



Does God Forgive Suicide?

Psalms 38:4: (NASB) *For my iniquities are gone over my head; As a heavy burden they weigh too much for me.*



Life is difficult - it is full of trials, tragedies and trauma. Sometimes it overflows with grief and pain. For most of us, there is an ebb and flow to all of this and we work at coping with and learning from these difficulties. For others however, the pressure of the pain and grief never seems to relent, and they begin to despair of life itself. Sadly, some bring that despair to its fruition and end their own lives. Suicide - it is a serious issue that plagues humanity. What drives people to this final decision? How can we better understand it to help those in need? Does God forgive suicide?

How prevalent is suicide?

What makes India the world's suicide capital, CNN

- *Stress, depression, lack of health, suicide. A new Lancet (medical journal) study is ringing alarm bells. India has the highest suicide rates in the world with the maximum number of young people on the brink. According to the new study, suicides claim twice as many lives per year as HIV-AIDS and could take over maternal mortality as the biggest killer in the country with an estimated 1,087,000 suicides in 2010.*
- *Highest rates are among the young, wealthy and highly educated. That's 40 percent of men and a whopping 56 percent of women between the ages of 15 and 29. Suicide rates were also found to be much higher in rural areas and nearly 10 times as high in the southern states.*



Suicide facts: (primarily focused on America)

- 750,000 Americans attempt suicide each year. 33,000 succeed. That means one every 16 minutes.
- 1 million people worldwide die from suicide annually. That means one every 40 seconds.
- Suicide is the 11th leading cause of death in the United States.
- Suicide is the second leading cause of death among college students.

Despair can find any of us, and it can find us in many different ways. It can find us in a buildup of our careless decisions, it can find us in our misunderstanding of the events of our life, or it can find us in the circumstances that surround our life over which we have no control.

Suicide not okay, Suicide in Islam by Sheikh Hamza Yusuf

- *Islam has orthodoxy and orthopraxy. It has a sound belief and it has a sound practice. People can be sincere and yet be completely misguided. Sincerity is not enough. Sincerity has to have the other two components: It has to be a sincerity based on orthodoxy - on sound belief - and it has to be based on orthopraxy. So someone can be sincere in blowing themselves up, but the*

action is not sound in its belief because suicide is prohibited. ...it's all just emotionalism and defeated people...

The Bible gives us dramatic examples of those ridden with anxiety and defeat.

David was taunted:

Psalms 42:3: (NASB) *My tears have been my food day and night, while they say to me all day long, Where is your God?*

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.*

David was feeling alone and overrun:

Psalms 42:9-11: (NASB) *⁹I will say to God my rock, Why have You forgotten me? Why do I go mourning because of the oppression of the enemy? ¹⁰As a shattering of my bones, my adversaries revile me, while they say to me all day long, Where is your God? ¹¹Why are you in despair, O my soul? And why have you become disturbed within me?*

Yet, in all of this, David found his faith:

...Hope in God, for I shall yet praise Him, the help of my countenance and my God.

This is how David dealt with his own despair and depression - he continued to hope in God and praise Him.



We understand listeners could be dealing with feelings of suicide. We encourage you to find hope and help. Remember that in a crisis, call 800-784-2433 (800-SUICIDE) or 800-273-8255 (800-273-TALK).

Proverbs 4:20-22: (NLT) *²⁰My child, pay attention to what I say. Listen carefully to my words. ²¹Don't lose sight of them. Let them penetrate deep into your heart, ²²for they bring life to those who find them, and healing to their whole body.*

God's words are health to our flesh.


 Japan statistics, suicide as salvation, *Inside Japan, Inc.*

- Excessive overwork is prevalent among younger generations who struggle to hold onto scarce full-time positions. When you look at the compensation cases for work-related mental illness in 2010, more than half of all the cases were filed by the age group between 20 to 39 years old. The number one cause of death for the age group of 20 to 34 years old is also suicide. Of more than 30,000 suicides recorded last year, 10,000 were related to overwork.*

What are the warning signs of suicide?



David copes with his greatest sins:

Psalms 32:1-4: (KJV) ¹Blessed is he whose transgression is forgiven, whose sin is covered.
²Blessed is the man unto whom the LORD imputeth not iniquity, and in whose spirit there is no guile.

