

Suicide

(Rev. 05/25)

Before we get into this topic, let me give you a little background. Our church lead the QPR Suicide Prevention training for our teens and volunteers. Immediately after that, I received a TON of NDQs related to suicide. If you DO read this, use this as a resource for counseling. I would NOT simply hand it to someone who is struggling with thoughts of suicide! So, with that:

But you don't understand my pain!¹

No, I don't. I will never look at you – or anyone else – and say, “I know exactly what you're going through!” Why? Because I don't. Even more than that, I can't. You're you, I'm me; and that's quite a gulf to try to bridge.

By the same token, you can't know what it means to be me, either. I was molested as a child. If you were molested by that same person, in the same manner, in the same town, the same number of times, then we can understand each other, right? Not really. My family is different. My upbringing is different. My beliefs are different. The way I responded was different.

So I will never insult you by telling you that I know what you've experienced.

But, I DO know what it's like to hurt. I know what it's like to cry, to feel alone, and to give up on life. I know how, when it hurts too much, that you want the pain to end. I may not share your experiences, but I know what it feels like to be so low that you don't see any way out...except suicide. I may not experience the same emotions in the same way, but I've felt similar emotions.

When I went through some of my worst times, God put people in my life to help me. I would like to do the same for you, if you'll let me.

Also, did you know Jesus had similar experiences? He came to His people and was rejected (John 1:10-11), He was tempted like we are (Hebrews 4:15), life was hard (Matthew 8:20), people hated Him (John 15:18), and more.

Jesus wants to help you, too, if you'll let Him. And believe me, He can save your life! How do I know? Because He saved mine!

Didn't people in the Bible kill themselves?

As I was researching this question, I found a...quirky...website that was actually arguing FOR suicide being appropriate. They pointed out that other people in the Bible did commit suicide and that the writers of the Bible didn't condemn them for killing themselves. They also went on to argue that:

1. Everyone went to Heaven regardless of what they did...which is wrong!
2. That God never lets anyone go to Hell..which is wrong!

They also had a bunch of other weird “theological” ideas, which makes me question how much trust I should put in them. But, for the sake of argument, let's look at who they hold up as examples:

1 This is actually the “question” submitted.

Abimelech (Judges 9)

In this story, Abimelech starts out by slaughtering 70 men and then sets himself up as king. God finally intervenes, bad things happen, and finally a woman drops a stone on his head! Because he's too embarrassed to die at the hands of a "mere woman", he has his armor-bearer kill him, instead.

Ahithophel (2 Samuel 17)

Ahithophel rebels against King David! He asks David's son, Absalom, for 12,000 men so he can hunt and kill David. If Ahithophel succeeds in murdering the king, Absalom can take over the kingdom. When the plan is discovered, Ahithophel goes home and kills himself rather than be caught by King David.

Judas (Matthew 27)

Judas is one of the 12 Disciples who follow Jesus! He also happens to be a thief (John 12:6), and he finally betrays Jesus to the religious leaders for 30 pieces of silver. When Jesus is taken away to be killed, Judas has a change of heart; but rather than go to Jesus and die for Him, Judas runs away and kills himself.

Saul (1 Samuel 31)

The first King of Israel pretty much does EVERYTHING wrong! He tries to kill an innocent man (David), he hurts people in his anger, he's frequently depressed and he gives up on God. In fact, he doesn't just give up on God; Saul actually starts doing the opposite of what God says! He's wounded by archers in battle and falls on his sword to escape being tortured by the enemy army.

The Armor-Bearer of Saul (1 Samuel 31)

Talk about being a footnote, but after Saul kills himself, his armor-bearer does, too. We don't know his name, his story or anything else.

Zimri (1 Kings 16)

Zimri, a commander in the military, leads a rebellion against the king, slaughters the king's family and then declares himself the new king. Unfortunately, the general of the armies does not agree and turns Israel's army against the capital city. Seven days after he declares himself king, Zimri kills himself rather than allow himself to be captured.

So, what's the theme in all of these verses?

Well, in each case – except the armor-bearer – these people did some pretty cruel things. In ALL cases – except the armor-bearer – these men are guilty of murdering (or attempting to murder) innocent men. Finally – other than Judas – these men kill themselves in the middle of a war! (The religious leaders had declared "war" on Jesus, so maybe you could make the argument there, too!) The other thing to notice is that while they aren't condemned for killing themselves, they certainly aren't praised for their actions, either. In fact, most of these men are used as examples of what NOT to do!

