

Some Lies That May Lead To Suicide

* Make plans of how you would commit suicide. If things get too bad for you to handle, you may need to use them.

Answers: The thoughts that we entertain will determine the actions that we will later take (Proverbs 23:7a). God will always provide a way of escape through His grace (I Corinthians 10:13).

* Don't read your Bible. It doesn't have anything to say to you about your situation.

Answers: We are to read and study the Bible for understanding (II Timothy 2:15). The Word is applicable to the life of every person (II Timothy 3:16-17).

* You need to always compare yourself with other people.

Answers: Comparison almost always leads us to put down ourselves or others (Romans 15:7). We are simply to put others on a higher level of esteem than ourselves (Philippians 2:3).

* Isolate yourself from your family & friends. They just don't understand your needs.

Answers: Good friends have a God-given purpose to encourage us and lift us up out of depression (Ecclesiastes 4:9-10). Jesus, our best friend, understands exactly what we are currently experiencing (Hebrews 2:18).

* You are just and accident and have no purpose for living.

Answers: God knew you before you were born. (Psalms 139:13-17). God also has a good plan for your life which He is able to help you to fulfill. (Jeremiah 29:11).

* Be perfect in everything that you do. If your life is not perfect, God will send you to Hell.

Answers: We are not saved by our own righteousness, but by faith in the work of Christ (Ephesians 2:8-9). We are justified by faith without doing good works (Roman 3:28).

* It is too late for me. My life will never change.

Answers: The Bible says that today is the day of Salvation (II Corinthians 6:2). Nothing is too hard for God (Matthew 19:26). You can give your life to the Lord today (Romans 10:9-10).

* Go ahead and kill yourself. You have the right to do whatever you want to do with your life.

Answers: We are not to kill ourselves (Exodus 20:13). The body of the Christian is not his own, but it has been purchased by the blood of Christ and has become the temple of the Holy Spirit (I Corinthians 6:19-20). The Believer is to present his body to God as living sacrifice, not a dead one (Romans 12:1).

Whole Person Counseling

<http://www.wholeperson-counseling.org>

See: Identity Issues, Depression & Suicide, Anger Issues, Grace Menu, Emotional Wounds, God's Purpose In Trials, Freedom In Christ.



Possible Warning Signs of Suicidal Thinking

1. The individual begins to talk about or even make jokes about suicide. "I'm going to kill myself," "I wish I were dead" or "I wish I hadn't been born".
2. The individual withdraws and isolates himself from others.
3. The individual sees life as being totally unfair. Extreme jealousy is often associated with this.
4. The individual has major extended bouts of grief, sorrow, and depression.

5. The individual has symptoms of a bipolar disorder with major mood swings. This is swinging from manic thoughts back to depressive thoughts.

6. The individual spends excessive amount of time sleeping or trying to get sleep.

7. The individual becomes occupied with death and dying.

8. The individual increases his use of drugs, alcohol, or prescribed medications.

9. The individual begins to research for means of committing suicide and begins to make some preparations to commit suicide.

10. The individual exhibits anger, bitterness, and unforgiveness.

11. The individual begins to say goodbye to people as though he will never see them again.

12. The individual wrestles with and worries about a fear of failure.

13. The individual begins to carelessly stretch his limits on living beyond the bounds of safety.

14. The individual has a tendency to blame everyone else for his problems.

15. The individual feels that no one can

relate to him or understands what he is facing.

16. The individual expresses that he is just a burden to other people.

17. The individual suffers from guilt, shame, and condemnation.

18. The individual begins to suddenly get his affairs in order without explanation.

19. The individual expresses a sense of worthless or lack of purpose in living.

20. The individual has suffered major losses. (A job, career, home, finances, or loss of close friend or family member through death or them moving away). This may also include health losses: mobility, sight, speech, hearing, physical comfort.

21. The individual is running from God, the Word, and the Church.

22. The individual has become an object of bullying or extreme criticism.

23. The individual is in a family that has a history of suicidal cases.

24. The individual is mentally and physically exhausted.

25. The individual is caught in a mindset that he has to perform for the people who he idolizes.

26. The individual is having nightmares about death, dying, or suicide.

27. The individual is living in or has come out of an overly strict and legalistic home or church.

28. The individual has an addiction to violent, graphic, video games.

29. The individual is getting little or no sleep at all.

30. The individual struggles with rejection.

31. The individual struggles with thoughts of loneliness even in a crowd.

32. The individual sees everything that happens as being his fault, even when he is not at fault.

33. The individual wears mostly Gothic black clothes.

34. The individual become a member of an occult group and becomes a witch or warlock.

35. The individual becomes lethargic, fails to bathe or keep proper hygiene or change his clothes.

36. The individual has suffered a boyfriend / girlfriend break up or marriage failure.