

10 Reasons

Not to take your own life

*(In case you're
wondering... there
are at least a million
more.)*

Facts:

The suicide rate in the United States has increased almost fifty percent in the last twenty years.

Why should we be concerned? Because every life, no matter how often or strongly one suffers with mental health issues, is valuable. Unfortunately, no one escapes suffering and sorrow. Anxiety, embarrassment, guilt, grief, loneliness, and even self-loathing can be powerful enough to drive one to despair.

Winter months can prove particularly problematic with fewer hours of daylight, limited opportunities for outdoor activities, and increased stress during the holidays. This can increase the likelihood of depression. So, too, can spring. When the world seems to be reenergized with life, those still struggling with depression can lose hope.



But the Heavenly Father is at hand. And a Gracious Savior is at work. God sees, and Jesus knows. His crucifixion testifies to how He is counteracting sin and pain with forgiveness. His resurrection demonstrates who is overcoming death and hell in victory. Comfort and peace, encouragement and rest remain. Because of Christ, relief and healing, hope and joy prevail.

So consider these ten—of many—reasons not to take your own life:

1



Suicide goes against God's Word and His will. The Lord forbids taking life, and that includes your own. He has not designed you for destruction. Your body belongs to Him as a temple for the Holy Spirit. God, who planned and handmade you, wants you here.

2



Suicide is irreversible. Your current state of heart and mind is momentary; it won't last. Responding to something temporary with a permanent and irreversible action doesn't make sense. Your future self will regret not finding out who you are becoming.

The steadfast love of the Lord never ceases;

It might not work. Every method has failed before, and you may not die by suicide. You could end up increasing your misery by adding injury to it. And somebody—either you or one close to you—will have to tend to the outcome of your decision.

3

Suicide does not solve the real problems. The pain hurting you has to be identified and confronted so that it cannot harm you or others. Suicide only transfers pain and amplifies it by leaving important questions unanswered.

4



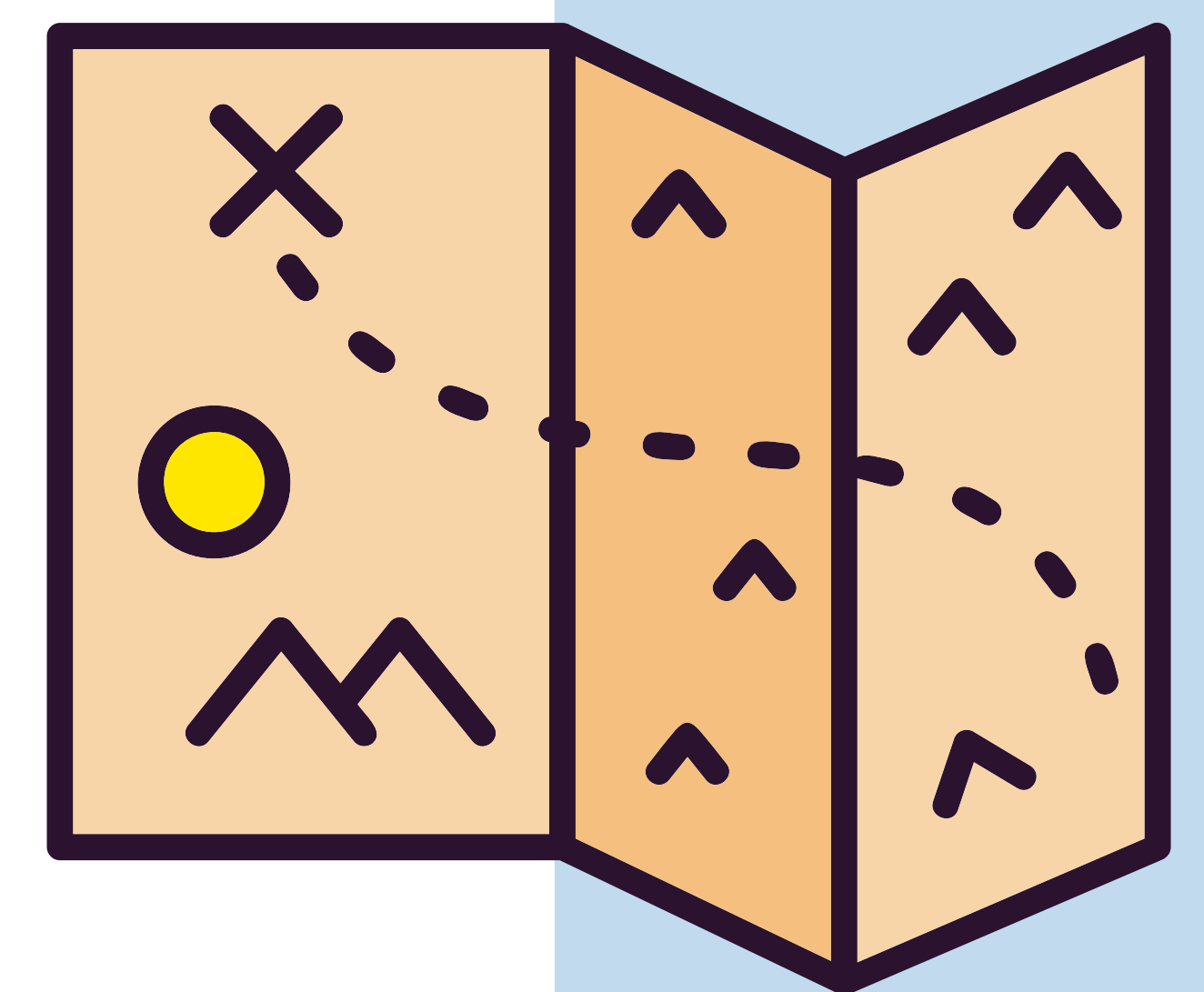
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Suicide hurts others. Killing yourself could provoke somebody else—neighbors or even strangers—to do the same. Your absence will deprive loved ones of the opportunity to assist and serve you (and it will deprive you of the opportunity to serve them).



