

Suicide Prevention

“Hope When Life Seems Hopeless”

Pt 4



**Help for Potential
Suicide Victims**

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.”
- 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*

Suicidal Thinking of the Sufferer

- ***“There is nothing left in life that I care about. It’s pointless to go on living.”***
- ***“I can’t face the future. The only thing to do is escape.”***
- ***“Things will never change. Death would be better than this.”***
- ***“I don’t amount to anything. I may as well end it all.”***
- ***“My life is completely out of control. I’ll have to get the upper hand.”***
- ***“It won’t really hurt anyone else. Actually, I will be doing everyone a favor.”***
- ***“I’ve done all that can be done. There is only one thing left to do.”***
- ***“Soon it will be all over, and then I will have peace!”***
- ***“I can’t go on living like this. Life is hopeless.”***
- ***“I’m too depressed to go on. When I’m gone I won’t have to deal with it.”***
- ***“You’ll be sorry when I’m gone.”***

Suicidal Thinking of the Sufferer

- ***“I need Jesus in my life. I’ll go to heaven and be with Him forever.”***
- ***“I can take a small amount of ‘this’ to see how it feels; then I can add more.”***
- ***“Everyone will understand. I have suffered long enough.”***
- ***“Everyone has given up on me, so I’m giving up on me!”***
- ***“If I continue with this negative behavior, they’ll be glad to see me go.”***
- ***“It made him famous; maybe it’ll make me famous too!”***
- ***“It hurts so much! I am really going to do it ... but please stop me.”***
- ***“If I continue to talk about it, it will not be a surprise and will not hurt them as much.”***
- ***“You say I talk about suicide just for attention. I will show you!”***

Suicidal Thinking of the Sufferer

Those who have lost hope finally come to the conclusion that death is the only logical solution to their problems.

- But this is a lie.
- Suicide is never the answer—getting help is the answer.*
- God knows the pressure you are under. Let that pressure press you closer to the Shepherd of your soul.
- You, and all other sufferers, can verbally claim these words. ...
- “We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.” -2 Cor 4:8–9*

Helping a Suicidal Parent

- **Question:** “What could help a parent reject suicide?”

- **Answer:** Most parents take seriously the role of “provider/protector” for their children. Therefore, this logical series of questions could help bring a suicidal parent out of the emotional abyss.

- *“What ages are your children?”*

- *“Do you love your children?”*

- *“Do you really love your children?”*

- *“How much do you love them?”*

- *“Tell me what you love about your children.”*

- *“Do you care about their hearts?”*

- *“How would they feel if you were gone?”*

Helping a Suicidal Parent

- *“Do you really want your children to grow up without a father/mother?”*
- *“How do you imagine your children would feel if you weren’t there for their significant events— graduations, weddings, birth of grandchildren?”*
- *“Do you really want your children to feel abandoned for the rest of their lives?”*
- *“While suicide seems the way to get rid of your pain, it actually transfers your pain to those who love you. So ... would you be willing to let your fatherly/motherly love protect your children from that pain?”*
- Realize that those who die by suicide weigh their loved ones down with the heaviest burden of pain possible, leaving them wounded and scarred ... with the possibility of becoming bitter and deeply discouraged. The Bible says ...
- *“Do not embitter your children, or they will become discouraged.” -Col 3:21*
- Read this verse every day, pray for God’s healing, and focus your mind on the reality that ...
- *“Children’s children are a crown to the aged, and parents are the pride of their children.” -Proverbs 17:6*

Helping a Suicidal Spouse

- **Question:** *“What could help a spouse reject suicide?”*
- **Answer:** One approach is to encourage him/ her to think through the logical, probable impact of suicide on his spouse by asking them a progression of questions.
 - *“Have you thought about how you would take your life?”*
 - *“I’d probably shoot myself.”*
 - *“Then what would happen?”*
 - *“I guess someone would find me.”*
 - *“Then what?”*
 - *“They’d probably call the police.”*
 - *“Then what?”*

Helping a Suicidal Spouse

- *“The police would contact my spouse.”*
- *“Then what would happen?”*
- *“My spouse would go to pieces!”*
- *“So, why haven’t you done this before now?”*
- *“I don’t want my spouse to go to pieces. I don’t want to devastate her.”*
- If you can get the struggler to reason through the devastating repercussion on his spouse by using this series of questions, then you are well on your way to helping him save his life. You are in a position to help him find a real solution to his painful situation. You could also share these verses compassionately. ...
- **1 Cor 7:4 (NLT)** *The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife.*
- The spouse doesn’t have the right to destroy what is considered one body in God’s eyes. ...
- *“They are no longer two, but one...what God has joined together, let man not separate.” (Matt 19:6)*

7 Scriptural Reasons to Say No to Suicide

- **Reason #1: Suicide Rejects God's Offer of Inner Peace**

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" **Philippians 4:6–7**

- **Reason #2: Suicide " " God's Sovereignty Over the Length of Your Life**

"You created my inmost being; you knit me together in my mother's womb. ... Your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be" -**Psalm 139:13, 16**

- **Reason #3: Suicide Rejects God's Right to Be Lord Over Your Life**

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own" -**1 Cor 6:19**

7 Scriptural Reasons to Say No to Suicide

- **Reason #4: Suicide Rejects God's Commandment Not to Murder**

"You shall not murder" -Deuteronomy 5:17

- **Reason #5: Suicide Rejects God's Ability to Heal Your Hurts**

"Heal me, O Lord, and I will be healed" -Jeremiah 17:14

- **Reason #6: Suicide Rejects God's Plan to Give You Hope**

"Find rest, O my soul, in God alone; my hope comes from him" -Psalm 62:5

- **Reason #7: Suicide " "God's Power Already W-in You to Make You Godly.**

"His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires" -2 Peter 1:3-4