To use these men to try to justify ending your own life means that you think of yourself as a murderer, traitor, and that you delight in people dying horrible deaths. By the way, even if that definition DOES

match you, you get the chance to not make the same mistakes as these men; you can choose to be better – which is something that they didn't.

If a Christian commits suicide, do they go to Heaven? (Is it a sin?)

Nothing like a deep, deep question. The quick answer is that there's a lot of debate and discussion around this. I know some denominations and churches that teach that if a Christian commits suicide, since they threw away God's precious gift of life, they are condemned to Hell. Others appeal to the argument of once-saved, always saved.

Before I give you my two-cents worth, however, I do need to say that this is a very serious sin. We are told in 1 Corinthians 6:19-20:

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. - 1 Corinthians 6:19-20 (NLT)

In other words, we're destroying God's temple and throwing away His gift of life.

Now, that being said, is there any difference between the sin of gossip and the sin of murder in God's eyes? No. Sin is literally “missing the mark” and whether you miss it by ten inches or ten feet, you still failed to hit what you're aiming at. The Bible says in Romans 6:23:

For the wages of sin is death... - Romans 6:23a (NLT)

Notice that it **doesn't** say, “The wages of murder or suicide is death; but gossip, lies, and other sins are only mostly death...” Sin is sin.

So, does Jesus cover over ALL of our sins at the moment of salvation? Yes. Otherwise, if you forgot to confess that one lie that one time ten years ago and you die, you go straight to Hell! Thankfully, God forgives all of our sins! (Check out Romans 3:23-25a!) This means that if we have accepted Christ as our Savior before we die, even if we haven't had the chance to confess our sins, we're still declared righteous. (We have “right-standing” with God.)

So, can a Christian commit suicide and go to Heaven? I believe they can. Would I want to stand before God and tell Him why I threw away His gift to me? Not for all the world!

If you ARE struggling with thoughts of suicide, please come and talk to me! You don't have to face life alone and it would be my honor to speak with you!

Is suicide a selfish act?

This is a question I get a lot and (usually) people hate me when I tell them what I think. Short answer? Yes...but... And it's the “but” that makes the difference! When we think of “selfish”, we think of a negative idea like “egotistical”. While it CAN mean that, it can also simply mean “self-focused”. Let me show you why that makes a difference:

A long time ago, I was down. I was so far down that I couldn't see "up". There was no hope, only pain. More than anything else, I wanted the pain to end; I wanted a day that didn't hurt. I stood on the corner of a street, watched for a bus to come, and picked up my foot to step out.

In that moment, I was thinking only about me, right? But there were other people involved!

What about the bus driver who was going to run me down? How would my actions affect his life? What if he got fired? What if he needed the job to feed his family? My actions, my choice, would destroy his future!

What about the people on the bus or the bystanders? Were there children nearby who would have seen what I did? How would it affect them? Would they need counseling or therapy because of what I did? What would my choice do to them for years to come?

What about my friends and family? Every year, they would have two days on their calendar that had to do with me: the day I was born and the day I died! The birthday would be a celebration; the date of my suicide would be sad, bitter, and upsetting. They would be angry that I left them on my own. Every year, they would have that same reminder. (I had a friend whose mother committed suicide...and he, the ten-year-old, found the body. It still hurts him every time he thinks of it, and that was over thirty years ago!)

My actions, my choices, will impact others for a long, long time; maybe even the rest of their lives. But in that moment, as I stood on that street corner, I thought about NONE of these people; I only wanted my pain to end. That was "self-focused". I never once thought about how it would affect anyone else, only me.

Barry's Note: I thought about leaving this answer as "finished", but there ARE times when suicide is clearly a selfish act. If I think thoughts like, "They'll all feel bad about how they treated me! I'm going to make them hurt by killing myself! They'll all cry! I'm going to kill myself where [Insert Person You Want To Hurt Here] will find me!" Or any other sentiments like that, then I would argue that suicide, in those cases, IS a selfish act.

Is suicide cowardly?

Okay, this question requires you to consider two circumstances:

When suicide IS cowardly. I read about a banker who committed suicide. He had been swindling people, destroyed their life savings, and had purchased multiple mansions around the world. He was living it up and, all the while, he was stealing from the people who trusted him. When he got caught and was facing decades in jail for what he did, he committed suicide.