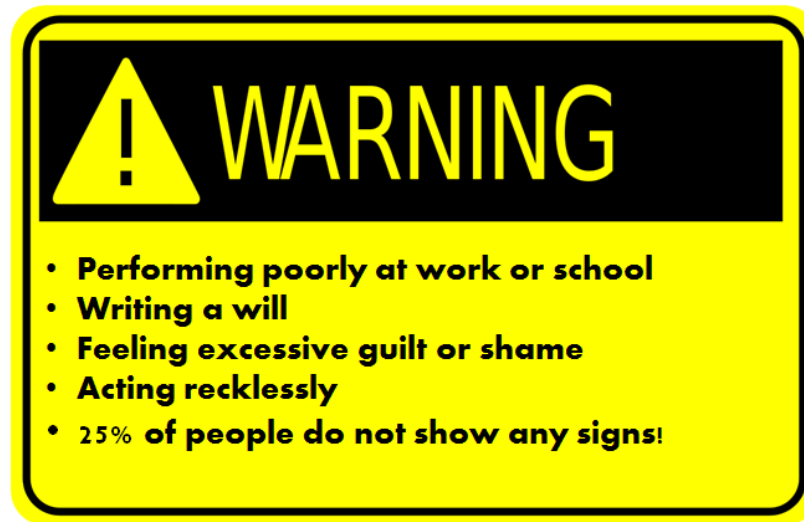
He looks back on the process. First was the denial and the misery that accompanied it:

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



"Why," (Verse 1) Rascal Flatts

You must have been in a place so dark,
 you couldn't feel the light
 Reachin' for you through that stormy cloud
 Now here we are gathered in our little home town,
 this can't be the way you meant to draw a crowd.
 Oh why? That's what I keep asking
 Was there anything I could have said or done?
 Oh, I had no clue you were masking a troubled soul,
 God only knows what went wrong
 And why you'd leave the stage in the middle of a song.



We need to notice those around us.

Next came the confession and God’s forgiveness:

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*

Finally came the freedom and the renewed protection of 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*

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.*

What do we think about each and every day?

Does God forgive suicide? We believe He does.

 **)) Suicide bombing just wrong, suicide in Islam, Sheikh Hamza Yusuf**

- *Just read the stories about some of these people that have killed themselves. Seriously! They were just depressed people. Now you’re going to tell them, oh, you’re going to get close to God in doing this. You are using their psychopathology as a means to some political end. I’ve debated on this issue with some of the best minds that I know of...I will say it in any gathering. I don’t believe it. I’ll never believe it. I’ll never believe it’s from my religion, and I’ll die repeating that.*

Of course God has a plan and understands the sinfulness of sin and the despair that it causes His creation. His plan has the ability to embrace even that part of sin to a better end.

Suicide is not related to the “unforgivable sin:”

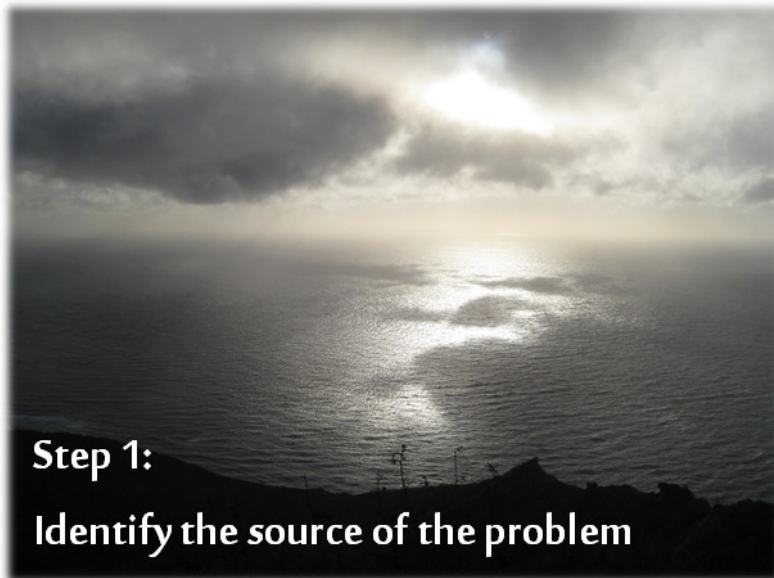
Hebrews 6:4-6: (NASB) *For in the case of those who have once been enlightened and have tasted of the heavenly gift and have been made partakers of the Holy Spirit, and have tasted the good word of God and the powers of the age to come, and then have fallen away, it is impossible to renew them again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

A primary difference between the unforgivable sin and suicide: The former is based entirely on a clear and informed decision to walk away from God, after having been deeply and clearly blessed. It is a clear, conscious choice to walk away. Suicide is based in despair, grief, sorrow and hopelessness - and while it is a choice - it is clouded with distress. Suicide overrides soundness of thinking. We believe they will be given an opportunity to be resurrected to a new and clean environment, allowing them to make their lives right. The Day of Judgment will be a difficult time, but one of learning and healing.

