

Series: Rising Above

## Title: "Suicide is Never the Answer"

According to the World Health Organization, nearly 800,000 people die by suicide in the world each year, which is roughly one death every 40 seconds.

This implies that during the duration of this church service, an estimated 90 individuals will have tragically ended their own lives.

Regardless of how dark the future may appear to you right now; **suicide is never the answer.**



### The Leading Causes of Suicide:

Experiences of betrayal, feelings of depression, perceptions of life as valueless, a sense of personal worthlessness, mental health disorders, history of trauma or abuse, substance abuse including drugs and alcohol, and enduring chronic pain or illness.

### Several Christian men in Scripture that had suicidal thoughts:

1. **Moses** (Numbers 11:10-15)
2. **Elijah** (1 Kings 19:2-4)
3. **Job**: In the Book of Job, Job expresses immense sorrow and despair due to his severe trials and losses. In Job 3, he curses the day of his birth and expresses a wish that he had never been born, which reflects the depth of his suffering and despair.
4. **Jonah**: Jonah 4:3 "Therefore now, O LORD, take, I beseech thee, my life from me; for it is better for me to die than to live." This is after God spares the city of Nineveh following Jonah's prophetic warning and Jonah becomes angry and frustrated.

### Scriptural Accounts of Suicide:

1. **Abimelech** (son of Gideon), in a bid to avoid disgrace from being slain by a woman who threw a rock from a tower and struck him in the head. Instructed his armor-bearer to kill him. (Judges 9:50-55).
2. **Samson**, seeking to destroy the Philistines, collapsed a building on himself and others, resulting in his death (Judges 16:30).
3. King **Saul**, after being wounded by arrows in a battle, ended his life with his own sword (1 Samuel 31:4).
4. **Saul's armor-bearer**, after seeing Saul kill himself, also took his own life (1 Samuel 31:5).
5. **Ahithophel** (betrayed king David, and joined Absalom's rebellion) after realizing his advice was disregarded by Absalom, took his own life by hanging (2 Samuel 17:23).
6. **Zimri** was a commander in the army of Israel who came to power by assassinating King Elah. After only 7 days of power, the army turned against him. Upon seeing the city's capture, chose to die in a fire he set within the royal palace (1 Kings 16:18).
7. **Judas Iscariot**, overwhelmed with guilt, returned the silver he received for betraying Jesus and subsequently hanged himself (Matthew 27:5).

## Practical Ways to Rise Above Thoughts of Suicide

Suicide is NEVER the answer because:

### 1. God will never \_\_\_\_\_ me!

*Hebrews 13:5* Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, **I will never leave thee, nor forsake thee.**

*Psalms 9:10* And they that know thy name will put their trust in thee: for thou, LORD, **hast not forsaken them that seek thee.**

Although others may abandon or betray us, we can rest assured knowing that God will never leave us! He is always there!

### 2. I am of great \_\_\_\_\_ to God.

*Luke 12:6-7* Are not five sparrows sold for two farthings, and not one of them is forgotten before God? But even the very hairs of your head are all numbered. Fear not therefore: **ye are of more value than many sparrows.**

**God knows you and to Him you are of great value! In fact, to God, you were worth the most valuable possession He has: His Son.**

*1 Peter 1:18-19*: Forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers; **But with the precious blood of Christ, as of a lamb without blemish and without spot.**

### 3. God's \_\_\_\_\_ for me is unwavering, His \_\_\_\_\_ is boundless, and He holds me in His \_\_\_\_\_ continually.

**God cares for me:** *1 Peter 5:7*: Casting all your care upon him; for he careth for you.

**God loves me:** *1 John 4:9-10* In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.

**God thinks of me:** *Psalms 139:17-18* How precious also are thy thoughts unto me, O God! how great is the sum of them! If I should count them, they are more in number than the sand: when I awake, I am still with thee.

### 4. My death should be in God's \_\_\_\_\_.

*Psalms 31:15* My times are in thy hand: deliver me from the hand of mine enemies, and from them that persecute me.

**"Choosing to end your life is a decision to remove your life from God's guidance, essentially declaring that He does not hold sovereignty over one's existence."**

### 5. My life has a \_\_\_\_\_ that God wants me to fulfill.

*Ephesians 2:10* For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

**If you are alive, then you have a divine purpose that He wants you to accomplish.**

### 6. God has \_\_\_\_\_ me that when life is hard, I can find help in Him.

*Psalms 55:22* Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

*Matthew 11:28-30* Come unto Me, all ye that labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your soul. For My yoke is easy, and My burden is light.