

Chapter 12



The Bitter Roots of Suicidal Thoughts

**Bible Character – King Saul – 1 Samuel 15-19
Symptoms – Effects – Causes – Biblical Cures**

In this last chapter, we are looking at Suicidal Thoughts.

It's always difficult when I preach a series to I come to a topic that I really don't want to deal with. I look at it and pray, "Lord, I really don't want to preach this. Couldn't I preach some happy theme?" The Lord always answers, "No." Then I recognize that, "*His thoughts are not my thoughts and His ways are not my ways.*" (Isaiah 55:8-9) This is one of those topics I'd rather not deal with.

I suspect that thoughts of suicide are far more prevalent than actual suicides. I would guess there are hundreds, even thousands, more thinking of suicide than actually attempt it. It is a very serious issue when the thoughts of people turn to self-destruction.

The Sacredness of Life

Our biblical launching point comes from the Ten Commandments in Exodus 20:13. I'll use the old King James Version since nobody memorizes the Ten Commandments in the New International Version.

"Thou shalt not kill."

Let's put it another way so that we get the intent of the command. "*You shall not extinguish human life.*" Or, "*You shall not murder anyone, including yourself.*"

Why? Because God alone is the author and finisher of life. Every life is precious to God. Someone will say, "But the Bible is full of killing and God commanding the killing of the enemies of Israel." Friends, the command of Exodus 20 is not referring to war. It was never intended for that purpose.

The Ten Commandments are commands to the individual about individual relationships. The first four commands deal with our relationship to God and the last six are about our relationship to one another.

Cain killed his brother Abel, but up to that point, there was no command not to kill. So, how could Cain know it was wrong? The answer is conscience. God gave every human being the knowledge of good and evil when Adam and Eve took of the forbidden fruit. There was a law written on the heart of every human being to consider human life as sacred to God. Only God has the authority to end a life.

That's why abortion is wrong. It is taking the life of a human being that is precious to God. "Oh, but babies aren't people until they are born." That's ridiculous. If we consider a person to be dead when their heart stops beating, doesn't it stand to reason, then, that life begins when the heart starts beating?

There are those who are believers who say it's the mother's choice of what to do with her body. Where do you find that in Scripture? It's not there. The Psalms, Isaiah and Jeremiah prove life is in the womb. You were precious to God in your mother's womb. God says He knew you even before your body was fully formed. You were conceived by God first, then by your mother. He even knew your name.

Every person is created by God and given the breath of life. Someone might argue that life begins when a baby takes his first breath. No, God said repeatedly, "*The life is in the blood.*"

We often forget that we are God's little children. Jesus said so. As such we ought to see ourselves as God's precious babies, regardless of our age. Do not kill God's babies! You're His baby, whether you are a month old or 100 years old.

Here are just a few of the Scriptures that show God values and cherishes every life.

Genesis 1:27 *"So God created man in His own image, in the image of God he created him; male and female, he created them."*

Psalm 139:13-16 *"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth."*

Isaiah 45:9-11 *"How terrible it will be for anyone who argues with his Maker! He is like a broken piece of pottery lying on the ground. Does clay say to a potter, 'What are you making?' Does a pot say, 'You don't have any skill'? How terrible it will be for anyone who says to his father, 'Why did you give me life?' How terrible for anyone who says to his mother, 'Why have you brought me into the world?' The Lord is the Holy One of Israel. He made them. He says to them, 'Are you asking me about what will happen to my children? Are you telling me what I should do with what my hands have made?'"*

Visit the Appendix for a full treatment of Scripture regarding the preciousness of every life. "God Knew Us Before We Were Born."

The Sin of Self-Destruction

We have been studying Stinkin' Thinkin', the negative thoughts that are not from God. We began this series by giving you ten of the most common negative thoughts that many of us repeat every day. We call them 10 Distorted Thoughts, 10 Cognitive Distortions, or 10 Lies of Satan. They are thoughts that are preeminent in the minds of people that are emotionally or psychologically disturbed. They are all negative thoughts that taint our emotions.