6

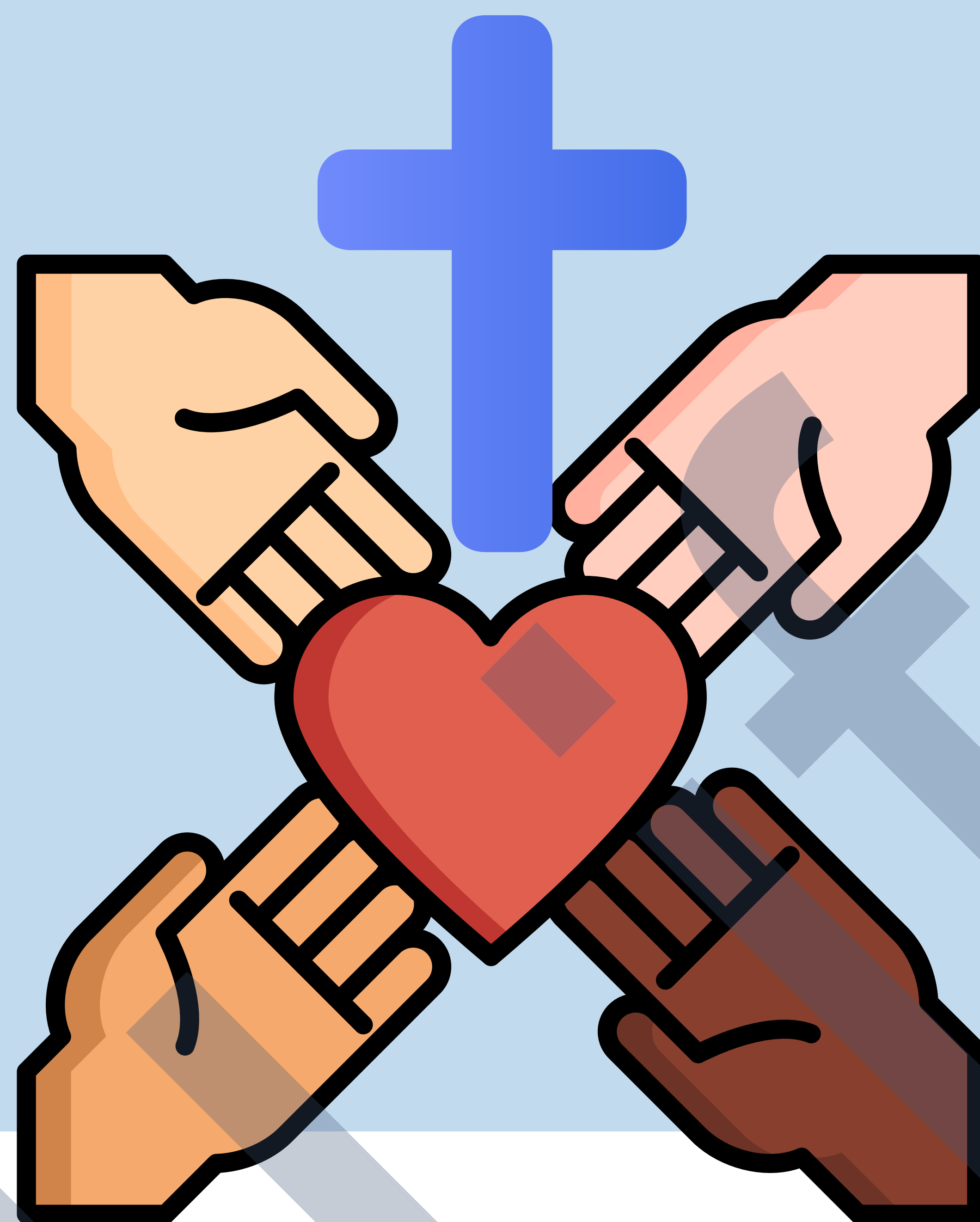
Things are going to get better. The Lord God Almighty has an end in sight for what you're enduring. He has confirmed it by carrying you this far through every previous difficulty. The situation is going to get better sooner than you even realize.



