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## What About Suicide?

**Isaiah 42:3:** (NASB) *A bruised reed He will not break and a dimly burning wick He will not extinguish; He will faithfully bring forth justice.*

We all know someone who knows someone who has committed suicide. It is unfortunate to say that death by suicide is and always has been a fixed part of the human experience. What causes suicide? Is it an unforgivable sin? How can we be better equipped to understand it and to be helpful to those vulnerable? Stay with us as we look into this sobering and difficult subject to find understanding, hope and courage.

### Where does suicide fit into our world today?


(Source: Wikipedia) Suicide is the act of a human being intentionally causing his or her own death. Suicide is often committed out of despair, or attributed to some underlying mental disorder which includes depression, bipolar disorder, schizophrenia, alcoholism and drug abuse. Financial difficulties, troubles with interpersonal relationships and other undesirable situations play a significant role.

Over one million people commit suicide every year. The World Health Organization estimates that it is the thirteenth-leading cause of death worldwide and the National Safety Council rates it sixth in the United States. It is a leading cause of death among teenagers and adults under 35. Rates of suicide are higher in men than in women. There are an estimated 10 to 20 million non-fatal attempted suicides every year worldwide.

 Without me seemed better than with me, *Bipolar Disorder & Suicide, youtube.com*

- *In my sick way, I weighed the pros and cons and without me my children seemed better than with me.*

Suicide is recorded in the Old Testament: 1 Samuel 31:1-6

 First common trait, *Dr. Thomas Joiner with Dr. Phil*

- *Dr. Joiner believes that people considering suicide share three traits.*
- *The first common trait is feeling like a burden on other people and that your death will be worth more than your life.*
- *Crucially, the person is mistaken in this mental calculation, but they don't know that.*

But God sees you as valuable! Matthew 10:29-31

### Is suicide always wrong?

Exodus 20:12-13: Suicide is essentially the murdering of oneself. Judges 16:26-30: Did Sampson die by suicide? He knew the action would end his life, but it was essentially an act of war. He was trying to get rid of his enemies and knew that would cost his own life.

 Second common trait, *Dr. Thomas Joiner with Dr. Phil*

- *The second common trait is a feeling of loneliness or social disconnection.*
- *Arguably, the single most powerful risk factor of all is loneliness, a feeling of alienation from others. They are on the outside looking in, so why not just leave.*

Clearly each of us can have a positive effect by being someone to which people can connect.

Suicide is not related to the "unforgivable sin": Hebrews 6:4-6: If someone is in this category, it is impossible for them to come back. What category is this? It starts with one who was enlightened with the Holy Spirit, God's power and influence. They then "fall away," rejecting Jesus. The Scriptures don't label suicide as an unforgivable sin. We believe that God's mercy and lovingkindness is bigger than suicide.

 Introduction - 13-year old girl dies by suicide, *MSNBC Report*

- *Megan met someone special on Myspace.com. He abruptly broke off the relationship and she received nasty messages from others.*




**Suicide may not always be a choice:** Matthew 17:14-18: Demon possession was putting the son's life in danger. It was out of his control. Sometimes people are struggling with things we just don't understand. It is important that we be aware and help if we can.

(Source: Wikipedia) Mental disorders are frequently present at the time of suicide with estimates from 87% to 98%. When broken down into type mood disorders are present in 30%, substance abuse in 18%, schizophrenia in 14%, and personality disorders in 13% of suicides. About 5% of people with schizophrenia die of suicide. Depression, one of the most commonly diagnosed psychiatric disorders, is being diagnosed in increasing numbers in various segments of the population worldwide, and is often a precipitating factor in suicide. Depression in the United States alone affects 17.6 million Americans each year or 1 in 6 people.

Proverbs 3:5-6: (NASB) <sup>5</sup>Trust in the LORD with all your heart and do not lean on your own understanding. <sup>6</sup>In all your ways acknowledge Him, and He will make your paths straight.

**What should you look for to determine if someone is vulnerable?**

 **Third common trait, Dr. Thomas Joiner with Dr. Phil**

- The third common trait is fearlessness regarding pain, injury and death. They have learned to overcome these natural fears.
- To do something as daunting as death by suicide you do require a kind of fearlessness in order to carry through.

 **Resolution - 13-year old girl dies by suicide, MSNBC Report**

- It was her against the world.

Our heart goes out to those who have had to deal with this experience. The hope is that if we talk about it and understand it, we can collectively be more aware of it and be more valuable to those around us. We want to think "compassion" and "attention."

Isaiah 13:12: I will make a human life more precious than gold.