As I counsel people, I have a series of papers I have them go through. There are probably about 30 or 40 phrases that are often echoed in homes. I take them through them and ask, "Have any of these phrases been used in your home? Or have you said them?" These expressions are derogatory terms. Everyone who goes through that says, "Yes, I'm afraid that I have heard and used those expressions." The reason I do that is that we tend to repeat the thoughts and expressions we grew up with. They become patterned thoughts. You don't consciously think them, but your mind is constantly repeating them to you.

Those words come from thoughts, thoughts that are negatively tainted and not pleasing to God. God calls us into account for our thoughts. Thoughts always lead us somewhere. There are no thoughts that are just idle thoughts going nowhere. They're taking us somewhere. They're leading us down a path and we will arrive wherever our thoughts have led us. That's why Jesus said it is important to guard our thoughts.

Whenever anyone is tempted with thoughts of suicide, those thoughts don't just come to them out of nowhere. They don't just appear out of thin air. They are thoughts that have been nesting in secret places of the soul.

Everyone who is tempted to think suicidal thoughts is being led down a pathway. Their thinking leads them to the doorstep of suicide. Satan himself cannot just take our lives. But he can tempt us with thoughts of self-destruction. It is our thoughts that lead us astray. If they are untrue thoughts, then they lead us down the wrong path. Sometime or other you may find yourself in that desperate strait where thoughts of suicide are knocking at your door. This message is for you.

Not everyone is tempted by thoughts of suicide. Thank the Lord for that. It's nice to know that not all of us struggle with the same things, but a good number of people, godly people, Christian people, have struggled and continue to struggle with thoughts of suicide.

It is a very serious issue. Suicidal thoughts occur when someone is down and out and believing there is utter despair and hopelessness. They have given up on life through their thought processes. They see no light at the end of the tunnel. All their thinking becomes darkened, gloomy, pessimistic, and distorted to the extent that good seems evil and evil seems good. In their minds, as they reason with themselves (that's internal dialogue, actually a monologue) they come to believe that the world is better off without them, that their family is better off without them, that God himself would be pleased to be done away with them. So through the trickery of the mind and the distortions of their thoughts, people come to the place of suicide.

Examples

A young lady in our church called me for an appointment. She was depressed. We marked the date. When that date came, she called to say she was too busy. So, we changed the date to be two weeks later. A week later, she put a gun to her head, and committed suicide. That devastated the family. It devastated all the friends around her. It devastated the church. It left all of us wondering what led this attractive young lady to end her life in such a horrible way.

I stood in my own home when I was growing up and saw someone in my family was committing suicide in my presence. I didn't know it. I was too young to observe and really know what was happening there. They took an overdose of pills and were later rushed to the hospital and survived.

While I was in college, one of the young men who was in the dormitory with us, sat in the car, along a hillside and put a hose from his exhaust into his window and asphyxiated himself. He was a pastor's son preparing for ministry.

Thoughts of suicide do not discriminate against who you are or what your background is or how godly you have been. Thoughts of suicide can assault any believer or any unbeliever. We need to take it seriously.

Will I Still Go to Heaven?

I am all too often asked, "If a believer commits suicide, will I go to heaven or hell?" or, "If I commit suicide, will I still go to heaven?" Now that's a dangerous question. Why are you asking that question? Are you tempted to commit suicide? Is that the reason you're asking the question? My answer is not a biblical answer.

There aren't any verses that say, "If you commit suicide, you'll go to hell." Nor are there any verses assuring someone that commits suicide that they will still go to heaven.

There aren't any verses like that. But I'll tell you this, as I examined the Scriptures, there is not one godly person who committed suicide. Every one of the suicides mentioned in Scripture had lost hope and turned his back on God.

The Bible says, "*The Lord gives and the Lord takes away. Blessed be the name of the Lord.*" (Job 1:21) Never is there a promised blessing for those who commit suicide. Job's wife, after all the tragedies that befell him, encouraged him to, "*Curse God and die.*" (Job 2:9) Job answered wisely.