This man used suicide as a way to avoid paying for his crimes. He never apologized, he never tried to make restitution, he didn't even seem to care. Life was about him. Death was about him. And, in this case, I think his suicide WAS cowardly.

When suicide is NOT cowardly. On the flip side of this is the person who is molested every night. The woman who is repeatedly raped by her husband. The daughter whose mother tells

her constantly how unloved and unwanted she is. The parent who uses their child as a “speed bag” to vent their frustration on. In cases like these where the pain is constant, then I don’t think suicide is “the coward’s way”.

When life becomes too much to take, when you can’t see an end to the abuse, when hope is gone, then suicide may seem like the only option to end the pain. It isn’t the only option; but sometimes it’s hard to see any alternative.

Having been hurt and having been suicidal, I tend to get very angry when someone who has had a good life – not “perfect”, but “good” life – tells the people around them that someone who committed suicide was being cowardly. In this case, you’re making a judgment call without all of the facts, and that’s not helping anyone.

What can I do if I’m suicidal?

This is a GREAT question, and I want you to know that I’m so grateful to you for asking it! Here are some “quick steps” to help you if you’re feeling suicidal:

Step One: Tell Someone

The bravest thing you can do is “self-advocate”. What does that mean? It means to stand up for yourself and, in this case, it means to seek help. Find someone you can trust and tell them how you’re feeling. Don’t make them guess, don’t downplay your thoughts and emotions, and don’t walk-away. Telling someone is THE most critical step in dealing with suicidal thoughts.

By the way, if you don’t want to talk to someone “local”, the following are a bunch of “help lines” that you can reach out to:

- 911 – This is emergency services, and they WILL respond
- 988 – Suicide and Crisis Lifeline
- Text HOPELINE to 741741.
- Call the Farmer Wellness Helpline at (888) 901-2558
- Call the Trevor Project (LGBTQ) at (866) 488-7386
- Visit: <https://www.preventsuicidewi.org/county-crisis-lines>

Does this seem like a lot of options? It should! Why? Because there are so many of us out there that want to help you! You’re not alone in this!

Step Two: Be Willing To Go

I’ve known a lot of people who have gone to residential facilities for care. While some people don’t like the idea, sometimes the safest place to be is...the safest place to be. You will be surrounded by people checking up on you, talking to you, and wanting to help you. While it’s not a “fun” experience for most people; many of the people I know will tell you that it was the best possible thing to happen to them.

For a list of residential treatment facilities, you can ask the people who answer the Wisconsin Prevent Suicide Crisis Lines or talk to your Pastor.

Step Three: Talk To Someone

Whether you go to residential treatment or not, one of the critical things that you need to do is find someone you can open up to. Find someone who will listen without judging, someone with life experience they are willing to share, and who are willing to be there for you. When you find that person...talk. Tell them all of the thoughts, emotions, and experiences that have brought you to this place and listen to them if they share ideas or advice.

Remember, these people may not be perfect, but they care about you. How do I know that? Because if they're willing to sit down and really listen to you, they care about you. It's as simple as that!

Step Four: Find Ways To Cope

The first step in your healing is to find a way to deal with the negative thoughts and feelings that you're experiencing right now. Some simple – and often temporary – suggestions for ways to cope include:

- Avoid alcohol or drugs. (Depressants make you more likely to self-harm.)
- Breathe. (Focus on taking deep breaths in through the nose, out through the mouth.)
- Don't be alone, especially if you feel overwhelmed.
- Find a safe place to stay. (This is especially true if your home is unsafe.)
- Find healthy ways to vent stress and anger. (This can include running, walking, or some other form of exercise.)
- Find ways to "distract" yourself. (This can be a hobby, movie, music, etc.)
- Focus on your senses. If you're feeling overwhelmed, take long deep breaths and think about what you can feel. (What are you sitting on? Is it hard? Soft?) What you can smell. (Are there flowers? Car exhaust? Cleaners?) What you can hear. (Birds? Traffic? Planes?) Taste. (Did you have something sweet to eat? Does your mouth taste bad?) By grounding yourself with your senses, you can prevent your emotions from overwhelming you.
- Invite family and/or friends to check up on you.
- Keep a journal.
- Leave the door to your bedroom open so that people can see in as they walk past.
- Leave your phone and laptop in public areas. (A lot of the negativity in our life can come from social media, so avoid using it, if you can!)
- Meet your needs. (Are you hungry? Thirsty? Do you need a comfortable place to sit?)
- Remove any method of injuring yourself. (If you're living in someone else's home, ask them to lock up knives, poisons, etc.)
- Seek calm. (This can include watching the stars, closing your eyes and listening to birds in the trees, smelling flowers, etc.)