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?*

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

Psalm 143 seems to give us a recipe for dealing with depression and therefore a recipe to head the despair of suicide off. There has been a remedy in place for thousands of years to ward off this very issue! This applies no matter who you are, no matter what your circumstances. The Scriptures share the experiences of others who were down our same road. It shows how we can reverse direction, come back, and embrace the light of life again.



Step 1:
Identify the source of the problem

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Psalms 143:3: (DNT) *³For the enemy persecuteth my soul: he hath crushed my life down to the earth; he hath made me to dwell in dark places, as those that have been long dead.*

David's enemy, Absalom, (his own beloved son) betrayed David, tracked him down like an animal, and even broke his spirit. Imagine the despair at seeing your own son as your crushing enemy!

The best place to start to look for the source of our issues is inside. We are broken and must seek the wisdom from above for the fix.

What is behind suicide...peer pressure? Humiliation? Fear? Stress?



Life went bad, suicide interrupted, Kristen Anderson, The 700 Club

- *Even before her suicide attempt, Kristen thought her life was a nightmare. Everything looked fine on the outside. In fact, people were shocked that she had tried to take her life. She had grown up with a good mom and dad. She was smart, popular and successful. Up until her first year in high school, she was the friend others came to for help.*

- *Then her world started falling apart. She lost four of her friends, one had a brain tumor, two died in a car accident, and one hanged himself in a cemetery. Later her grandmother died.*
- *I started to think life was horrible and this world was horrible. I was just going to be miserable for the rest of my life. I started to become a lot more introverted, I think, at this point. But when people would ask me how I was doing when I came to work or something at school, I would be like, I'm here, isn't that good enough?*



Suicide factors: (American based)

- 90% of all suicides involved a psychiatric illness.
- Over 60% suffered from major depression.
- About 15% of people will suffer from clinical depression at some point in their life.
- 30% of all clinically depressed patients will attempt suicide.
- Half ultimately succeed.
- Major illnesses and insecurity about sexual orientation are major contributors to suicide.
- Racism, rape and divorce also play a role.

In summary, the traumas of life bring some of us to this point. Do we work to change our thoughts or do we let things outside our control affect us?



Step 2:
 Acknowledge the
 resulting condition
 of your mind

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Psalms 143:4: (DNT) *And my spirit is overwhelmed within me; my heart within me is desolate.*

The enemy overwhelmed David. This sounds like us. We are broken and hurting, but not without hope!

Luke 4:17-21: (NASB) ¹⁷And the book of the prophet Isaiah was handed to him. And he opened the book and found the place where it was written, ¹⁸The Spirit of the Lord is upon me, Because He anointed me to preach the gospel to the poor. He has sent me to proclaim release to the captives, And recovery of sight to the blind, To set free those who are oppressed, ¹⁹To proclaim the favorable year of the Lord. ²⁰And he closed the book, gave it back to the attendant and sat down; and the eyes of all in the synagogue were fixed on him. ²¹And he began to say to them, Today this Scripture has been fulfilled in your hearing.



Step 3:
Recall the positives
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Step 3. Recall the positives of the past and the vastness and greatness of God

Psalms 143:5: (DNT) *I remember the days of old: I meditate on all thy doing; I muse on the work of thy hands.*

What David did in his despair was to meditate on all that God had done. He chose to focus on the greatness of God instead of himself.

Daniel 4:2-3: (NASB) ²*It has seemed good to me to declare the signs and wonders which the Most High God has done for me.* ³*How great are His signs and how mighty are His wonders! His kingdom is an everlasting kingdom and His dominion is from generation to generation.*

One of the surest ways to change our present emotional trauma is to truly take hold of and focus on something real, powerful and inspiring...

How do we begin to find our way if we are lost?

