

# Suicide Prevention

## *“Hope When Life Seems Hopeless”*

**Pt 2b**



**Facts and Fables -**  
pt2

# Sometimes Life Seems Hopeless

*“I just want to die..”*

- This **Aching Admission** has been spoken too many times—and with **Tragic Results**.
- These **five words** reveal a soul mired in the depths of despair. All hope is gone ... and all too soon, so is life itself.
- No group is exempt from wanting to walk down this dark path of “escape.” **Male and female ... young and old ... rich and poor** —all are found among these fatal statistics. Yet most people contemplating suicide don’t really want to die—*they just want the pain to stop*. Their burden seems too heavy to bear.
- If you’re **struggling** ... if you’re **desperate** ... if you’re contemplating taking your life, realize this: The Lord longs to heal your heart and restore your hope. In absolute honesty, go to God about your pain. Say to Him ...
- “I am in pain and distress; may your salvation, O God, protect me.” -Psalm 69:29*

# Sometimes Life Seems

## Hopeless

- Does life seem impossible? For over a 1 mill. people yearly who die of suicide, the answer is *yes!* And that figure is *more than all the casualties of homicide and war combined!*
- Think about this statistic—seriously: On average, one person dies by suicide every 40 seconds somewhere in the world, while up to 20 others are attempting the same act. That's an extraordinary number of people desperately choosing death!
- Realize, the Lord looks upon you with tender compassion/ genuine concern. He cares about your every need. You can learn how to experience the meaningful life He has planned for you. He has a perfect plan for you ... to free you from the shackles of suicidal thinking ... based on truth, not on lies. Jesus desires to free you from destructive thoughts and choices.
- *“You will know the truth, and the truth will make you free.” -John 8:32*

# Suicide

Just to hear the word *suicide* evokes a myriad of feelings: shock, sadness, guilt, grief.

▪The initial response after suicide is often: *Oh no! Why would anyone resort to such an irreversible act?*

▪We feel a sense of tragic loss when we discover that suicide has snuffed out one more life ... forever. To help someone fight the persistent desire to “end it all” (a desire called suicidal ideation), there is much we need to understand about suicide.

▪Since God is our Creator, we need to know God’s heart on life and death—and that means *our own life and death*. Throughout the Bible, life and death are presented in different contexts ... but never does God say we are to pursue death. ...

*“I have set before you life and death ... . Now choose life, so that you and your children may live.” - Deuteronomy 30:19*

## **What Are Some Facts and Fables about Suicide?**

- **What you believe about Suicide is Critical.** Your thoughts about suicide will shape your response. You need wisdom to discern what is false and what is true about self-imposed death. The wisdom of God's Word will help you know how to have the right response. ...
- ***“The teaching of the wise is a fountain of life, turning a man from the snares of death.”*** -Proverbs 13:14
- **#1 Fable:** ***“Never talk about suicide with deeply depressed people—it could give them ideas.”***
- **Fact:** Asking about what someone is feeling doesn't create suicidal thoughts. You can **Assume** that most depressed or very anxious people have given some thought to taking their lives. **Demystify** the subject by talking about suicide.

**Ask questions such as:**

- ***“What do you think about suicide?”***
- ***“Do your friends talk about it?”***
- ***“Do you know anyone who has died of suicide?”***
- ***“Would you ever take your own life?”***

**•For a person considering suicide, having someone to talk with can be a powerful preventive. The Bible says ...**

**•*“The wise in heart are called discerning, and pleasant words promote instruction” -Proverbs 16:21***

**•Another Great Question is...**

**If you ever consider Suicide...**

**...would you promise to call me first?**

## What Are Some Facts and Fables about Suicide?

**#1 Fable:** *“Never talk about suicide with deeply depressed people—it could give them ideas.”*

**#2 Fable:** *“People who talk about killing themselves never do it.”*

**#3 Fable:** *“More suicides occur during the winter holidays.”*

**#4 Fable:** *“Talking about the method of someone’s suicide with all the gory details and the emotional impact on loved ones will help prevent others from committing suicide.”*

**•#5 Fable:** *“Everyone who commits suicide is mentally ill.”*

**•Fact:** No, not everyone. Of those who kill themselves, approximately 90% are afflicted with a diagnosable psychiatric disorder. However, look at the life of Elijah ... he was terrified and wanted to die. ...

*“Elijah was afraid and ran for his life. ... [He] prayed that he might die. ‘I have had enough, Lord,’ he said. ‘Take my life’” -1 Kings 19:3–4*

## #6 Fable: “*Suicide is inherited.*”

**Fact: No one is destined to die of suicide. Just because one family member dies by suicide doesn't mean that other family members will do the same. However, be aware:**

- Based on **statistical data**, those **with** depressed family members are **2 times more vulnerable to depression** than those who have **no family history of depression**. Likewise, “**50% of manic-depressives** have at least **one parent** with the **disorder.**” **Untreated** depression can **lead** to suicide.
- Suicide **can** also be a “***learned behavior***” that is passed down through family **environment**.
- For example, the Bible reveals in numerous places that the **sins** of our fathers can be **repeated** by successive **generations**. ...
- “*He committed all ..sins his father ...done before him;..heart ..not fully devoted to the Lord his God*” -**1 Kings 15:3**



**#7 Fable:** *“Suicide is the unpardonable sin.”*

**Fact:** Nowhere in the Bible is suicide presented as the unpardonable sin. The unpardonable sin is the unwillingness to yield to the convicting work of the Holy Spirit, which leads to salvation through Jesus Christ. ...

• *“Whoever blasphemes against the Holy Spirit will never be forgiven; he is guilty of an eternal sin”* -**Mark 3:29**

**#8 Fable:** *“Christians who take their own lives lose their salvation.”*

•**Fact:** **According** to the Word of God, **once** you have **believed in** and relied on Christ as your Lord and Savior, you have the **promised guarantee** from the Spirit of God, who is **deposited** in you, that you will inherit heaven and live eternally in the presence of God. ... .

*“You also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession”*

**Ephesians 1:13–14**

**#9 Fable:** *“Deeply committed believers would never want to commit suicide.”*

•**Fact:** **Temporary** hopelessness can **accompany** severe **stress** and can **strain** a person’s faith. Likewise, **physical illnesses**, such as a brain tumor, can change **thought processes** in the brain, resulting in “suicidal ideation.” Even the most sincere believer **can** become **engulfed** in suicidal despair. When the godly prophet Jeremiah was **tormented** and his life **threatened**, he lamented ...

•*“Cursed be the day I was born! May the day my mother bore me not be blessed! ... Why did I ever come out of the womb to see trouble and sorrow and to end my days in shame?” -Jeremiah 20:14–18*

**#10 Fable:** *“Once people attempt suicide, they will always be weak and unable to face difficulties in life.”*

•**Fact:** In the context of a person’s whole life, a true crisis usually lasts for only a brief duration of time.

•Most people learn **valuable life lessons** during their **lowest moments**. God **rescues** from **destruction** those who **turn to Him for His love** and **acceptance**. This is **clearly seen** in the life of **Isaiah....**

•*“Surely it was for my benefit that I suffered such anguish. In your love you kept me from the pit of destruction; you have put all my sins behind your back”* -**Isaiah 38:17**

**Today's Mighty Army..**

**My Past Doesn't Define Me...**

**...It Refines Me!**