

## Suicide Prevention -Hope When Life Seems Hopeless - Facts and Fables about Suicide –pt1

*“I just want to die. ...”* 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.”** 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*

### 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.” –Prov 3:14*

**#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:** 1- *“What do you think about suicide?”* 2- *“Do your friends talk about it?”* 3- *“Do you know anyone who has died of suicide?”* 4- *“Would you ever take your own life?”*

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

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

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

**Fact:** **Of those who took their own lives, approximately 75% gave clues or warnings to friends or family.** Take **any** threat of suicide **seriously.** Someone who **talks** about **suicide** gives others the opportunity to **intervene.**

*“Be completely humble and gentle; be patient, bearing with one another in love” -Ephesians 4:2*

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

**Fact:** **This is a long-standing myth; however, suicides are actually lowest in December.** In general:

- Suicide rates are **below average** in the **winter** / **above average** in the **spring,** peaking in **April.**
- For **youth,** suicide rates are **higher** in the **summer.**
- For **middle-aged** adults age 36 and up, suicide rates **rise** again in the **fall.**
- In general, suicide risks **decrease** as **social** interactions **increase.** Becoming aware of the most frequent occurrences of suicide will help you discern when a **struggler** is at **risk.**

*“The heart of the discerning acquires knowledge; the ears of the wise seek it out” -Proverbs 18:15*

**#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.”*

**Fact:** **Presenting precise details of a suicide, including the heartbreaking reaction of the family, can spark an explosion of copycat suicides.** Most people in the **media** and school officials have **learned** that **suicide** can be **contagious;** therefore, they curtail **details** of *what happened* and instead **focus** on *why* it happened as a **preventative.** *“Suicide contagion”* refers to suicidal behavior on the part of **vulnerable** people who can be easily **influenced** to commit suicide because of a **previous** attempt or another’s death. The Bible often gives **warning** about the **misuse** of our words. ...

*“There is ... a time to be silent and a time to speak” -Ecclesiastes 3:1, 7*

**#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*

Part 2

**#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 Ki 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](#)).*