

Suicide

“The man who kills a man, kills a man.
The man who kills himself, kills all men.
As far as he is concerned, he wipes out the world.”
- G.K. Chesterton, Orthodoxy

Suicide



Suicide

Warning Signs:

- The strongest and most disturbing signs are VERBAL
- Becoming Depressed or Withdrawn
- Behaving Recklessly
- Getting Affairs in order and giving away valued possessions
- Showing a marked change in behavior, attitudes or appearance
- Abusing alcohol or drugs

Suicide

Situations that may lead to Suicide:

- Family history of suicide or violence
- Sexual or physical abuse
- Death of a close friend or family member
- Divorce, separation, ending a relationship
- Failing academics, problems at work
- Sin, Situation, Sickness

Suicide

Physical Changes:

- Lack of energy
- Disturbed sleep patterns
- Loss of appetite
- Sudden weight gain or loss
- Sudden change or lack of interest in appearance

Suicide

Thoughts & Emotions:

- Thoughts of suicide
- Loneliness
- Rejection, feeling marginalized
- Deep sadness or guilt
- Unable to see beyond the current situation
- Helplessness, loss of self-worth

Suicide

Questions to ask:

1. Have you ever thought about suicide as an option? - Thought
2. Have you thought of how to commit suicide – Plan
3. Do you have a time and place that you would commit suicide?
- Action

Suicide

Abimelech (Judges 9:52-54)	Abimelech lacked personal identity.
Samson (Judges 16:25-30)	Samson died for a cause he believed in and for revenge.
Saul (1 Samuel 31:4)	Stressed out, unable to live up to certain expectations; felt rejected and a failure
Saul's armor-bearer (1 Samuel 31:5)	Impulse, he wanted to die with his boss. 40% of teenage suicide is impulse.
Ahithophel (2 Samuel 17:23)	Ahithophel was bitter because his advice was not followed
Zimri (1 Kings 16:15-20)	Rebellion; Zimri had a problem with authority
Judas (Matthew 27:3-5)	Depressed, Judas felt trapped by materialism and guilt

Suicide

What the Bible Says:

1. God's plan is for life, not death – Rom. 6:23
2. Death & Destruction are the works of Satan – John 8:44; 10:10
3. Jesus wants us to have life – John 10:10
4. Life belongs to God – 1 Cor. 6:19, 20

Was the Apostle Paul Suicidal? –

Phil. 1:18-26 – “For me to live is Christ, to die is gain”

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What the Bible Says:

Is Suicide the Unpardonable Sin? (Mark 3:28-29)

- Why do people even ask this question? – suicide seems to leave no room for repentance; a person enters eternity with unconfessed (and therefore unforgiven) sin.
- Many Christians will die with sins of which we have not repented
- All sin (past, present & future) is forgiven by belief (Mark 16:16) ...our eternal destiny is secure at the moment of salvation (Rom. 8:38-39), not lost at the moment of sin

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Helping a Suicidal Friend or Relative:

1. Expand alternate thinking and options to suicide
2. Respect and use the fears that block suicide
3. Increase clinical or counseling intervention
 - a. Increase Frequency of Sessions
 - b. Use communications
 - c. Get family and friends involved

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Helping a Suicidal Friend or Relative:

- 4. Act assertively to protect in crises situations
- 5. Make good referrals to people you know and trust
- 6. Remove access to lethal weapons and means of death
- 7. Contract for “no suicide” and community care

Suicide

PRAY!