing? How can friends and family minister to someone going through this kind of grief?
- What advice would you give to pastors, small group leaders, or friends walking alongside someone who’s grieving a suicide?
- How can the church create safe spaces for people wrestling with depression or suicidal thoughts?
- What does healing look like for you today?
- What’s your hope for the person who picks up this book?

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