Okay, I need you to understand something here: "Coping" is not the same things as "Thriving". In these coping techniques, the goal is to get you to calm down, refocus, and be able to process your way through what you're experiencing.

Long range, the goal is:

Step Five: Learn To Thrive

What do I mean by that? I mean that if you seek counseling – and have a good counselor to talk with; if you successfully complete a program like The Trek (www.thetrek.org); if you take the time to invest in yourself, and you stick with it, even when it's hard; then one day you'll be amazed to find that the things in your past don't have a hold on your present and don't decide your future.

It takes time and effort to get here, but believe me when I tell you that it's worth it! That ***you're*** worth it!

But you have to take the first step, Step One, before you can ever hope to move forward. Are you ready to begin this journey?

What can I do if someone I know is thinking about suicide?

This is another GREAT question! The easiest thing I can recommend is going to get training before you need it! There's a great class called "QPR" by the QPR Institute. They teach some very practical suicide-prevention techniques, and I recommend them to everyone!

But, since we don't have time for the training here, let me give you a quick breakdown of their process:

Question

The easiest way to determine if someone is considering suicide is to ask them directly, "Are you thinking about suicide?" (Don't use the phrase, "Are you thinking about harming yourself?" Some people "cut", and that's self-harm, not suicide.) If you care about them, ask the question!

Persuade

If they say yes – or you still think they might be suicidal – ask, "Will you go with me to get help now?" If help isn't readily available, you can ask, "Will you promise me not to kill yourself until we've arranged to get you help?" If this step doesn't work, feel free to call 911 and let the pros get involved. The person may hate you temporarily, but at least they'll be alive! (Most people DO realize that you called for their safety.)

Refer

If at all possible, walk/drive them to the health care professional they've agreed to meet with. If they agree to talk to someone by phone, dial the number, introduce the person, and then hand the phone to them. If you assume that they'll actually seek help on their own...many won't do it.

So, ask the question, persuade them to get help, and then make sure they get the help they need. Again, if this is getting out of control at any point along the way, call 911 and get them involved.

Barry's Note: One of the things that I routinely offer is to go with the person to talk to their parent/guardian about the situation. They may not be willing to do it alone, but just having another person go with is often enough to help them have the conversation.

Why do they say that "Suicide is a permanent solution to a temporary problem"?

Okay, I really DO have a problem with this saying. I understand why people say it, but it's not quite right. (We'll deal with that later.) For now, though, let's answer this question:

Have you ever had a really bad day? It's pouring rain. Car didn't start. Late for school. Surprise test. You embarrass yourself. You forgot an assignment. Your teacher yelled at you. Your dog ignored you. (Cats are soul-less killing machines, so you do expect that behavior from a cat!)

All of these things combined can make for a pretty lousy day, right? If you look back at the end of the day, you can see everything that went wrong and it can make you depressed! And, in that moment, I may choose to commit suicide.

And here's where people say: "They chose a permanent solution to a temporary problem."

But let's take our day apart:

- *It's pouring rain.* What's the weather going to be like tomorrow? (If you live in Wisconsin, we have a saying: Don't like the weather? Wait 15 minutes!)
- *Car didn't start.* Maybe it just needs a jump, battery terminal came loose, or some other "easy" fix. It doesn't help you in that moment, but it's not that the car's engine has blown up.
- *Late for school.* For some of you, this may not be a stressor. If you're dad was a Major in the Marines like my father, "late" is NOT in your vocabulary! But my school allowed you to be late three times before they even mentioned it to your parents, so one time wasn't a big deal.
- *Surprise test.* I've bombed tests in my life. Now, 30+ years out of high school, do you know how many of them I remember? None. Also, do you know how many times a failed test in high school cost me a job today? None.
- *You embarrass yourself.* This was a big deal for me. I'd rather have you punch me than embarrass me! Physical pain is easy; emotional pain is another subject altogether. But now, all these years later, I have very few high school friends that I remain in contact with and I don't remember anything embarrassing. (I'm sure stuff happened, but it doesn't have any hold on me today!)
- *You forgot an assignment.* It can wreck your day, but after high school, it probably isn't a big deal, right?
- *Your teacher yelled at you.* Actually, getting yelled at by anyone can give us new definitions, new ways of seeing ourselves. (My second grade teacher gave me a doozy of a definition!) But if you work on learning who you really are, you don't have to let this moment define your life!
- *Your dog ignored you.* If that's a normal pattern, I'm assuming you aren't too upset. However, it can hurt to be rejected by your dog after a day like this!