¹⁰ He replied, "You are talking like a foolish woman. Shall we accept good from God, and not trouble?" In all this, Job did not sin in what he said.

Job understood that God alone is the giver and taker of life. He also understood that everything that happens to a believer, the good, the bad, and the ugly, goes through the permissive will of God before it happens. God allows it for His purposes.

Job says it wasn't a storm that took them away. It wasn't Satan that took them away. No, he says, "*The Lord has given, and the Lord took them away.*" What does the Scripture say concerning the birth of a child? "*It is the Lord who gives life.*" He is the "*author and finisher of our faith.*" We are not. He is the Alpha, the Omega, the Beginning and the Ending. Do not usurp God's right to give and take away. That would be to reject God and make yourself a god. That's idolatry.

Job 14:5 says, "*The Lord has set the bounds of his life and death and established the months and the days and we cannot pass over.*"

It is a terrible thing to arrive at heaven's gate without God's invitation. God alone is going to bring you into his presence at the appointed time. It is His choice, not ours.

An Eyewitness Account

I had a man in my church who years before attempted suicide and was unsuccessful. He says he arrived at the gates of heaven, but his deceased daughter met him there and said, "Oh, Daddy, Jesus doesn't want you here. It is not your time. You need to go back and live your life until Jesus calls you home. Please Daddy, go back." He said just then the paramedics successfully resuscitated him and he lived. I know of several other people who have told me basically the same story of near-death through suicide where a family member in heaven told them to go back because it was not God's time.

Biblically, it is wrong to commit suicide. Yes, it is a sin to commit suicide, just as it is a sin to commit murder. We need to make that very clear to our families and to our friends. But this is not what our society teaches. Society today says suicide, euthanasia, or abortion are all okay. God says, "It is murder." It is self-destruction. It is baby-murder. It is elder-murder.

Suicide is not an option for the child of God. It has only been an option in Scripture for those who have turned aside against the Lord and turned their backs on him.

The Symptoms of Suicidal Thoughts

There are symptoms that accompany suicide attempts.

Suicide in Our Society

We look, first, at suicide in today's society. You probably already know this, but suicide is becoming more and more prevalent. It is becoming more acceptable in our society. It began with abortion being approved and acknowledged as a valid way to take away life. Then it extended to the extermination of the elderly—euthanasia, allowing the elderly person to end their life because they're old, sick, or in pain. Society winks at it.

Suicide is the 11th leading cause of death in the US. In 2022, 49,476 Americans died of suicide. In 2022, there were an estimated 1.6 million suicide attempts in the United States. 22 veterans every day commit suicide. A suicidal death occurs every 20 minutes, and an attempted suicide every 3 minutes. And those are the ones that are registered as suicide attempts. The people that are most at risk are white males over 45 years of age. In 2022, men died by suicide 3.85 times more than women. White males accounted for 68.46% of suicide deaths in 2022. Young people are committing suicide at alarming rates, even children, and the age is getting younger all the time. I heard recently that the figure is something like 9 to 12 years of age is in the largest growing group of suicidal victims. Suicide is the second leading cause of death for young people between the ages of 10 to 24.

<https://www.cdc.gov/nchs/products/databriefs/db464.htm>

The most frequent victims of suicide, if you can call them victims, are the divorced, the widowed, those in higher economic groups and single males. But every suicide is committed by someone who is seriously depressed. Happy people do not commit suicide.

So, if you're a single male, watch out. If you are widowed, watch out. Be careful because you're in that realm of discouragement, that time when Satan can assault you with these thoughts. Twice as many men succeed in suicide as women. That's interesting. Psychiatrists say that is because men generally choose violent sudden death, while women mostly choose to leave this world quietly through drugs.

When someone has severe emotional pain and prolonged depression, they could be on the road to suicide. As I counsel with people, one thing that I am very much concerned about is that suicidal thoughts are more prevalent than the attempts of suicide. So when I talk to people about depression and their situation, my foregone conclusion is that if they are depressed seriously enough to seek counseling, they have probably entertained thoughts of suicide. Many confess they have even thought about how they would do it.

