

Scriptural Truths and Hope: What God's Word Says About Suicide

By Pastor Tom Holladay & Kay Warren



alm 77

ctor of music. For
f Asaph. A psalm.

o God^a for help;
to God to hear

in distress,^o I
t the Lord;

stretched out
ng hands^p

ul refused to be
orted.^q

d you, O God, and
ned;

nd my spirit grew
Selah

eyes from closing;
troubled to speak.

ut the former

of long ago;
ee in the

663

PSALM 78:13

What god is so great as our
God?^a

¹⁴You are the God who performs
miracles;

you display your power
among the peoples.

¹⁵With your mighty arm you
redeemed your people,^b

the descendants of Jacob and
Joseph.

Selah

¹⁶The waters^c saw you, O God,
the waters saw you and

writhed;^d
the very depths were

convulsed.

¹⁷The clouds poured down
water,^e

the skies resounded with
thunder;

your arrows flashed back and
forth.

¹⁸Your thunder was heard in the
whirlwind,

your lightning

^{77:13}

^aEx 15:11;

Ps 71:19;

86:8

^{77:15}

^bEx 6:6;

Dt 9:29

^{77:16}

^cEx 14:21,28;

Hab 3:8

^dPs 114:4;

Hab 3:10

^{77:17}

^eJdg 5:4

^{77:18}

^fJdg 5:4

^{77:19}

^gHab 3:15

^{77:20}

^hEx 13:21

ⁱPs 78:52;

Isa 63:11

^{78:1}

^jIsa 51:4;

55:3

^{78:2}

^kPs 78:52;

Isa 63:11

we will tell the next
generation
the praiseworthy deeds^a of the

LORD,

his power, and the wonders
he has done.

⁵He decreed statutes^o for
Jacob^p

and established the law in
Israel,

which he commanded our
forefathers

to teach their children,

⁶so the next generation would
know them,

even the children yet to be
born,^q

and they in turn would tell
their children.

⁷Then they would put their trust
in God

and would not forget^r his
deeds

What God's Word Says About Suicide

Survivors of suicide loss frequently ask if the suicide of their loved one was an unforgivable sin. This comes from the idea that since you don't have an opportunity to ask for forgiveness after taking your life, it becomes an unconfessed - therefore unforgiven - sin. But suicide is not an unforgivable sin.

The Bible tells us that when we become believers in Jesus He forgives ALL of our sins and promises us the joy of an eternity with Him in heaven.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16 (NIV)

That includes not only sins in our past, but all of the sins we will commit in the future. If this were not true, we would have to confess our sins every second of every day, fearful that a car accident or a heart attack might come in those moments after we'd committed a sin and before we had time to confess it.

Jesus tells us clearly that you are forgiven of all sin that would keep you from God's presence the moment you trust in Christ for salvation.

I tell you the truth, those who listen to my message and believe in God who sent me have eternal life. They will never be condemned for their sins, but they have already passed from death into life. John 5:24 (NLT)

If a believer takes their life, God is gracious and will not require them to face any time of punishment before they go to be with the Lord in heaven. Paul tells us in Philippians 1:23 that to depart from this world is to be present with Christ. While there is no punishment for the believer who dies by suicide, there is heart wrenching sorrow and grief for those left behind.

I am deeply aware that some reading this may be seriously contemplating suicide; you feel like you are losing your battle to stay alive. There are those that believe that a genuine Christian would never even contemplate suicide, but they have no understanding of the nature of depression and mental illness, or of Christian history and the great saints who have struggled with "dark nights of the soul" and suicidal thoughts. God is merciful and full of compassion; he knows we are often frail and fragile creatures who experience deep pain.

He knows how we were made; he remembers that we are dust. Psalm 103:14 (NCV)

I know that most people thinking about suicide don't really want to die; they just want the pain to stop. So let me encourage you to remember that in Christ there is always hope, and that he will walk with you through the darkest of times. You are not alone, and God has a purpose and plan for your life. Jesus said, *"I will not leave you as orphans; I will come to you.... Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."* John 14:18, 27 (NIV)

If you are struggling with suicidal thoughts, please call the **National Suicide Prevention Lifeline at 800-273-8255**, talk with your doctor or go to the nearest emergency room. If you would like to pray with someone, please call the Minister of the Day through Saddleback Church's main line at 949-609-8000.

Please remember: you're not alone... you are needed... there is still hope... and there is always help.