**David was desperate:**  
Psalms 42:6

**But David found his faith:** Psalms 42:11 Psalms 27:1

While I have experienced feeling worthless, I don't know the burden of seeing my own death as worth more than my life.

While I have experienced being depressed, I don't know the burden of suffering depression.

While I have experienced loss in my life, I don't know the burden of contemplating taking my own life.

 **The Terry Wise Story: Here is what I did, 800-273-TALK youtube.com**

- I felt like life was like an endurance test for me and making it until the next day was truly a fight for survival.
- I was alone before the suicide attempt and now I was really alone.



**In a crisis call 800-784-2433, 800-SUICIDE (800-273-8255), 800-273-TALK or go to [befriendersworldwide@befrienders.org](mailto:befriendersworldwide@befrienders.org)**




David again is in a state of deep perplexity: Psalms 6:1-10: This is encouraging because King David, a man after God's own heart, had times in his life where his soul was greatly dismayed. He was seeing death more than he was seeing life. He was asking God to rescue him, not from an enemy other than his own self. His grief and anxiety are overwhelming day after day after day. Yet he still clings to his faith because he KNOWS that God has heard him.

We believe God has great compassion on those that have such deep difficulty. So often suicide is associated with mental illness.

### What can we do to help?

Romans 15:1-2: We can't be strong in all parts of life. When dealing with someone going through trauma or depression, we need to be strong for them.

 **Jordan Tells Dr. Phil why he wanted to end it all - language and coping, Dr. Phil**

- *Jordan is happy he survived and speaks of suicide prevention on college campuses.*
- *Hear what your child is saying. We always say "How are you doing?" Why not say, "How are you feeling?" It can change the complete direction of a conversation.*
- *We can't choose the bad things that happen to us but we can choose how we cope with them.*

Another example of David in the depths of despair: Psalms 38:3-8 Jesus' invitation to all who are weak and burdened: Matthew 11:28-30 Jesus recognizes that many of us struggle. He can be our rest. Isaiah 61:1 Our communication one to another should be about building each other up: Ephesians 5:19-21

 **The Terry Wise Story: Trauma brings simmer to boil, 800-273-TALK youtube.com**

- *When you get to that point, you feel so worthless. To have someone believe in you that much...*
- *Suicide does not stand alone, it doesn't just happen as a result of nothing out of nowhere. It is the result of something. If you've had difficulties in your life and then you come to a significant trauma, all the things that have been on simmer all your life come to a full boil.*


Psalms 38:9-11: David felt all alone, but he continually turned back to his faith and kept going.

Galatians 6:2: We can show those around us that we care.

1 Corinthians 12:20-23: We need to listen to others and learn how to be genuinely supportive.

### How does one who is struggling learn to cope?

Statistics show that in times of national crisis, incidents of suicide decrease. Perhaps it distracts you from your own personal demons, allowing your issues to become a little smaller.

 **The Terry Wise Story: Choose how to respond, 800-273-TALK youtube.com**

- *There a lot of things that happen in your life that you can't choose - the one thing that can never be taken away from you is your ability to choose how to respond.*

Joshua 24:15: Choose who you will serve, God is faithful.

1 John 3:20: God knows us. He knows the darkness we encounter in our own minds and the traumas in our lives.

 **The Terry Wise Story: Coping skills and reaching out, 800-273-TALK youtube.com**

- *Suicide had become almost like a coping mechanism. I learned that there are other ways to end my pain besides death - one of them was developing coping skills and learning how to manage my feelings in a different way.*
- *You can always reach out for help - there is always somebody there that will offer support.*

David copes with his greatest sins: Psalms 32:1-2: Sometimes we think we aren't forgivable but God is bigger than that. If we come to Him in sincerity, He has compassion on us.



Psalms 32:3-4: David looked back on the process. First after the sin was the denial and the misery that accompanied it.

Psalms 32:5: Next came the confession and God's forgiveness. We can't hide from God, but He wants us to confess, making us vulnerable to God.

Psalms 32:7: Finally came the freedom and the renewed protection of God. He was hiding *from* God and now has great freedom hiding *in* God from life's difficulties.

We must be willing to talk to and trust someone, because somebody cares. We must put our burdens upon God. Get help if you need it.

**To cope is to trust outside of ourselves:** Philippians 4:8: (KJV) *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

1 Peter 5:7: (NASB) *casting all your anxiety on Him, because He cares for you.*

If you are having trouble, call the numbers for help. Make sure we lend a hand where we can and be willing to listen and communicate. Reach out one to another by God's grace.

*So, what about suicide?  
For Jonathan and Rick and Christian Questions...  
Think about it...!*