

Suicide

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What we need is firm biblical truths to plant our feet on and ground our thoughts.

1. **Saints sometimes want to die.** Moses (Num. 11:14-15), Elijah (1 Kings 19:4), and Jonah (Jonah 4:8) all came to the point of asking God to end their lives. While Moses felt overwhelmed by the pressures put on him Jonah was taken with disappointment at what he considered failure. Saints sometimes feel so bad they want to die.

2. **It is a sin to take your own life.** First, it is a break of the 1st commandment (Exod. 20:13 – You shall not kill). Second, it is a failure to have faith in God to overcome (Rom 14:23 – whatever is not from faith is sin). To take your own life is sin.

3. **You will exist forever.** The Bible speaks often of eternal life (2 Cor. 4:17, Jn 3:16) and eternal punishment (Romans 2:6-10). The truth is that though there is a time in the past when we were non-existent there will never be a time in the future when we are non-existent. We will always exist, either in Heaven or Hell. Suicide is often the attempt to end existence, but as the Bible shows, that will never happen.

4. **Jesus can help those who are tempted.** (Hebrews 2:14-18) The Jesus described in the Bible is one who is able to understand all temptations people may face, this includes the temptation to take your own life. Suicide, and the desire for suicide, is not outside of the merciful and mighty arm of Jesus. He can, and does, help those who are tempted.

5. **The love of God is a sweet reality.** The love of God is a theme that runs throughout the entire Bible (Romans 5:5-8; John 3:16) but often it feels more like a distant fairy tale than a personal reality. We are often more likely to consider ourselves unlovable

than the recipients of God's merciful love. But the Bible is clear, "God demonstrates his love toward us" Romans 5:8.

6. **Christ-centered community is of utmost importance.** (Hebrews 13:1-6; 1 Samuel 23:15-18; Ephesians 4:7-16) The Church is the body of God's people, purchased and cleansed through the cross of Christ. It is of utmost importance that when one member of the body struggles, the other members come along side to encourage. The Bible calls believers to pray for one another, to stir one another up to good works, to give to one another; but never to let one another go at life alone!!!

Ways to Fight A Suicidal Spirit

1. **Refocus on the amazing God of the Bible.** – depression is often encouraged by thinking too much about yourself and not enough about God. Get refocused! Dig into Scripture and discover the amazing God who was, is, and will always be!
2. **Cling to the promises of God.** – God promises his presence, his comfort, his guidance, his peace, his power, and his purpose. Remind yourself of these when you are tempted with depression! (Deut 31:8; Isaiah 41:10, 13-14; Jeremiah 29:11, Gal. 1:3-5; 2 Timothy 4:18; 1 Cor 10: 13; 1 Peter 1:6-7; Rom 8:28)
3. **Fight Isolation.** – Join a Sunday School class, get involved in Sunday night Echo Groups, Come to Student Impact on Wed nights, or email Jeff (jmingee@bbcycoktown.org) and say, "Let's get coffee! I need to talk!" Whatever you do, don't go at life alone. There is sweetness in community that is meant to be enjoyed! Drink deep from that cup!

*** This article was influenced by John Piper's "Funeral Meditation for a Christian who Committed Suicide (1988)."