

Through His Spirit within you, God can empower you to choose life. Turn to Him to find the outpouring of His hope and healing—the outpouring of His compassion and comfort that you cannot generate on your own. Afterward, He will use you to rescue and help others who are struggling as you are today. See your life from God’s point of view. Those who have suffered much will be used much by God. The Bible states it this way:

“The Father of compassion and the God of all comfort... comforts us in all our troubles, So that we can comfort those in any trouble with the comfort we ourselves have received from God.” (2 Corinthians 1:3-4)

Seven Scriptural Reasons to Say No to Suicide¹

Reason #1: Suicide rejects God’s offer of inner peace.

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” (Philippians 4:6-7)

Reason #2: Suicide rejects God’s sovereignty over the length of your life.

“You Created my inmost being; You knit me together in my mother’s womb.... Your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.” (Psalm 139:13,16)

Reason #3: Suicide rejects God’s right to be Lord over your life.

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own.” (1 Corinthians 6:19)

Reason #4: Suicide rejects God’s commandment not to murder.

“You shall not murder.” (Deuteronomy 5:17).

Reason #5: Suicide rejects God’s ability to heal your hurts.

“Heal me, oh Lord, and I will be healed.” (Jeremiah 17:14)

Reason #6: Suicide rejects God’s plan to give you hope.

“Find rest, oh my soul, in God alone; my hope comes from him.” (Psalm 62:5)

Reason #7: Suicide rejects God’s power already within you to make you godly.

“His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through the years he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.” (2 Peter 1:3-4)

¹Rus Walton, *Biblical Solutions to Contemporary Problems* (Bentwood, TN: Wolgemuth & Hyatt, 1988), 305-307.