

“and we know that in all things God works for the good of those who love Him, who’ve been called according to His purpose.”

Romans 8:28 (NIV)

“What shall we say about such wonderful things as these? If God is for us, who can ever be against us? 32 Since he did not spare even his own Son but gave him up for us all, won’t he also give us everything else?” Romans 8:31-32 (NLT)

✓ **Trust that God will never stop loving you!**

“For I am convinced that nothing can ever separate us from his love. Death can’t, and life can’t. The angels won’t, and all the powers of hell itself cannot keep God’s love away. Our fears for today, our worries about tomorrow, or where we are—high above the sky, or in the deepest ocean—nothing will ever be able to separate us from the love of God demonstrated by our Lord Jesus Christ when he died for us.” Romans 8:38-39 (TLB)

✓ **Remember there is Hope in Jesus**

Jeremiah 29:11; Hebrews 6:19a; Romans 5:5; 15:13 (NLT)

What If I’ve Walked or Walking This Road?

- ✓ Most importantly – Seek Jesus - There is hope in Jesus
- ✓ Stay in God’s Word & let it sink deep into your soul
- ✓ Remember you’re not alone: don’t walk the journey alone
- ✓ Remind yourself of the truth – It’s not your fault
- ✓ Get Help – Seek professional counseling – get in a support group – get in a small group in your Church

What Can I Do to Help Those Walking This Road?

- ✓ Love Them up close and from a distance
- ✓ Be There: Support, Encourage, & Help
- ✓ Pray with them and for them
- ✓ Listen
- ✓ Help Where You Can
- ✓ In the right moments, - remind them of God’s great love for them and the promises found in God’s Word.
- ✓ Know this final truth: Suicide is not the unpardonable sin



ELEPHANTS IN THE ROOM

“Suicide or Hope”

Psalm 39:7

July 14, 2019

What Can We As a Church and as Individuals Do?

- ✓ We must talk about it – (raise awareness) We must take the stigma away
- ✓ We must talk about the reality of it – it is a huge problem and happens far more often than we realize.
- ✓ We must be aware of others around us (know the signs – see below) and be willing to step in and tell someone.
- ✓ We must not talk about others and what happened
- ✓ We need to be sharing Christ and that He is the hope they and this world need.

What Are Some Signs of a Potentially Suicidal Person?

- ✓ Talking about wanting to die or to kill oneself
- ✓ Looking for a way to kill oneself
- ✓ Talking about feeling hopeless or having no purpose
- ✓ Talking about feeling trapped or being in unbearable pain
- ✓ Talking about being a burden to others
- ✓ Increasing the use of alcohol or drugs
- ✓ Acting anxious, agitated, or reckless
- ✓ Change in eating & sleeping habits (too little or too much)
- ✓ Withdrawing or feeling isolated
- ✓ Showing rage or talking about seeking revenge
- ✓ Displaying extreme mood swings.
- ✓ Giving away important possessions

If You Are Struggling With Suicidal Thoughts....

- ✓ **It is viewed too often wrongly**
- ✓ **We need to see the truth about our problems and suicide.**
- ✓ **It is selfish and has devastating effects on those left behind. It has a ripple effect.**
- ✓ **Seek Help!** in your church, with a parent, pastor, counselor, teacher, or others. There is help and there are those who want to help you! Call 1-800-273-Talk (8255) or chat online @ suicidepreventionlifeline.org or Call 1-800-SUICIDE (784-2433) or chat at imalive.org

Know the Weapons the Enemy Uses Against Us

John 10:10; 1 Peter 5:8; John 8:44

Shame	Bitterness
Uncontrolled Thoughts	Insecurity
Compulsions	Unhealthy Relationships
Fear & Anxiety	Depression
Hopelessness	

Remind Yourself of These Important Life Giving Truths

✓ **Remind Yourself daily of what Jesus did for You**

“So now there is no condemnation for those who belong to Christ Jesus... the power of the life-giving Spirit has freed you from the power of sin that leads to death. The Law of Moses was unable save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin’s control over us by giving his Son as a sacrifice for our sins. He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit.” Romans 8:1-4 (NLT)

✓ **Ask the Holy Spirit to give you better thoughts**

“Those who live according to the sinful nature have their minds

set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so.” Romans 8:5-7 (NIV)

✓ **Realize you have the ability to say no**

“You are now controlled by the Spirit, if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.)” Romans 8:9b (NLT)

“So, dear brothers, you have no obligations whatever to your old sinful nature to do what it begs you to do.” Rom. 8:12 (LB)

✓ **Turn your thoughts to God whenever you’re afraid**

“Those who are led by God’s Spirit are God’s children. For the Spirit that God has given you does not make you slaves and cause you to be afraid; instead, the Spirit makes you God’s children, and by the Spirit’s power we cry out to God, ‘Father! My Father!’ God’s Spirit joins himself to our spirits to declare that we are God’s children!” Romans 8:14-16 (GNT)

✓ **Focus on the long term and not just the short term**

“Since we are his children, we will possess the blessings he keeps for his people, and also we will possess with Christ what God has kept for him! For if we share Christ’s suffering, we will also share his glory! I consider that what we suffer at this present time cannot be compared at all with the glory that is going to be revealed to us.” Romans 8:17-18 (GNT)

✓ **Remind yourself that God is good and He is in control – He has a plan and purpose for it all**

“Also, the Spirit helps us with our weakness. We do not know how to pray as we should. But the Spirit himself speaks to God for us, and even begs God for us with deep feelings that words cannot explain. God can see what is in our hearts... and the Spirit speaks to God for his people in the way God wants.” Romans 8:26-27 (NCV)