

## What Does God Say About This Issue?

### 1. God views all life—including my life—as precious.

- **Ps 139:14, 17** *I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. How precious also are thy thoughts unto me, O God! how great is the sum of them!*
- **Isaiah 43:1, 3a, 4a, 7** *But now thus saith the LORD that created thee, O Jacob [the nation of Israel], and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. For I am the LORD thy God, the Holy One of Israel, thy Saviour. Since thou wast precious in my sight, thou hast been honourable, and I have loved thee. Even every one that is called by my name: for I have created him for my glory, I have formed him; yea, I have made him.*
- **Matthew 6:25-30** *Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?*
- **Matthew 10:29-31** *Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows.*

### 2. God gives and sustains life.

**As the Creator, all life has its source in Him. He alone has the right to end my physical existence. It is not my place to decide about death.**

- **Genesis 1:27-28a, 31** *So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth. And God saw every thing that he had made, and, behold, it was very good.*
- **Psalms 31:13-15a** *For I have heard the slander of many: fear was on every side: while they took counsel together against me, they devised to take away my life. But I trusted in thee, O LORD: I said, Thou art my God. My times are in thy hand: deliver me.*
- **Job 14:5** *Seeing his days are determined, the number of his months are with thee, thou hast appointed his bounds that he cannot pass.*
- **Romans 11:36** *For of him, and through him, and to him, are all things: to whom be glory for ever. Amen.*
- **Colossians 1:16-17** *For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him: And he is before all things, and by him all things consist.*
- **John 1:3-4** *All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men.*
- **Hebrews 9:27a** *And as it is appointed unto men once to die...*

**Because God created mankind in His image, He says that all murder is wrong: this includes self-murder.**

- **Genesis 9:6** *Whoso sheddeth man's blood, by man shall his blood be shed: for in the image of God made he man.*
- **Exodus 20:13** *Thou shalt not kill.*
- **Leviticus 24:17** *And he that killeth any man shall surely be put to death.*

### 3. Jesus came to save me from death!

**God loves me so much that He sent His own Son to die for me, so that I could live eternally.**

- **John 3:16-17** *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved.*
- **John 3:36** *He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him.*
- **John 5:24** *Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.*
- **John 6:47** *Verily, verily, I say unto you, He that believeth on me hath everlasting life.*
- **John 10:10-11** *The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. I am the good shepherd: the good shepherd giveth his life for the sheep.*
- **Romans 5:8** *But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.*
- **1 John 4:9-10** *In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.*
- **1 John 5:11-12** *And this is the record, that God hath given to us eternal life, and this life is in his Son. He that hath the Son hath life; and he that hath not the Son of God hath not life.*

### 4. God knows and cares about my pain and suffering.

**Jesus is called “the Man of Sorrows.” He knows my heartache. He understands and has personally faced every type of suffering that I go through.**

- **Isaiah 53:3-6** *He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not. Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.*
- **Hebrews 4:14-16** *Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.*
- **Hebrews 2:17-18** *Wherefore in all things it behoved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people. For in that he himself hath suffered being tempted, he is able to succour them that are tempted.*
- **Read the account of Christ’s suffering and crucifixion in its entirety in Matthew 27, Mark 15, Luke 23 or John 19.**

### 5. God promises my present sufferings will not last forever!

**Sorrow, sin, death, and suffering have an end! God promises not only to wipe every tear from my eyes, but also to remove everything there is to cry about. But even while suffering remains a part of my life in this fallen world, it is not random and pointless. For those who believe in Jesus, God always has a redemptive purpose in suffering.**

- **Romans 8:17-18** *And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together. For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.*

- **Romans 8:28-30** *And we know that all things work together for good to them that love God, to them who are the called according to his purpose. For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren. Moreover whom he did predestinate, them he also called: and whom he called, them he also justified: and whom he justified, them he also glorified.*
- **2 Corinthians 4:8-10, 15-18** *We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed; Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body. ...For all things are for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God. For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.*
- **1 Peter 1:6-9** *Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ: Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory: Receiving the end of your faith, even the salvation of your souls.*
- **Revelation 21:3-7** *And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God. And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful. And he said unto me, It is done. I am Alpha and Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the water of life freely. He that overcometh shall inherit all things; and I will be his God, and he shall be my son.*

