



## 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: (NASB)** <sup>1</sup>Now the Philistines were fighting against Israel, and the men of Israel fled from before the Philistines and fell slain on Mount Gilboa. <sup>2</sup>The Philistines overtook Saul and his sons; and the Philistines killed Jonathan and Abinadab and Malchi-shua the sons of Saul. <sup>3</sup>The battle went heavily against Saul, and the archers hit him; and he was badly wounded by the archers. <sup>4</sup>Then Saul said to his armor bearer, Draw your sword and pierce me through with it, otherwise these uncircumcised will come and pierce me through and make sport of me. But his armor bearer would not, for he was greatly afraid. So Saul took his sword and fell on it. <sup>5</sup>When his armor bearer saw that Saul was dead, he also fell on his sword and died with him. <sup>6</sup>Thus Saul died with his three sons, his armor bearer, and all his men on that day together.

 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: (NASB)** <sup>29</sup>Are not two sparrows sold for a cent? And yet not one of them will fall to the ground apart from your Father. <sup>30</sup>But the very hairs of your head are all numbered. <sup>31</sup>So do not fear; you are more valuable than many sparrows.





## Is suicide always wrong?

Exodus 20:12-13: (NASB) <sup>12</sup>Honor your father and your mother, that your days may be prolonged in the land which the LORD your God gives you. <sup>13</sup>You shall not murder.

Suicide is essentially the murdering of oneself.

Judges 16:26-30: (NASB) <sup>26</sup>Then Samson said to the boy who was holding his hand, Let me feel the pillars on which the house rests, that I may lean against them. <sup>27</sup>Now the house was full of men and women, and all the lords of the Philistines were there. And about 3,000 men and women were on the roof looking on while Samson was amusing them. <sup>28</sup>Then Samson called to the LORD and said, O Lord GOD, please remember me and please strengthen me just this time, O God, that I may at once be avenged of the Philistines for my two eyes. <sup>29</sup>Samson grasped the two middle pillars on which the house rested, and braced himself against them, the one with his right hand and the other with his left. <sup>30</sup>And Samson said, Let me die with the Philistines! And he bent with all his might so that the house fell on the lords and all the people who were in it. So the dead whom he killed at his death were more than those whom he killed in his life.

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: (NASB) <sup>4</sup>For in the case of those who have once been enlightened and have tasted of the heavenly gift and have been made partakers of the Holy Spirit, <sup>5</sup>and have tasted the good word of God and the powers of the age to come, <sup>6</sup>and then have fallen away, it is impossible to renew them again to repentance, since they again crucify to themselves the Son of God and put him to open shame.

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: (NASB) <sup>14</sup>When they came to the crowd, a man came up to Jesus, falling on his knees before Him and saying, <sup>15</sup>Lord, have mercy on my son, for he is a lunatic and is very ill; for he often falls into the fire and often into the water. <sup>16</sup>I brought him to Your disciples, and they could not cure him. <sup>17</sup>And Jesus answered and said, You unbelieving and perverted generation, how long shall I be with you? How long shall I put up with you? Bring him here to me. <sup>18</sup>And Jesus rebuked him, and the demon came out of him, and the boy was cured at once.




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:** (NASB) *O my God, my soul is in despair within me; Therefore I remember You from the land of the Jordan and the peaks of Hermon, from Mount Mizar.*

**But David found his faith:**

**Psalms 42:11:** (NASB) *Hope in God, for I shall yet praise Him, the help of my countenance and my God.*

**Psalms 27:1:** (NASB) *The LORD is my light and my salvation; Whom shall I fear? The LORD is the defense of my life; Whom shall I dread?*

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](https://www.youtube.com/watch?v=800-273-TALK)

- *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](tel:800-784-2433), [800-SUICIDE \(800-273-8255\)](tel:800-SUICIDE), [800-273-TALK](tel: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:** (NASB) <sup>1</sup>*O Lord, do not rebuke me in Your anger, nor chasten me in Your wrath. <sup>2</sup>Be gracious to me, O LORD, for I am pining away; heal me, O LORD, for my bones are dismayed. <sup>3</sup>And my soul is greatly dismayed; But You, O LORD - how long?*

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.

<sup>4</sup>*Return, O LORD, rescue my soul; Save me because of Your lovingkindness. <sup>5</sup>For there is no mention of You in death; In Sheol who will give You thanks?*

He was asking God to rescue him, not from an enemy other than his own self.

<sup>6</sup>*I am weary with my sighing; Every night I make my bed swim, I dissolve my couch with my tears. <sup>7</sup>My eye has wasted away with grief; It has become old because of all my adversaries.*

His grief and anxiety are overwhelming day after day after day.

<sup>8</sup>*Depart from me, all you who do iniquity, for the LORD has heard the voice of my weeping. <sup>9</sup>The LORD has heard my supplication, the LORD receives my prayer. <sup>10</sup>All my enemies will be ashamed and greatly dismayed; They shall turn back, they will suddenly be ashamed.*

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:** (NASB) <sup>1</sup>Now we who are strong ought to bear the weaknesses of those without strength and not just please ourselves. <sup>2</sup>Each of us is to please his neighbor for his good, to his edification.

