

**Introduction:**

- Purpose of the this message. To give a Biblical perspective of suicide and to plant some seeds in young ones that might result in saving their life and/or hopefully saving someone else life. IE. Anthony Bourdain, Kate Spade. Social Media - sites encouraging suicide.
- Thoughts of death can be a most deceptive thing and almost everyone at some point has had the thought.
- “The Yangtze River Bridge, a national landmark in China, is always crowded with traffic, while the great river 100 yards below is filled with barges. The bridge also has thousands of pedestrians, so it is not easy to spot those determined to jump. Over 1,000 people have jumped since the bridge opened in 1968. A man who works on the bridge observed, "It's a place that has a 100 percent success rate for those determined to complete suicide" In 2003, Chen, a man in his mid-30s, became a self-appointed guardian angel, coming to the bridge every weekend to try to stop people from jumping. He counts 42 people whom he has stopped from committing SUICIDE, talking some down and wrestling with others. He has also had five people slip from his grasp to their deaths. "If I save one person," he says, "one is a lot." Asked how he can identify potential jumpers from the sea of people, Chen answers, "It is very easy to recognize a person who walks without spirit." APPLICATION What an extraordinary picture for Christians to consider. This man, whether he knows it or not, has the heart of an evangelist/deliverer. Like Chen, we need to be on the lookout for people who walk without spirit.”
- When you get to the end of your rope you will either tie a knot and hang on.

**I. What We Know About Suicide** from CDC

- Every 16 minutes someone successfully completes suicide. Every minute someone attempts suicide. Suicides have increased by 30% over recent years. Suicide is the third leading cause of death for youth between the ages of 10 and 24. 20 veterans per day complete suicide. (<http://reportingonsuicide.org>) great resource for talking about suicide.
- Suicide affects all youth, but some groups are at higher risk than others. Boys are more likely than girls to die from suicide. Of the reported suicides in the 10 to 24 age group, 81% of the deaths were males and 19% were females. Girls, however, are more likely to report attempting suicide than boys.
- Most teens who have been interviewed after a suicide attempt say that what causes teen suicide are feelings of hopelessness and helplessness. Suicidal teens often feel like they are in situations that have no solutions. The teens can see no way out but death. The teens feel like they have no control to change their situations. Other emotional teen suicide causes stem from trying to escape feelings of pain, rejection, hurt, being unloved, victimization or loss. Teens may feel like their feelings are unbearable and will never end, so the only way to escape is suicide.

- D. Teens may also be afraid of disappointing others or feel like they are a burden to others, such as their parents, and these can be additional causes of teen suicide.
- E. What's important to remember is that teens attempt or complete suicide not because of a desire to die, but, rather, in an attempt to escape a bad situation and/or painful feelings. This means that by helping a teen turn around a bad situation or by teaching her or him how better to deal with painful feelings, we can defeat the causes of teen suicide.
- F. *"When Judas, who had betrayed him, realized that Jesus had been condemned to die, he was filled with remorse. So he took the thirty pieces of silver back to the leading priests and the elders. "I have sinned," he declared, "for I have betrayed an innocent man." **"What do we care?"** they retorted, "That's your problem." Then Judas threw the silver coins down in the Temple and went out and hanged himself." (Matthew 27:3-5, NLT)*

## II. A Biblical Perspective of Suicide

- A. First of all when it comes to suicide, the Bible is silent. It says nothing directly about it.
  1. There are four recorded suicides in scripture: 1. King Saul realizing he was beaten on the battlefield fell on his own sword. 2. Ahithophel, advisor to Absalom, hung himself. 3. Zimri an evil king of Israel, burned himself alive in his palace. 4. Judas, whom we know hung himself. All four committed suicide.
  2. There are no records in the Bible of godly people taking their own lives. That doesn't mean godly can't commit suicide...the Bible is just silent.
- B. Is suicide a sin?
  1. I have to answer, Yes. Suicide is sin because it is the murder of ones own life. Exodus 20:13 you shall not murder. Gen 9:6 It is a direct attack on the image of God. I don't want to stand before God in that situation.
  2. The second question is one of more importance: "Will the sin of suicide send a person to hell?" No, suicide does not send a person to hell. But the Bible teaches clearly two things that will separate us from God.
    - a) The first is not having a relationship with Jesus, by faith.
    - b) The second is Blasphemy of the Holy Spirit. That is a heart so hard towards God that it is unwilling to acknowledge or accept Holy Spirit activity in ones life. If you fear you have done that...you haven't. One who has, does not care about nor fear God.
    - c) Therefore, if you reject the Holy Spirits work in your life and do not have a relationship with Jesus and commit suicide, your life just went from bad to worse.
    - d) I am sure that there have been many who have passed into eternity with sin in their lives. I am not giving you permission to go take your life. I am talking about trusting God for salvation. How many of you have did something you

know to be wrong but did it anyway? Did that condemn you to hell? Our forgiveness is not based on our behavior but by His grace.

- C. Biblically speaking here is what we do know: The Bible has a very high regard for life. In fact it is a book about life, finding life and having life abundantly. Our message about life in Christ is a message that gives hope! Great hope! And this is what we must learn to communicate effectively.