## **6. God wants me to ask for help when I am hurting.**

### **When I pour out my heart to Him, He promises to hear me. I am not alone.**

- **Psalm 31:9, 22, 24** *Have mercy upon me, O LORD, for I am in trouble: mine eye is consumed with grief, For I said in my haste, I am cut off from before thine eyes: nevertheless thou heardest the voice of my supplications when I cried unto thee. Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.*
- **Psalm 55:16-17** *As for me, I will call upon God; and the LORD shall save me. Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.*
- **Psalm 86:6-7** *Give ear, O LORD, unto my prayer; and attend to the voice of my supplications. In the day of my trouble I will call upon thee: for thou wilt answer me.*
- **1 Peter 5:7** *Casting all your care upon him; for he careth for you.*
- **Philippians 4:6** *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.*

### **God also wants me to find help in the loving community of other Christians. I am not alone.**

- **Ecclesiastes 4:9-10** *Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.*
- **Galatians 6:1-2** *Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ.*

- **Hebrews 3:12-13** *Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God. But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.*
- **2 Corinthians 1:3-4** *Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.*

**7. Suicide is not the solution to my problems. Ultimately, suicide is an act of selfishness and unbelief. God’s solution is for me to face my problems—as difficult and hopeless as they may appear—and handle them His way.**

- **Matthew 18:15** *Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother.*
- **Romans 12:12** *Rejoicing in hope; patient in tribulation; continuing instant in prayer.*
- **2 Corinthians 5:14-15** *For the love of Christ constraineth us; because we thus judge, that if one died for all, then were all dead: And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.*
- **Ephesians 4:31-32** *Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*
- **Hebrews 12:1-4** *Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds. Ye have not yet resisted unto blood, striving against sin.*
- **James 1:2-4** *My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.*
- **James 4:6-8** *But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble. Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.*

**8. Looking for satisfaction, forgiveness, and hope in anyone or anything other than God leads to emptiness. It’s true—life isn’t worth living apart from God. The answer is to put God back where He belongs in my life (Romans 1:18-32).**

**Is my despair because I have been living for something or someone other than God? God wants me to look to Him for *satisfaction*.**

- **John 4:14** *But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.*
- **John 6:33-35** *For the bread of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.*

**Is my despair because I have failed in some way and want to escape my crushing guilt? God wants me to look to Him for *forgiveness*.**

- **Psalms 86:5** *For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee.*

- **Psalm 130:3-4** *If thou, LORD, shouldest mark iniquities, O Lord, who shall stand? But there is forgiveness with thee, that thou mayest be feared.*
- **Psalm 32:5** *I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin.*
- **1 John 1:9** *If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*
- **1 John 2:1-2** *My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous. And he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world.*

**Is my despair because of a prolonged trial or painful circumstance? God wants me to look to Him for hope.**

- **Lamentations 3:21-26** *It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The LORD is my portion, saith my soul; therefore will I hope in him. The LORD is good unto them that wait for him, to the soul that seeketh him. It is good that a man should both hope and quietly wait for the salvation of the LORD.*
- **Psalm 32:7** *Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance.*
- **Psalm 43:5** *Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.*
- **Psalm 73:25-26, 28** *Whom have I in heaven but thee? and there is none upon earth that I desire beside thee. My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever. But it is good for me to draw near to God: I have put my trust in the Lord GOD, that I may declare all thy works.*
- **Psalm 130:5, 7** *I wait for the LORD, my soul doth wait, and in his word do I hope. Let Israel hope in the LORD: for with the LORD there is mercy, and with him is plenteous redemption.*

**9. My hope is in a Person: Jesus Christ. Because Jesus is alive, I too have a living hope. If I have Christ, everything else will be ok. This doesn't mean my suffering isn't very real and very hard. But having Jesus means I can have joy in suffering. He is my reason to live!**

- **Romans 5:1-5** *Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God. And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.*
- **Romans 8:34-39** *Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us. Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.*
- **Colossians 3:1-4** *If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him in glory.*
- **Hebrews 7:25** *Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them.*
- **1 Peter 5:6-7** *Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.*