I'm not blaming them or shaming them. I just know that that is a fact. So, often when I'm sitting with somebody and I ask them very clearly before we close the session, "Have you had thoughts of suicide or doing away with your life, or even the thought of wishing you were dead?" Often the person begins to cry and asks, "How do you know that? Is it that obvious?"

Depressed people commit suicide. Happy people don't. Depression leads people down that pathway. When people are hopeless, they don't see any way out, so they often think about suicide. Suicide rarely ever happens without prolonged premeditation. They think about the process and how they might do it to

make it look like an accident. Or they imagine what it would be like and what people would feel when they're gone.

There's a long process that people go through in thinking about suicide. They fantasize about their plans for suicide. It is a very dangerous thing. I know it happens among Christians just as much as it does to non-believers. There are many Christians who have sat under my preaching and teaching on this who later come up after the service and tell me they had a suicide note in their pocket.

If you have a fantasy plan for how you would do it, you are in trouble. Get help. Reach out to a counselor, a pastor, elder, or friend. My friends, suicidal thoughts are very dangerous. It's like loading a gun and playing with it. Satan knows that if he can manipulate your thoughts enough, he will convince you to think that the world is better off without you. Don't believe it. It's a lie.

Why Do People Attempt Suicide?

- **People who have severe health problems** often think of suicide, especially people that are diagnosed with cancer or some dread disease that has no cure. They often think it is a hopeless situation, and the world is better off without them. They say, "I don't want to go through that pain, therefore I'll take my life."
- **Anyone with a history of self-destructive behavior** or compulsive behavior or addictive behavior is a prime target for thoughts of suicide.
- **People who are intense over-achievers.** Perfectionists, aggressive people, people driven to achieve more and more are in danger of having thoughts of suicide.
- **People with significant losses in their life** will consider suicide as a way out. There are actually charts that psychologists work on measuring how much stress you're under to test whether you are at risk. It is called the *Holmes-Rahe Life Stress Inventory*. There are 43 categories of life stresses listed. Each one is rated by its emotional severity from 100, for the death of a spouse, down to 11 for a minor traffic violation. Your score from each of the 43 categories are to be added up to give a total of your stress severity. If you calculate 150 points or less you are in a low stress category. However, if you score from 150-300 you are in danger major health breakdown within the next two years. You can download that stress inventory in the link below.

<https://www.stress.org/wp-content/uploads/2024/02/Holmes-Rahe-Stress-inventory.pdf>

We need to be careful what we think about. We need to teach God's people the value of human life. We need to talk with people that are depressed and be honest about it, instead of hiding it as though nobody ever thinks that. You aren't crazy when you think about suicide. You just have to be down and out, and desperate.

The Source of Suicidal Thoughts

What Causes Suicidal Thoughts?

Let's look at the root of suicidal thoughts. I want you to read through 1 Samuel 14-31 because we're going to mention King Saul who eventually committed suicide. King Saul's life demonstrated the downward spiral that leads to suicidal thoughts.

I want you to see the pathway that he took that led to his suicide. There are footprints that led down the path of suicide. We need to avoid following in those footsteps. I call it, Six Areas of Satanic Invasion. We are in a spiritual battle. It is a battle against forces of evil that cannot be seen, heard, or touched, but which are active in our daily lives. Saul's life is an example of someone allowing Satan to take advantage over him.

Saul's Downward Spiral to Suicide

Step 1: 1 Samuel 15:22-23 – He rebelled against God's word

Saul rebelled against doing things God's way. It was his unbelief and lack of trust in God's way that brought him depression. What you think in your heart proves who you are and who you belong to. "Whoever you obey his servants you are." (Romans 6.16) "Don't give place to the devil." (Ephesians 4:2) "Satan is as a roaring lion seeking to devour." (1 Peter 5:8)

In 1 Samuel 13:8-14, it was the sin of presumption. Saul said, "I thought..." There is the problem with Saul's thinking. Saul could have sung along with Elvis Presley, "I Did It My Way." God's word says, "There is a way that appears right unto man, but the end thereof are the ways of death." (Proverbs 14:12) Deliberate disobedience is the first step away from God.