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:** (NASB) <sup>3</sup>There is no soundness in my flesh because of Your indignation; There is no health in my bones because of my sin. <sup>4</sup>For my iniquities are gone over my head; As a heavy burden they weigh too much for me. <sup>5</sup>My wounds grow foul and fester because of my folly. <sup>6</sup>I am bent over and greatly bowed down; I go mourning all day long. <sup>7</sup>For my loins are filled with burning, and there is no soundness in my flesh. <sup>8</sup>I am benumbed and badly crushed; I groan because of the agitation of my heart.

## Jesus' invitation to all who are weak and burdened:


**Matthew 11:28-30:** (KJV) <sup>28</sup>Come unto me, all ye that labor and are heavy laden, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. <sup>30</sup>For my yoke is easy, and my burden is light.

Jesus recognizes that many of us struggle. He can be our rest.

**Isaiah 61:1:** The Spirit of the Lord God is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound.

## Our communication one to another should be about building each other up:

**Ephesians 5:19-21:** (NASB) <sup>19</sup>speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; <sup>20</sup>always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father; <sup>21</sup>and be subject to one another in the fear of Christ.

 **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:** (NASB) <sup>9</sup>Lord, all my desire is before You; And my sighing is not hidden from You. <sup>10</sup>My heart throbs, my strength fails me; And the light of my eyes, even that has gone from me. <sup>11</sup>My loved ones and my friends stand aloof from my plague; And my kinsmen stand afar off.

David felt all alone, but he continually turned back to his faith and kept going.





Galatians 6:2: (NASB) *Bear one another's burdens, and thereby fulfill the law of Christ.*

We can show those around us that we care.

1 Corinthians 12:20-23: (NASB) <sup>20</sup>*But now there are many members, but one body. <sup>21</sup>And the eye cannot say to the hand, I have no need of you; or again the head to the feet, I have no need of you. <sup>22</sup>On the contrary, it is much truer that the members of the body which seem to be weaker are necessary; <sup>23</sup>and those members of the body which we deem less honorable, on these we bestow more abundant honor, and our less presentable members become much more presentable...*

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](http://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: (NASB) *If it is disagreeable in your sight to serve the LORD, choose for yourselves today whom you will serve: whether the gods which your fathers served which were beyond the River, or the gods of the Amorites in whose land you are living; but as for me and my house, we will serve the LORD.*

Choose who you will serve, God is faithful.

1 John 3:20: *For if our heart condemn us, God is greater than our heart, and knoweth all things.*

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](http://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: (KJV) <sup>1</sup>*Blessed is he whose transgression is forgiven, whose sin is covered. <sup>2</sup>Blessed is the man unto whom the LORD imputeth not iniquity, and in whose spirit there is no guile.*

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: (KJV) <sup>3</sup>*When I kept silence, my bones waxed old through my roaring all the day long. <sup>4</sup>For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah*

David looked back on the process. First after the sin was the denial and the misery that accompanied it.



**Psalms 32:5:** (KJV) *I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah*

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:** (KJV) *Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah*

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...!**

**And now even more to think about...  
only in the Full Edition of CQ Rewind!**



### **Let's look at David's reaction to his great sins from the perspective of the two Psalms he wrote about them:**

**Psalms 32:1-11:** (NASB) *<sup>1</sup>How blessed is he whose transgression is forgiven, whose sin is covered! <sup>2</sup>How blessed is the man to whom the LORD does not impute iniquity, and in whose spirit there is no deceit! <sup>3</sup>When I kept silent about my sin, my body wasted away through my groaning all day long. <sup>4</sup>For day and night Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer. Selah. <sup>5</sup>I acknowledged my sin to You, and my iniquity I did not hide; I said, I will confess my transgressions to the LORD; And You forgave the guilt of my sin. Selah. <sup>6</sup>Therefore, let everyone who is godly pray to You in a time when You may be found; Surely in a flood of great waters they will not reach him. <sup>7</sup>You are my hiding place; You preserve me from trouble; You surround me with songs of deliverance. Selah. <sup>8</sup>I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you. <sup>9</sup>Do not be as the horse or as the mule which have no understanding, whose trappings include bit and bridle to hold them in check, otherwise they will not come near to you. <sup>10</sup>Many are the sorrows of the wicked, but he who trusts in the LORD, lovingkindness shall surround him. <sup>11</sup>Be glad in the LORD and rejoice, you righteous ones; And shout for joy, all you who are upright in heart.*