### III. Hopelessness And Loneliness Kills because they bring people to the end of their rope.

- A. How does hopeless come? People who commit suicide have lost hope in life. Hopelessness kills the will to live. Loneliness kills the will to live. This is the deadly lure of suicide. Suicide offers a door out of hopelessness and loneliness. IE. Chains. Satan says, *"If your are dead you will be free of the chains."* How does hopelessness and loneliness come? IE. Chains. Satan says, *"If your are dead you will be free of the chains."*
1. It come by way of emotions: Ie. chains: pain of rejection, lack of self-worth, stress in life, failure, victimized, bullied etc. One can feel very much alone and it kills the will to live.
    - a) When teens feel like they have no way out of situation then suicide becomes an option. Emotional teen suicide causes, stem from trying to escape feelings of pain, rejection, hurt, being unloved, victimization or loss. They may feel like their feelings are unbearable and will never end, so the only way to escape is suicide.
    - b) Teens may also be afraid of disappointing others or feel like they are a burden to others, such as their parents, and these can be additional causes of teen suicide.
  2. It comes by way of physiology. A mental disease. A hormone imbalance. Something physically going on in their body that affects the mind. Depression, bipolar, schizophrenia, etc.
  3. When people cant see a way out then they think about suicide.
- B. Why Do People Kill Themselves? When people lose hope, death comes calling and often by ones own hand. Judas lost all hope and when he did he took his own life.
1. *"I have sinned," he declared, "for I have betrayed an innocent man." "What do we care?" they retorted. "That's your problem." Then Judas threw the silver coins down in the Temple and went out and hanged himself.* (Matthew 27:4-5, NLT)
    - a) Judas was filled with remorse. He felt bad for what he did. vs 3
    - b) I have sinned! He approaches a religious system and confesses to the High Priest. He is looking for help. But the system does not have it in itself to help him.

- c) *"What do we care! That is your problem!"* He received no help, no counsel, no forgiveness, he was alone...hopeless... and could only see one way out. Suicide.
  - d) He went and hung himself.
2. Lets look at his life.
    - a) He was a thief with greed in his heart - John 12:6. That does not win friends.
    - b) Jesus knew Judas' heart was set on evil and that he would not repent - John 6:70, John 17:12. The man was greatly conflicted inside.
    - c) Satan entered his heart. Luke 22:3 It is a bad day when Satan enters your heart.
    - d) He made a conscience choice to betray Jesus - Luke 22:48.
    - e) He betrayed Jesus with a kiss. Mk 14:45
    - f) Look at all the emotional baggage in letters a-e!
  3. Other conclusions, as to why people would attempt suicide.
    - a) People would be better off without me. I am more of a burden than value. Suicidal people are often incapable of seeing all the good they offer others and the world
    - b) I want the pain to end. IE. Extreme anxiety/panic attacks, depression, Recent loss of a close, personal relationship, Chronic or deteriorating illness, Inability to maintain work or school, Recent diagnosis of life-threatening illness or a parent diagnosed.
    - c) Substance abuse numbs the pain
    - d) There is no hope
  4. Children and youth can feel suicidal when they feel:
    - a) Disconnected from others
    - b) Helpless to deal with their stress
    - c) Hopeless that their stress or situation will not improve
- C. Peter vs Judas
1. Peter went back to friends (support) vs Judas went on alone.
  2. Peter went back to Jesus vs. Judas went back to a religious system.
  3. Peter wept bitterly (Mt 26:75) and later repented and found forgiveness vs Judas felt remorse but never had a change of heart, died by suicide before Jesus was even on the cross declaring... "Farther forgive them..."

#### IV. How Do I Help Someone

- A. Recognize the signs: If you recognize the signs in advance you can help people.
  1. They start to talk about suicide. They talk until they get comfortable with the idea. If a friend starts talking about suicide take it seriously. It may be their cry for help.
  2. Other warning signs might be sudden mood swings, growing bouts of depression, lack of concentration, withdrawal, changes in eating or sleeping patterns, negative thinking, self-criticism, overwhelming feelings of guilt or shame, extreme anger,

growing paranoia, increased use of alcohol or drugs, self-destructive behavior, problems at school or on the job, a feeling of helplessness, a sudden change of behavior. It is not any one of these alone but several of them appearing at once that should bring concern.

B. Talk about it.

1. How are you doing?

C. Listen and ask questions. Listen, don't tell your story.

1. Express your concern. "I care about you and I am concerned."
2. Remark on what you are noticing. "It seems like things have been really stressful for you lately."
3. Bring up suicide. "Does it ever get so stressful that you feel life is not worth living?"
4. Ask more if needed. "Do you get any thoughts of doing something to end your life?" You have to get this person help.

D. Persuade and Refer

1. Persuade them to get help. 1 800 273-TALK (8255) National Suicide Prevention Lifeline.
2. Refer them to someone they can trust.
3. *"I have set before you life and death. Now choose life."* Deuteronomy 30:19
4. Encourage the removal of things that make suicide easy.

E. By all means give hope, love well, lead them to choose life.

1. People always have the power to choose life and hope. There are always options to suicide.
2. Do not do this alone. We were not meant to handle problems on our own.

**Conclusion:**

- The Christian faith of all religions of the world offers hope! We are called to be ready to give a reason for the hope we have.
  - *"And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."* (Romans 5:5, NLT)
  - *My hope is built on nothing less,  
Than Jesus' blood and righteousness.  
I dare not trust the sweetest frame,  
But wholly lean on Jesus' name.  
On Christ the solid rock I stand,  
All other ground is sinking sand.*