Step 2: 1 Samuel 16:14-17 – He grieved the Spirit

It is possible to **grieve the Spirit of God** (Ephesians 4:30). It is possible to **quench the Spirit of God**. (1 Thessalonians 5:19) It is possible to **resist the Spirit of God**. (Acts 7:51) And it is possible to **blaspheme the Spirit of God**. (Matthew 12:30)

Saul did all three and evidently committed the unpardonable sin by blaspheming the name of God and consulting a witch. It was his final rebellion. But there were gradual steps away from God. The Spirit of the Lord departed from him.

Step 3: 1 Samuel 18:10-11 – He felt hatred and became paranoid.

Paranoia is an insidious thing. I had a girlfriend in high school that jokingly said, "Dick, you're a latent paranoid." I had to look that up. Paranoia is the feeling that you are being persecuted, cheated, and the world is against you. Paranoia is a thinking problem. Saul was paranoid about David. He felt threatened by the little boy who was anointed to be king after him.

His paranoia turned to hatred. Hatred is a terrible thing. It's the devil's workshop. Hatred is hard to admit. But it is easy to see from the outside. When you hate, you want to get even. When you hate, you

don't want to help that person when they are in trouble. You don't want to pray for so-and-so to be healed, or for God to rescue them from trouble. You wish "the bird of paradise would fly up their nose, that an elephant would caress them with his toes." You wish bad things on them. You don't want them to be blessed. You hate them because you perceive they did you wrong. But you say, "I don't hate them, I just can't stand them." There's bitterness in hatred. How often I have heard God's people say, "I'm not bitter, I'm just mad." Is there a difference?

Step 4: I Samuel 19:9-10 – His temper, anger, bitterness

God sent an evil spirit to plague Saul. It was the spirit of bitterness, anger and temper. It is the grace of God that leads us to repentance. It was God's goodness and grace that God sent that evil spirit to drive Saul back to God. But he would not repent. Rather, he gave in to his hatred.

Brazilian Lady Attempted Suicide

There was a lady in Brazil who attempted suicide. She was a new believer in our church and walking with the Lord. She loved to sing and praise the Lord. I got a call one day that she had attempted suicide. I went in to see her in a psychiatric ward. What a sad case it was. She had gone into her attic and put the electrical cords around her neck and hanged herself. Her husband found her before she died. She had slashes on her wrists. She tried everything to take away her life.

Nobody understood. Nobody knew why it was a sudden turnaround in their opinion. But as we tracked that back to her thinking, we understood that there was a process she was going through. Her son had become very ill with mange, a skin disease in Brazil. The doctor had treated him with the wrong medicine and it actually burned his skin in the process.

This mother had applied medicine over a few weeks' time. Her son would scream and cry from the pain. Her son was actually being burned by this medication. He almost lost his life. That mother was angry at the doctor, and that anger turned to hatred. That hatred turned inward, against herself. She tried to destroy herself. As I sat with her in the hospital, I tried to find out what was going on inside her head.

Then the Lord said, "Ask her if she's angry." So, I asked, "Isolete, are you angry about anything?" She innocently said, "No, pastor, I'm not angry about anything. I don't know why this has happened. It just comes over me and I don't know why." Well, I know suicidal thoughts don't just come over you. Then the Lord said, "Ask her about her son." I followed up and asked, "What about your son? What about what the doctor did to him? Are you mad at him?" She just shook her head, no.

Then I said, "If you had that doctor here right now and we could close the door and you could do anything. What would you do? She looked at me and you could see fire in her eyes. She said, "I would kill that blankety-blank-blank, son of a" I replied, "And you're not angry?"

Christians can be among the greatest liars on earth. We love to pretend. We love to cover up our sin and our bad attitudes with good attitudes. We think because we've put a bunch of layers of icing on top with smiles, praise, and little phrases from Scripture that anger is gone. It's not out in the open anymore. Therefore, it's gone. My friend it is not gone. If it's not under the blood, if it's not cleansed by the blood of

Jesus, if it's not washed away, if it's not taken away, if the bitterness is not gone, then the anger is not gone. That anger will rise in up.