**Psalms 51:1-19:** (NASB) *<sup>1</sup>Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions. <sup>2</sup>Wash me*



thoroughly from my iniquity and cleanse me from my sin. <sup>3</sup>For I know my transgressions, and my sin is ever before me. <sup>4</sup>Against You, You only, I have sinned and done what is evil in Your sight, so that You are justified when You speak and blameless when You judge. <sup>5</sup>Behold, I was brought forth in iniquity, and in sin my mother conceived me. <sup>6</sup>Behold, You desire truth in the innermost being, and in the hidden part You will make me know wisdom. <sup>7</sup>Purify me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. <sup>8</sup>Make me to hear joy and gladness, let the bones which You have broken rejoice. <sup>9</sup>Hide Your face from my sins and blot out all my iniquities. <sup>10</sup>Create in me a clean heart, O God, and renew a steadfast spirit within me. <sup>11</sup>Do not cast me away from Your presence and do not take Your Holy Spirit from me. <sup>12</sup>Restore to me the joy of Your salvation and sustain me with a willing spirit. <sup>13</sup>Then I will teach transgressors Your ways, and sinners will be converted to You. <sup>14</sup>Deliver me from bloodguiltiness, O God, the God of my salvation; Then my tongue will joyfully sing of Your righteousness. <sup>15</sup>O Lord, open my lips, that my mouth may declare Your praise. <sup>16</sup>For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offering. <sup>17</sup>The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise. <sup>18</sup>By Your favor do good to Zion; Build the walls of Jerusalem. <sup>19</sup>Then You will delight in righteous sacrifices, in burnt offering and whole burnt offering; Then young bulls will be offered on Your altar.

Psalm 32 deals directly with the paralyzing effects of David's sins upon himself and the remedy for this depression and grief - confession (verses 3-6). Both Psalms rejoice in forgiveness and both focus on the result of accepting God's forgiveness - that is the ability to proclaim God's mercy and compassion to anyone and everyone, **BECAUSE YOU HAVE EXPERIENCED IT!** What a lesson and what a hope for those of us who find ourselves trapped in those dark and difficult places in our own minds!

The Bible mentions six specific people who committed suicide: Abimelech (Judges 9:54), Saul (1 Samuel 31:4), Saul's armor-bearer (1 Samuel 31:4-6), Ahithophel (2 Samuel 17:23), Zimri (1 Kings 16:18), and Judas (Matthew 27:5). Five of them were wicked, sinful men (not enough is said regarding Saul's armor-bearer to make a judgment as to his character). Some consider Samson an instance of suicide (Judges 16:26-31), but Samson's goal was to kill the Philistines, not himself.

(Source: Wikipedia) In approximately 75% of completed suicides the individuals had seen a physician within the prior year before their death, 45%-66% within the prior month. Approximately 33% - 41% of those who completed suicide had contact with mental health services in the prior year, 20% within the prior month.

Conservative estimates are that 10% of all psychological symptoms may be due to medical reasons, with the results of one study suggesting that about 50% of individuals with a serious mental illness have general medical conditions that are largely undiagnosed and untreated and may cause or exacerbate psychiatric symptoms.

Substance abuse is the second most common risk factor for suicide after mood disorders. Both chronic substance misuse as well as acute substance abuse is associated with suicide. This is attributed to the intoxicating and disinhibiting effects of many psychoactive substances; when combined with personal grief such as bereavement the risk of suicide is greatly increased. More than 50% of suicides are related to alcohol or drug use. Up to 25% of suicides are committed by drug addicts and alcoholics. In adolescents the figure is higher with alcohol or drug misuse playing a role in up to 70% of suicides. It has been recommended that all drug addicts or alcoholics are investigated for suicidal thoughts due to the high risk of suicide. An investigation in the New York Prison Service found that 90% of inmates who committed suicide had a history of substance abuse.

Misuse of drugs such as cocaine have a high correlation with suicide. Suicide is most likely to occur during the "crash" or withdrawal phase of cocaine in chronic abusers. Polysubstance





misuse has been found to more often result in suicide in younger adults whereas suicide from alcoholism is more common in older adults. In San Diego it was found that 30% of suicides in people under the age of 30 had used cocaine. In New York City during a crack epidemic one in five people who committed suicide were found to have recently consumed cocaine. The "come down" or withdrawal phase from cocaine can result in intense depressive symptoms coupled with other distressing mental effects which serve to increase the risk of suicide. It has been found that drinking 6 drinks or more per day results in a six fold increased risk of suicide. Methamphetamine use has a high association with depression and suicide as well as a range of other adverse effects on physical and mental health.

Alcohol misuse is associated with a number of mental health disorders, and alcoholics have a very high suicide rate. High rates of major depressive disorder occur in heavy drinkers and those who abuse alcohol. Controversy has previously surrounded whether those who abused alcohol who developed major depressive disorder were self medicating (which may be true in some cases) but recent research has now concluded that chronic excessive alcohol intake itself directly causes the development of major depressive disorder in a significant number of alcohol abusers.

(Source: <http://www.youtube.com/watch?v=iK8USEtzW7Q&feature=related>)

More people die from suicide than homicide.

20% of people do not show warning signs.

Only 20% of suicidal people get the help they need.

Females are more likely to attempt it but males are more likely to die from it.