Each one, on its own, hurts; put them altogether and this is a terrible day. But, I've shown you that while they may feel overwhelming, when you look at them individually, they don't have a lasting

impact; they're all "temporary". That's why committing suicide – a permanent solution – seems so over-the-top to the temporary problems we face each day.

The problem isn't the day, though. What if I was ALREADY depressed? What if being yelled at by my teacher was a pattern? What if bullying and embarrassment was my normal experience? What if my car has been dying and I can't afford to replace it? When you consider it from that point of view, then this day when everything goes wrong could be the final straw. I'm already struggling, and now I'm feeling overwhelmed.

The people who talk about "permanent solution / temporary problem" don't take into account all of the pain that led up to the decision to commit suicide. In fact, the best way to explain thoughts of suicide to another person is this:

People who commit suicide don't want their lives to end; they want their pain to end.

If you know of someone who is thinking of suicide, don't just focus on what happened to them today or even this week. Listen to their story and see how long the hurts have been piling up. You may learn a whole new perspective on suffering...

Oh, and when you're done listening, be sure to get them help right away!

Why shouldn't I just kill myself and go to Heaven?

Every time I ask teens for questions, I usually get one or two that cause me to struggle with the answer. I read this one and...this is one of the toughest I've ever had! I know what I would say, but I'm not sure it's what you want to hear. To answer this properly, I want to split it into different categories.

Why not just kill myself?

Because God Commands Us NOT To!

The one thing you have to understand is the "suicide" is self-murder and God condemns murder from the very beginning! You can go back and read about Cain's judgment from God after he kills his brother, Abel. (Genesis 4)

It's so serious to God, that He even carves it in stone...literally! Let me show you:

"You must not murder." - Exodus 20:13 (NLT)

God carved these words into stone tablets and gave them to Moses. God is very serious that life is important! Why? Because God is the only one who can create life; because of that, He's the only one who has the right to take it away. (By the way, that command to not murder is found in a ton of other places; I just used this one because most people know about it. If you want more proof that God hates murder, be sure to talk to me!)

Even more than that, you are special to God because you are His creation! (Ephesians 2:10) If you're a Christian, God calls you His child. (John 1:12) Nothing can separate us from His love for us! (Romans 8:31-39) And there's so much more that He says about how amazing **you** are!

Because The Writers Of The Bible Commands Us NOT To!

David is a guy who knew suffering. He won a battle, was proclaimed king, and then was sent on the run by King Saul. He was attacked by both his own people and the enemies of his people! He lived in a cave to hide, was forced to travel around the country, and suffered pain like I can't even imagine.

At one point in his life, David feels so overwhelmed by life that he feels like it is literally killing him! The stress is affecting his health, his relationships and he says he is "wasting away". At that time, in the middle of all of the pain, David says:

"My future is in your hands." - Psalm 31:15 (NLT)

Notice that he doesn't say, "My future is in MY hands." David, even in the middle of all the chaos, knows that his life belongs to God, not himself. Why? Because God gave David life to begin with; David's life belong to God and God gets to decide what He wants to do with it. And David is okay with that thought!

Some of you may be asking, "But what if suicide is God's way of ending my time?" Then I would assume God would let you – and everybody around you – know by sending a 500-foot-tall Jesus to write flaming letters in the sky that read, "Barry John Rudesill, born in Honolulu, Hawaii, who has three hounds named Priss, Mila, and Hunter, you are to kill yourself." The letters would be visible from space and the national news would instantly cut in to relay the message to the entire planet.

If that happens, then you might have an argument that suicide is God's plan for you. Otherwise, we need to believe what the Bible tells us: murder of anyone, including yourself, is a sin.