Step 5: I Samuel 28:5-7, 15 – He consulted a witch

How low can you go? Saul was playing with fire. When God would not answer him by dreams or by Urim, nor through the prophets, he turned to Satan. He turned to witchcraft. He turned to the occult. God had commanded Israel concerning witchcraft that it was a mortal sin to consult a witch. Saul, at one time, had commanded all witches to be killed. It would be good for every believer to write down in their Bibles what God says about witchcraft, psychics, Tarot card readers, horoscopes and amulets. I have found most Christians are unfamiliar with what witchcraft is. Do you know what witchcraft is?

Let me give you some examples:

Psychics, palm readers, tarot cards, horoscopes, astrology, séances, Ouija boards, luck charms, amulets, fortune tellers, witches, Shamanism, Yoga and Eastern philosophy, Buddhism, ESP, any of the many types of magical practices, occult practices such as ceremonial magic, mediums, any form of divination, spells, curses, and incantations are all witchcraft.

Here are the Scriptures that forbid such things.

Deuteronomy 18:10-13,

¹⁰ Let no one be found among you who sacrifices their son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, ¹¹ or casts spells, or who is a medium or spiritist or who consults the dead. ¹² Anyone who does these things is detestable to the LORD; because of these same detestable practices the LORD your God will drive out those nations before you. ¹³ You must be blameless before the LORD your God.

Deuteronomy 7:25-26,

The images of their gods you are to burn in the fire. Do not covet the silver and gold on them, and do not take it for yourselves, or you will be ensnared by it, for it is detestable to the LORD your God. Do not bring a detestable thing into your house or you, like it, will be set apart for destruction.

See also: Leviticus 19:26-31, 20:6, 20:27, Isaiah 19:2-3, Isaiah 47:9-15, Micah 5:12-15, Galatians 5:19, and Revelation 21:8.

These things are detestable to God. God hates them. They are a form of idolatry. They are the way we turn to other gods. Beware of our society filled with satanic influences and flee from them.

Step 6: I Samuel 31:4-5 – Took his own life

Where does suicide come from? It comes from Satan himself. *“He comes but to steal, kill and destroy.”* We will all give an account of ourselves to God. We will all stand before the judgment seat of Christ. (1 Corinthians 11:30-31) *“For this cause are many weak and sickly among you and many sleep.”* If you don’t judge yourself, God will judge you.

Saul knew right from wrong, but in a crisis he chose evil thoughts that tear down rather than thoughts that build up. Hopelessness floods in when you have abandoned God or give up on believing His word. If you feel like God has abandoned you, you are believing a lie. In every suicide, someone despaired of life, someone believed a lie.

Self-hatred, hatred of life, and feelings of rejection always accompany suicide. In suicide, your thoughts lead you to choose to believe a lie, and because you have practiced dysfunctional thinking so long, it appears to be the truth.

“Keep your heart with all diligence, for out of it are the issues of life.” (Proverbs 4:23)
Keeping your heart is the same as keeping your thoughts under God’s control.

We should be aware of the Stinkin' Thinkin' we allow every day. Learn these distorted thought patterns. Study them. Track them. Then annihilate them as much as possible.

Ten Distorted Thought Patterns

Untruthful Thoughts (lies of Satan)

1. All-or-Nothing (expecting perfection)
2. Overgeneralization (Murphy's law, pessimism)
3. Mental Filter (gloom and doom)
4. Disqualifying Positives (minimizing good things)
5. Mind Reading (reading people's thoughts, motives)
6. Fortune Telling (predicting disaster)
7. Magnification (dwelling on small things, blowing them up)
8. Should-itis (demanding fairness, blame and shame)
9. Name Calling / Labeling (derogatory name calling)
10. Personalizing Everything (feeling responsible, pity party)

Be sure to spend some time examining your thought-life. It takes deliberate effort to track down offending thoughts that hinder us and defile those around us.