Step 4: Physically and mentally reach toward God


Psalms 143:6: (DNT) *I stretch forth my hands unto thee: my soul, as a parched land, [thirsteth] after thee. Selah*

Psalms 42:1-5: (NRSV) ¹*As a deer longs for flowing streams, so my soul longs for you, O God.* ²*My soul thirsts for God, for the living God. When shall I come and behold the face of God?* ³*My tears have been my food day and night, while people say to me continually, Where is your God?* ⁴*These things I remember, as I pour out my soul: how I went with the throng, and led them in procession to the house of God, with glad shouts and songs of thanksgiving, a multitude keeping festival.*

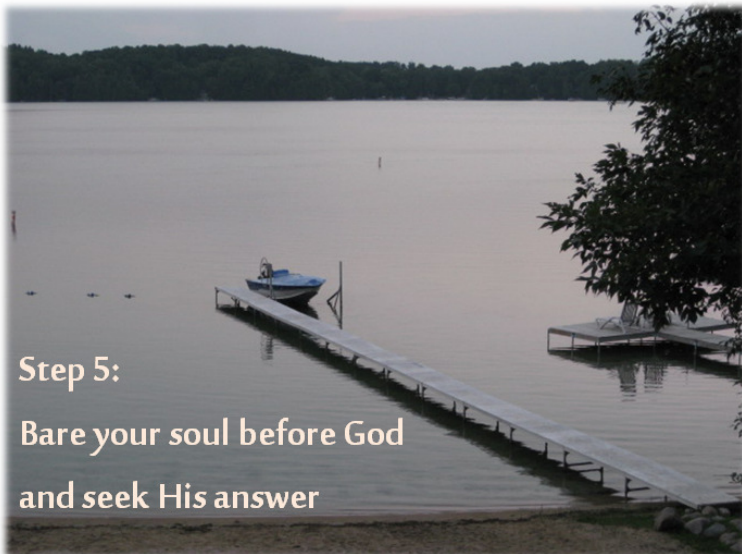
⁵Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help.

When we reach - truly reach - toward God we must, by definition, be stretching our hands and hearts away from ourselves.

Mark 12:30: (NRSV) ...you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.

 **Why would God keep me here, suicide interrupted, Kristen Anderson, The 700 Club**

- (She intentionally laid down on railroad tracks but she lived through the ordeal.) After that night on the train track, she was in the hospital for three months. Doctors tried to reattach her legs, but they were unsuccessful. There were a number of surgeries and then Kristen was told she would probably be confined to a wheelchair for life.
- I just started to cry out to God for the first time asking why would He keep me here? Why would He want me to be here even without my legs?



Step 5:
Bare your soul before God
and seek His answer

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Psalms 143:7: (DNT) Answer me speedily, O Jehovah; my spirit faileth: hide not thy face from me, or I shall be like unto them that go down into the pit.

If you ever have a doubt about how David really felt, read this!

Psalms 69:1-5: (NRSV) ¹Save me, O God, for the waters have come up to my neck. ²I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. ³I am weary with my crying; my throat is parched. My eyes grow dim with waiting for my God. ⁴More in number than the hairs of my head are those who hate me

without cause; many are those who would destroy me, my enemies who accuse me falsely. What I did not steal must I now restore? ⁵O God, you know my folly; the wrongs I have done are not hidden from you.

Tell God your problems! We can't do it all alone and can quickly get very overwhelmed. The true honesty expressed by the broken of heart and soul to Almighty God begins to break the mask of our own self-deception and pushes to open the door of healing.

James 5:15-16: (NRSV) ¹⁵The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. ¹⁶Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective.

What can I do to help someone who may be suicidal?



“How Did You Get That Lonely,” (Last Verse) Blaine Larsen

Did his girlfriend break up with him
 did he buy or steal that gun
 did he lose a fight with drugs or alcohol
 did his mom and daddy forget
 to say I love you son
 did no one see the writing on the wall
 I'm not blamin' anybody
 we all do the best we can
 I know hindsight's 20/20
 but I still don't understand
 How do you get that lonely
 how do you hurt that bad?
 To make you make the call,
 that having no life at all
 is better than the life that you had
 How do you feel so empty
 you want to let it all go
 How do you get that lonely
 and nobody knows



If someone you know is suicidal, help them by:

- Listening attentively to everything they say.
- Comfort them with words of encouragement.
- Do not leave him or her alone.
- Don't be judgmental.



Step 6:
 Look to follow
 God's specific guidance
 and deliverance

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Psalms 143:8-9: (DNT) ⁸Cause me to hear thy loving-kindness in the morning, for in thee do I confide; make me to know the way wherein I should walk, for unto thee do I lift up my soul. ⁹Deliver me, O Jehovah, from mine enemies: unto thee do I flee for refuge.