Finally, while I believe that murder is a sin like any other, I do know that God is offended by it and that He commanded us not to do it. Since I want to spend eternity with Him, I don't want to offend God before I get there!

Why would someone consider suicide?

We all go through tough times in life. Why do some people react with thoughts of suicide? While I can't speak for everyone, I can tell you what I've learned from my own life and from the lives of those around me.

1. Something "bad" happens.

The reason I wrote "bad" is because we need to define this word better. "Bad", in this case, means "bad to you". For some people, being teased can cause them to be depressed; while for others it has no affect at all. Because of the way YOU react, you – and no one else! – get to decide if it was "bad".

2. We focus on the "bad stuff".

Everyone I know who thought about or tried to commit suicide told me that they couldn't get the thoughts out of their head. They replayed the situations over and over, no matter what was happening around them. (I've seen people depressed at their own wedding!) The negative thoughts get connected with other negative thoughts and now every time you think about one thing, you connect it to everything else that's ever gone wrong in your life.

3. We don't Reality Check our situation.

To Reality Check something simply means to ask, "Is this what's **really** happening?" For example:

- Do we know – because they've actually told us – what someone else thinks about us? Or do we just assume we "know" what people think about us; we "know" that they're talking about us. Well, we can't actually KNOW unless we stop and ask if it's true,
- Do we know – because we've looked into every possibility – that life can't get any better? That it will always hurt and, because of that, we shouldn't continue to live? Well, we can't actually KNOW unless we stop and ask if it's true.
- Do we know – because we've spoken with everyone – that nobody loves us? That nobody wants us? Well, we can't actually KNOW unless we stop and ask if it's true.

Oh, and by the way, for that last one:

*When we were utterly helpless, Christ came at just the right time and died for us sinners. Now, most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good. **But God showed his great love for us by sending Christ to die for us while we were still sinners.***
- Romans 5:6-8 (NLT) (Emphasis Added)

No matter what humans may tell you, God loves you, and He always will!

4. Our Self-Talk becomes negative.

Did you know that we all have voices in our heads? When we listen to others, we can take their words and replay them in our head. Over time, we don't need them to say bad things about us; we're saying it to ourselves! And, in this situation, because I'm not stopping to Reality Check my situation, I'm saying things like, "Nobody likes me!" "They're all judging me!" "Maybe it would be better if I never existed!" These thoughts swirl around in our brains, even when we're by ourselves! Even worse, they can hurt us without us even noticing it.

5. Our language changes to absolutes.

Because we're focusing on the negatives, because we don't Reality Check the situation, our Self-Talk turns to absolutes. We start using phrases like, "This will NEVER get better." "I will ALWAYS hurt." "I AM screwed up." As soon as we're trapped in the absolutes, we really can't see a way out because no matter how much we change, we don't believe it will ever improve!

6. Our Perception of the world is negative.

Fun fact for you, but how you see the world is just the way that YOU see the world! Let me give you a very simple example: Do you like old time country music? Talking banjos, fiddles,

yodeling, and songs about having a dog and a truck. Our perception of that type of music – the way we view it – may be different – I like it and you don't; but reality has only given us a song. We interpret the song based on our own views.

If I'm convinced by my Self-Talk that the world is only waiting to hurt me, then my Perception of the world changes, too! I see people as scary or mean, I view situations as painful, and I everywhere I go and everything I do just serves to confirm that my perception is right!

So now you have someone who has had a bad experience, who got stuck in the memory of it, who didn't Reality Check, whose Self-Talk is negative, and who only sees the world as a terrible place.

Can you understand why someone would want to get away from there, even if it meant suicide?

Now, you need to understand that I'm oversimplifying this in a TON of different ways! First, the "bad" thing could be truly horrific, and it could be something they experience day-in and day-out. Second, they could have a LOT of things that are hurting them all at once. Next, you could have someone with literally no one to talk to, so they don't have anyone to help them do a Reality Check or correct their Self-Talk. Finally, maybe their world really is the stuff of nightmares because of abuse...

Regardless, though, these are the "simple" steps that lead us from a situation to suicide.

If you want to help someone who is struggling, be the one they trust to talk to and help them to understand that there is more to this world than what they can perceive at this time!

You CAN save a life...if you're willing to get involved!

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