The Appendix of this book is there to give you the opportunity to evaluate your thoughts and to discover Stinkin' Thinkin' that nests in your silent self-talk.

- **Lies We Tell Ourselves**
- **I Feel...check up**
- **Chart Your Negative Thought Patterns**

Visit the Appendix for a full treatment of Scripture regarding the preciousness of every life. "God Knew Us Before We Were Born."

Sayings (self-talk)

Examine Your Self-Destructive Thoughts

All thoughts come from within. All emotions begin with thoughts. Therefore, we need to search our hearts for the whispers of Satan's lies that rattle in our brains. What are the suicidal thoughts and beliefs that provoke you to want to end life?

Recurring Thoughts of a Depressed People

I'm a failure	I can't even if other people can
I'm a fool	I can't lose weight
I'm no good	I can't ever win
I'm hopeless	I can't catch a break
I'm an idiot	I can't do anything right
I'm so dumb	I can't take it anymore
I'm stupid	I can't stand it anymore
I'm a jerk	There I go again
I'm ugly	I'm so dumb
I'm unattractive	I'm so stupid
I'm fat	I'm not good at anything
I'm a slob	I'm miserable
I'm lazy	I'm a miserable friend
I'm clumsy	I'm nervous
I'm spastic	I'm afraid no one will like me
I'm unlucky	I'm afraid I'll fail.
I'm no good at anything	I'm a boring person
I'm lousy	I envy everyone else's happiness
I'm always wrong	What a dumb thing to do
I'm worthless	How can anyone stand me?
I'm a loser	No wonder no one likes me.
I'm wasting my life	I have no talents
I never win	Life is unfair
I never...get my way	It's not fair
I never...have any luck	My life sucks, stinks, is ruined
I'll never amount to anything	My life has no meaning
I'll never succeed	My life is a waste
I'll never get married	It's wrong for me to be angry
I'll never be happy	I hate life...because...
I'll never ...	I dread tomorrow...because...
No one ever...	I dread going out...because...
Nobody ever...	Just my luck.
It Never...	It always happens to me
Everybody always...	I hate life...because...
All the time	I hate people...because...
Everywhere I go...	I hate church...because...
Everything I do...	If only __ ...I'd be happy
Every time I try...	If I were _ ...I'd be happy
I can't make myself happy	If only people would...I'd be happier
I can't change my attitude	If only I were rich...I'd be happy
I can't make anything work for me	If only I were married...I'd be happy
	If only I didn't have kids...I'd be happy

Your thoughts will either accuse you or excuse you. Your thoughts are under your control. You choose what to believe. You choose what is true for you and what is not. Choose wisely.

Solutions (God's truth)

Is There a Cure for Suicidal Thoughts?

Suicidal thoughts are not God's thoughts. Suicidal thoughts don't just happen. There is a process, an accumulation of dysfunctional thoughts that lead to the suicidal thoughts.

Let me close the chapter by giving you our conclusion on suicidal thoughts. How do we keep our thoughts from going in the wrong direction? How do we keep ourselves from getting so bad that we overwhelm our soul? How do we stay so far away from pessimism and hopelessness that we don't come anywhere near ever thinking of self-destruction?

First: Keep yourselves in the love of God. – Jude 1:21

In Jude 1:21, God says, *“Keep yourselves in the love of God.”* Got it? It says, *“Keep yourselves in the love of God.”* That means there are mental and moral choices between thoughts that argue against the love of God and thoughts that rejoice in the love of God. God says you have the right to either keep His love in mind or reject it in your thoughts.

You have the right to either take a bath or not take a bath. The choice is yours. God says, “I give you that choice. Keep yourself in the love of God or don't keep yourself in the love of God.” The choice is yours and the consequences will be yours as well.

1 John 5:18 says,

“We know that whoever is born of God does not continue in sin; but he that is born of God keeps himself, and that wicked one touches him not.”

My friends, it begins here. Pray this and cry out to God. “Lord, keep me in the love of God. Lord, I don't want to agree with the enemy. I don't want to be in love with the world. I don't want to be in love with the evil around me. I want to be in love with You.”