Psalms 119:103-106: (NRSV) ¹⁰³How sweet are your words to my taste, sweeter than honey to my mouth! ¹⁰⁴Through your precepts I get under-standing; therefore I hate every false way. ¹⁰⁵Your word is a lamp to my feet and a light to my path. ¹⁰⁶I have sworn an oath and confirmed it, to observe your righteous ordinances.

Sometimes we need someone to help us draw toward a godly approach. There is always light somewhere, no matter how dark life gets. Find something to cling to, which might be confiding in a friend as well as God Himself.



A train took her legs but God gave her life, suicide interrupted, Kristen Anderson, The 700 Club

- *Now despite her disability, she never contemplates taking her life.*
- *I realized that I needed to choose life. I had to learn how to not be so extreme. When something goes wrong, I know it's not the end of the world. I ended up getting off of all my anti-depressants and all my pain meds that they told me I was going to have to take the rest of my life. My life has never been better. I just really try and find my value in God every single day, and I really try to seek Him with everything in me and live for Him completely.*
- *Kristen Anderson says that a train took her legs, but God gave her a new life.*



- Be careful of the statements you make
- Talk openly about suicide - ask them, are you feeling so bad that you are thinking about suicide?
- If "yes," then ask, "Have you thought about how you would do it?" It opens the door of communication. Ask, "Do you have what you need to do it?" Ask, "Have you thought about when you would do it?" Get them to talk and then find a way to get them help.

Step 7:

Learn the lesson and apply it to your life now!



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Psalms 143:10: (DNT) *Teach me to do thy will; for thou art my God: let thy good Spirit lead me in a plain country.*

The point of this program was to discuss a very difficult topic and what we can do about it. There is always hope, no matter your situation or circumstances surrounding you, many of which are beyond your control. Reach your hands up towards God, find somebody to talk to and find the light. The light is there; sometimes we just don't know how to see it by ourselves.

God does forgive suicide and will give us a better way out if we look for it.

***Does God forgive 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!**

Romans 8:35-39: (KJV) ³⁵Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ³⁶As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. ³⁷Nay, in all these things we are more than conquerors through him that loved us. ³⁸For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, ³⁹Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

King David is a great inspiration in dealing with failure and depression - he was one of the most accomplished followers of God in scripture while being so very flawed. The Bible shows us his struggles, failures and victories!

David again is in a state of deep perplexity:

Psalms 6:1-10: (NASB) ¹O Lord, do not rebuke me in Your anger, nor chasten me in Your wrath. ²Be gracious to me, O LORD, for I am pining away; heal me, O LORD, for my bones are dismayed. ³And my soul is greatly dismayed; But You, O LORD—how long?

He is seeing death more than he is seeing life:

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

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

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

YET - he still clings to his faith - he KNOWS that God has heard him:

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

Words of encouragement: God sees you as valuable!

Matthew 10:29-31: (NASB) ²⁹Are not two sparrows sold for a cent? And yet not one of them will fall to the ground apart from your Father. ³⁰But the very hairs of your head are all numbered. ³¹So do not fear; you are more valuable than many sparrows.

Philippians 4:6-7: (NRSV) ⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

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

(Source: Wikipedia) Approximately 1 in 200 people end their life by suicide. Globally, as of 2009, suicide is the tenth leading cause of death with about a million people dying annually, giving a mortality rate of 16 per 100,000 people. Rates of suicide have increased by 60% in the past 45 years, with these increases seen primarily in the developing world. For every suicide that results in death there are between 10 and 40 attempted suicides.

Suicide ranks as the 10th leading cause of death in the United States in 2009 or about 36,000 cases a year. And about 650,000 people are seen in the emergency department due to attempting suicide.



Suicide rates differ significantly between countries and amongst ethnic groups within a country. For example, in the U.S., non-Hispanic Caucasians are nearly 2.5 times more likely to commit suicide than African Americans or Hispanics.

Gender: In the Western world, males die three times more often by means of suicide than do females, although females attempt suicide four times more often. This has been attributed to males using more lethal means to end their lives, while women generally use less severe methods such as overdosing on medications. In most countries, drug overdoses account for about two-thirds of suicides among women and one-third among men. China has one of the highest female suicide rates in the world and it is higher than that of men.

Age: While rates of suicide in the United States are greatest in Caucasian men older than 80 years; younger people more frequently attempt suicide. It is the second most common cause of death in adolescents.