

Compassion for You

Does life seem impossible? Are you struggling with thoughts of suicide? Have you begun to believe the lie that self-inflicted death would be better than God-given life?

Realize, the Lord looks upon you with tender compassion and genuine concern. He cares about your every need. You can learn how to experience the meaningful life He has planned for you. He has a perfect plan for you ... a plan to free you from the shackles of suicidal thinking ... a plan based on truth, not on lies. Jesus desires to free you from destructive thoughts and choices. He said ...

*"You will know the truth,
and the truth will set you free."
(John 8:32)*

What Are Different Types of Suicide?

- **Suffering suicide** is a deliberate act of killing oneself while in an extreme state of despair. (Matthew 27:3, 5)
- **Supported suicide** (also called "assisted suicide") is a deliberate choice of killing oneself with the assistance of another person. (Judges 9:54)
- **Symbolic suicide** is a deliberate act of killing oneself while being influenced by a ritualistic custom or a sense of honor. (Judges 16:29–30)
- **Shared suicide** is the deliberate act of two or more people who kill themselves based on a prior commitment to do so. (Psalm 116:3)
- **Slaughter suicide** is the deliberate act of killing one or more people while committing suicide simultaneously or immediately following the act of murder. (Proverbs 29:10)

Facts and Fables about Suicide

- **Fable:** "People who talk about killing themselves never do it."
Fact: Of those who took their own lives, approximately 75% gave clues or warnings to friends or family. Take any threat of suicide seriously. Someone who talks about suicide gives others the opportunity to intervene. (Ephesians 4:2)
- **Fable:** "Talking about the method of someone's suicide with all the gory details and the emotional impact on loved ones will help prevent others from committing suicide."
Fact: Presenting precise details of a suicide, including the heartbreaking reaction of the family, can spark an explosion of copycat suicides. (Ecclesiastes 3:1, 7)
- **Fable:** "The tendency toward suicide is inherited."
Fact: No one is destined to die of suicide. Just because one family member dies by suicide doesn't mean that other family members will do the same. (1 Kings 15:3)
- **Fable:** "Deeply committed believers would never want to commit suicide."
Fact: Temporary hopelessness can accompany severe stress and can strain a person's faith. Likewise, physical illnesses, such as a brain tumor, can change thought processes in the brain, resulting in "suicidal ideation." Even the most sincere believer can become engulfed in suicidal despair, as when the godly prophet Jeremiah was being tormented and his life threatened. (Jeremiah 20:14–18)
- **Fable:** "Once people attempt suicide, they will always be weak and unable to face difficulties in life."
Fact: In the context of a person's whole life, a true crisis usually lasts for only a brief duration of time. Most people learn valuable life lessons during their lowest moments. God rescues from destruction those who turn to Him for His love and acceptance. (Isaiah 38:17)

What Characterizes Suicidal Teens?

- **Behaviors** (impulsive, self-injury)
- **Emotions** (moody, reactive)
- **Relationships** (unpredictable, unstable)
- **Thoughts** (illogical, distrustful)
- **Spirituality** (legalistic, conflicted)
- **Self** (poor self-image, low self-esteem)

Vulnerable adolescents are highly emotional, and unless they learn to manage their impulsive overreactions, they are likely to be controlled by them. The challenge these adolescents face is formidable ... but definitely not impossible.

*“May the God of hope fill you with all joy
and peace as you trust in him,
so that you may overflow with hope
by the power of the Holy Spirit.”*
(Romans 15:13)

What Do Sufferers Want to Escape?

Excessive Loss

Social Isolation

Critical Illness/Impairment

Abusive Background

Pychological Disorders

Excessive Guilt

*“My eyes are ever on the LORD,
for only he will release my feet
from the snare.”*
(Psalm 25:15)

Key Verses to Memorize

*“Yes, my soul, find rest in God;
my hope comes from him.
Truly he is my rock and my salvation;
he is my fortress,
I will not be shaken.”*
(Psalm 62:5–6)

Key Passage to Read

Lamentations 3:19–24

My Contract of HOPE

The following is a solemn, binding contract. This contract cannot be declared null and void without the written agreement of both parties.

I promise that if I should consider harming myself, I will talk with you before I do anything destructive.

I sign my name as a pledge of my integrity.

Signature: _____

Date: _____

Signature: _____

Date: _____

*“Anyone who is among the living
has hope.”*
(Ecclesiastes 9:4)

7 Reasons to Say *No* to Suicide

Suicide Rejects ...

1. God’s offer of inner peace
“Do not be anxious about anything, but in every situation, 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).
2. 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).
3. God’s right to be Lord over your life
“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own” (1 Corinthians 6:19).
4. God’s commandment to not murder
“You shall not murder” (Deuteronomy 5:17).
5. God’s ability to heal your hurts
“Heal me, LORD, and I will be healed” (Jeremiah 17:14).

6. God's plan to give you hope
"Yes, my soul, find rest in God; my hope comes from him"
 (Psalm 62:5).
7. God's power already within you to make you godly
"His divine power has given us everything we need for a godly life 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, having escaped the corruption in the world caused by evil desires" (2 Peter 1:3–4).

Questions and Answers

"What is the difference between a 'suicide risk' and a 'suicide crisis'?"

A "suicide risk" refers to an evaluation to determine the degree to which a person could be suicidal based on a set of factors (for example, age, gender, mental health, family history, previous attempts).

A "suicide crisis" refers to a specific situation where suicide may be imminent for a limited period of time. The three primary indications of a suicide crisis are: (1) a precipitating event (for example, loss of loved one, career, health), (2) intense emotions (for example, excessive anger, bitterness, rage), (3) changes in behavior

(for example, saying good-byes, buying a gun, making a will, withdrawing socially).

*"No one is concerned for me.
 I have no refuge; no one cares for my life."*
 (Psalm 142:4)

"Are 'cutters'—those who intentionally and repeatedly cut themselves—trying to commit suicide?"

Usually not. Typically, those who practice repeated self-harming behaviors—cutting, burning, biting, scratching, reopening barely healed wounds, etc.—have no intention of dying. Instead, they are seeking relief from their overwhelming emotional pain. They temporarily feel a release of tension and/or shame when they self-injure.

These strugglers need to know on a very deep level that they don't have to shed their blood to relieve their emotional pain ... because Jesus has already given his life for them. The Bible says ...

*"You were redeemed ...
 with the precious blood of Christ,
 a lamb without blemish or defect."*
 (1 Peter 1:18–19)

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If you would like more information, biblical counsel, or prayer support, contact:
 1-800-488-HOPE (4673)
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The information in this resource is intended as guidelines for healthy living. Please consult qualified medical, legal, pastoral, and psychological professionals regarding individual concerns.

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P.O. Box 7, Dallas, TX 75221