Second: Keep short accounts with God. – 1 John 1:9

When we come to God for forgiveness, it needs to be because our hearts are broken, not because we just want to escape hell. Our hearts need to be broken over sin. God tells us in 1 John 1:9:

“If we say we have fellowship with him and walk in darkness, that's what we've been talking about. We lie and do not the truth, but if we walk in the light, as he is in the light, we have fellowship one with another. And the blood of Jesus Christ cleanses us from all sin. If we confess our sins, he is faithful and just to forgive us our sins and cleanse us from all unrighteousness.”

That's a precious passage. That is how we keep ourselves in the love of God. That's how we keep our hearts clean. Keeping short accounts with God means every day, when sin begins to enter, when the temptation is there, we plead with the Lord and ask for His thoughts and plans.

Third: Keep your heart (thoughts) with all diligence. – Proverbs 4:23

“Guard your heart with all diligence, for out of it are the issues of life.”

This could just as easily be translated, *“Be careful to keep your thoughts in line, for everything you do, or feel, flows from it.”*

That's what we've been talking about in this entire series on Stinkin' Thinkin'. Be aware always of what's going on in your head. Be aware of the internal self-talk that's going on in your mind. Be accountable for your thoughts.

God reminds us that all things come from our thoughts and then it proceeds into words, actions, and feelings. All suicides begin with an unkept heart. You don't just arrive there from one day to the next. It's the progress of a heart that is not kept clean before God and thoughts that are not rejected and corrected. They lead down that path.

“Out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies, etc.” (Matthew 15:19)

When we sin, our immediate response should be to cry out to the Lord to forgive and deliver us from that sin pattern.

Fourth: Examine every thought in light of God's Word.

Listen to this passage from 2 Corinthians 10:4-5,

*⁴ For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds,
⁵ casting down arguments and every high thing that exalts itself against the knowledge of God,
bringing every thought into captivity to the obedience of Christ.*

We are to *“bring every thought to the obedience of Christ.”* That is God's desire. That is spiritual warfare. We are responsible for reigning in our thoughts and to keep them under control. We are to keep the light of God's word shining in our hearts and minds. We are to examine every thought and bring them into alignment with God's truth. When we do that, we will keep ourselves far from any thought of self-destruction. How do we keep our way clean before the Lord. By taking Him at His word and applying it to your thought-life.

Finally, Hebrews 4:12 says this:

“For the word of God is living and active and sharper than any two-edged sword. It penetrates even to the dividing of soul and spirit and is a discerner of the thoughts and the intents of the heart.”

Examine your thoughts in the light of God's word and make the corrections that need to be made. My prayer is that God will give all of us great deliverance and victory over our negative and destructive thoughts. Only then will we see great strides in becoming more like Jesus Christ.

Stop Here!

Don't read any further until you have digested, applied, and used what you've just read.

Avoid overload. Read only one chapter a week.

Personal Response to Suicidal Thoughts

1. How did this subject make you feel? Sad, confused, upset, depressed, guilty, condemned, enlightened, happy, hopeful, etc.?
2. Was this chapter helpful in identifying some of your own Stinkin' Thinkin'? If so what specifically?
3. What 3 negative thoughts do you need to change? What are they and why are they distortions of truth?
4. What 3 or more biblical truths, verses, or promises do you need to digest and make a firm part of your thoughts and beliefs?

Group Discussion Questions

(This is a very private matter. You may not want to answer it out loud.)

1. Have you ever wished you were dead? When? Why?
2. Have you ever wished you'd never been born? When? Why?
3. Do you know of anyone who has attempted suicide? Why do you think they did it?
4. If you ever have suicidal thoughts, or a death wish, who would you turn to for help? Would you seek help? At what point would you turn to someone for help?

Download our helps and tools at go to www.PrayerToday.org/Stinkin.htm

**10 Sermons on Stinkin' Thinkin'
365 Promises of God
Exercises & Forms in 8.5x11 PDF format**