

Suicide

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I'm curious about Suicide. It's our guess that you either know someone that is suicidal, are curious about what God says about suicide, or you have had thoughts about suicide. Either way, we're glad you've grabbed this!

You Are Not Alone!

The Bible says that God will never leave you nor forsake you (Deuteronomy 31:8; Joshua 1:5). It may not feel like it, but God is always with you. His presence fills the entire earth, and nothing can separate you from the love of God (Romans 3:38). You are not alone. It's normal to get depressed and even have suicidal thoughts.

It's OK to be Sad

Psalms, the longest book in the Bible, is filled with songs written in times of deep personal sadness. The Apostle Paul (he's the guy who wrote more than half of the New Testament), after suffering great hardships, said, "...we despaired even of life" (2 Corinthians 1:8). Paul wanted to die! What kept him alive was his hope in Jesus Christ.

There is Always Hope

God knows your pain. He knows your situation and what you have to face. He loves you more than words can express. He created you, and paid the highest price for you to be in his family. You are an original masterpiece, not an accident, not a person without purpose. God says this to Jeremiah, and it's true about you, too:

"For I know the plans I have for you," declares the LORD, 'plans to prosper you and not to harm you, plans to give you a HOPE and a future.'"
Jeremiah 29:11

You are alive because God has great things he wants to do in your heart and through your life. God has a plan for your life!

What does God think about suicide?

God hates suicide. Life is a gift from God— no one forced God to give us life. As the Creator, God alone has the authority over life and death. He created people in his image (Genesis 1:27), setting us apart from everything else in creation. Murder (and self-murder) is contrary to the great plans God has for each and every person he created.

God knows that it is normal for us to worry, be overwhelmed, and get depressed. Two thousand years ago, Jesus came to earth so that we might have a full and abundant life (John 10:10). In the midst of our darkest moments, we can talk to God and rely on him:

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."
Philippians 4:6-7

The Truth

You are precious and valuable to God and He wants you to be joyful and fulfilled in your life. You may want to end your life because you think it's the only way to be at peace, or to end the pain you're experiencing, or avoid the overwhelming pressures of this life. There is another way! Jesus says, "Come to me all who are weary and burdened and I will give you rest" (Matthew 11:28).

This verse is a promise that when you are going through difficult times, no matter what is happening, if you lean completely into Jesus, He will take care of you and bring you peace and rest for your soul.

Already attempted suicide?

GOD LOVES YOU! His heart breaks for you and even though it doesn't feel like it, he is with you in your pain. TALK TO SOMEONE. You don't need to carry this burden alone. You shouldn't carry it alone.

I'm struggling

Silence is not golden. If you are hurting, talk to a CSM leader or another trusted adult. CSM is here to help you get through your pain. Give us a call at (512)863-6576. If you are thinking about taking your life soon (like today or tomorrow), call 911 right now. Don't even think about it!

Going Deeper

Read and reflect on, Psalm 33:20; Psalm 84:2; 2 Corinthians 1:7.