7

Opportunities await. God, through His creation, has prepared abundant blessings you have not yet encountered or experienced. Another adventure lies just ahead which you simply cannot imagine. And it's going to bring discoveries and enjoyments you do not want to miss.

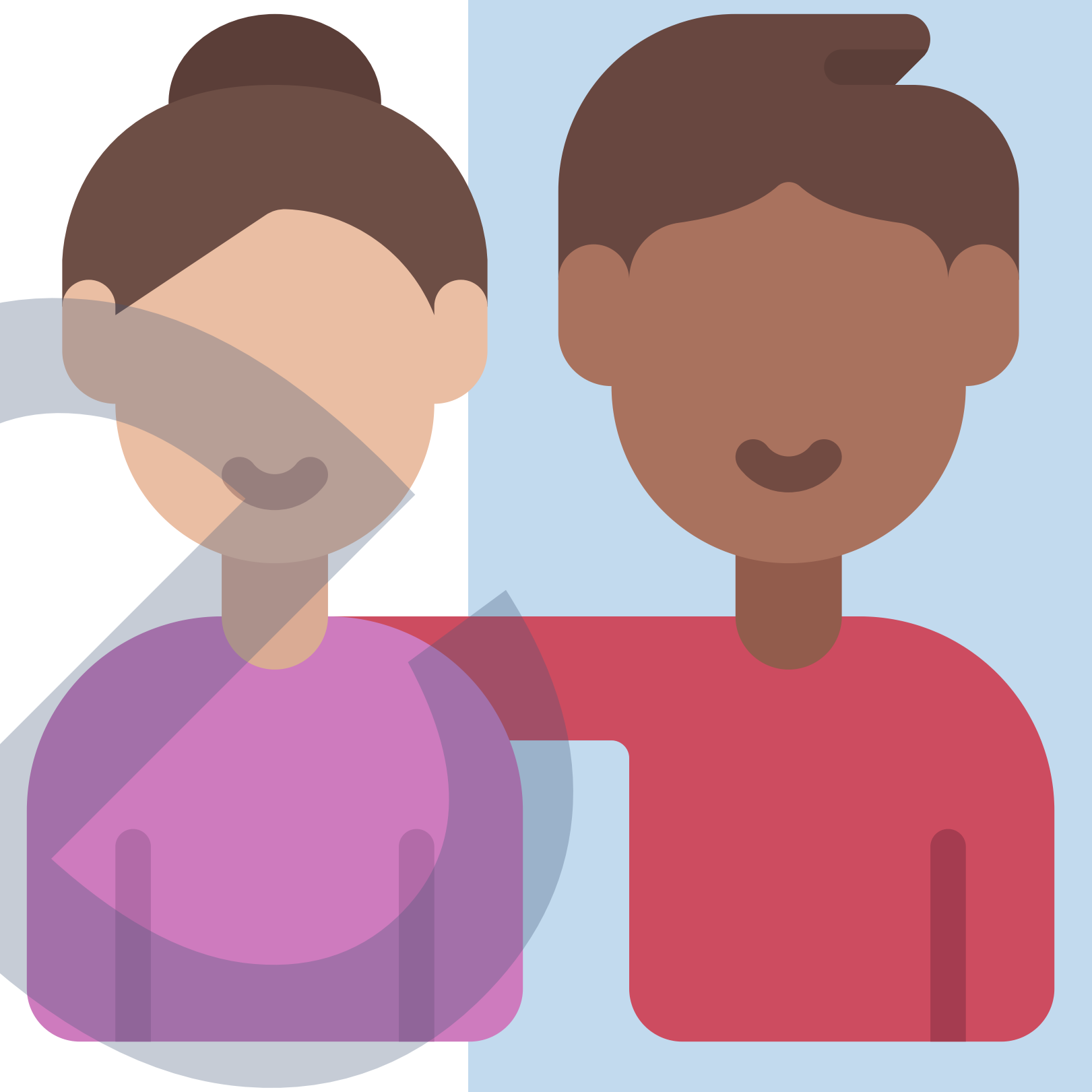




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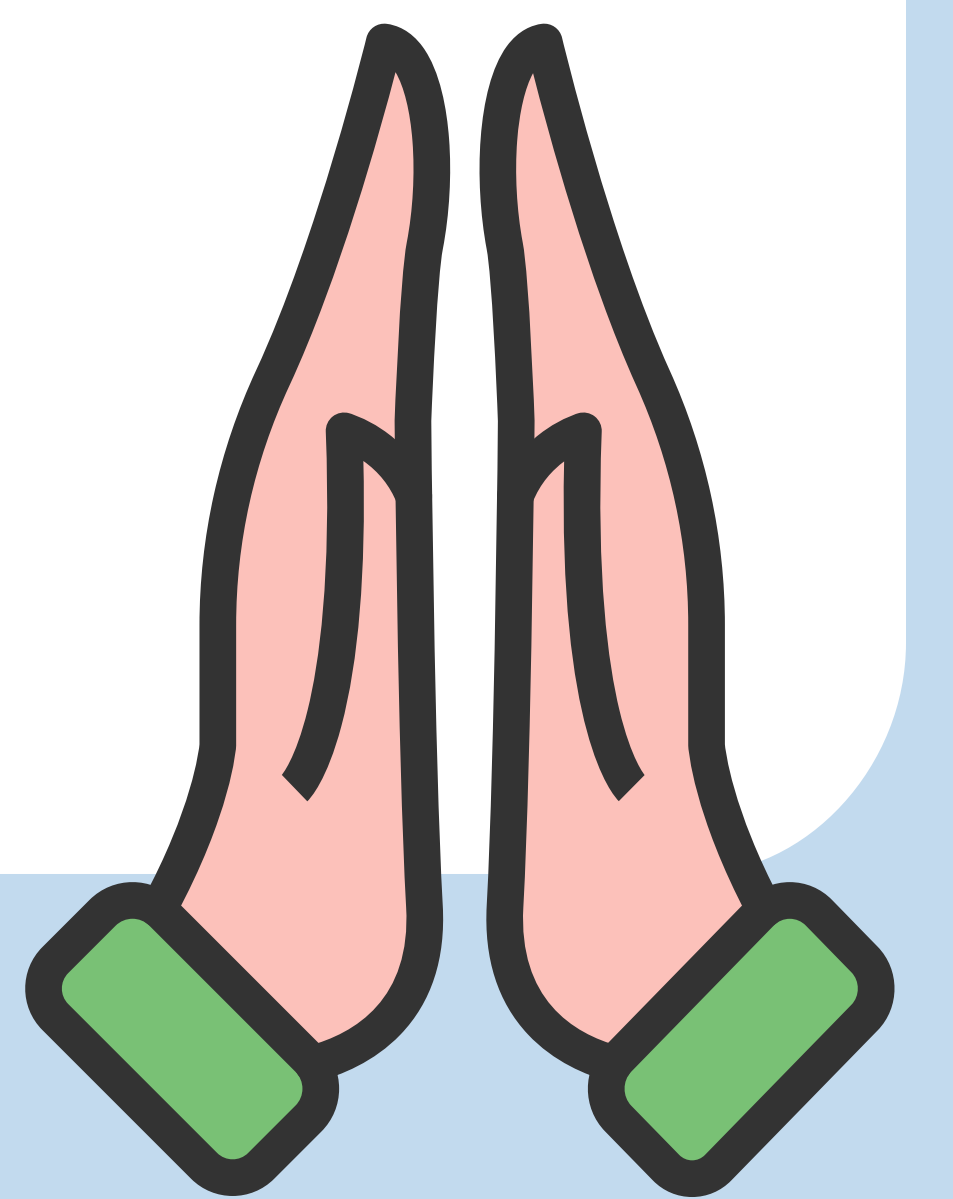
You are not alone. The Body of Christ abides right beside you. Jesus understands your sorrows, stands with you, and shares the Father's love and His love with you. The Holy Spirit intercedes on your behalf. God hears your prayers. Your brothers and sisters in Christ are also facing agonies like yours. They look forward to lifting your crosses the way that you delight in sharing theirs.

This distress has a purpose. Someday someone will need the wisdom you're gaining through this very trial. Whether you know it or not, you are practicing and preparing for a vocation and mission that is already benefitting someone else. God makes celebrations of crucifixions; He will use your suffering for good.



9

You have gifts to bestow. Your Savior is offering you as somebody's answer to prayer and reason to live. That person is urgently anticipating the difference you're making, and you may not have even met him or her yet. Your life comes as a gift and privilege to so many whom you never see.

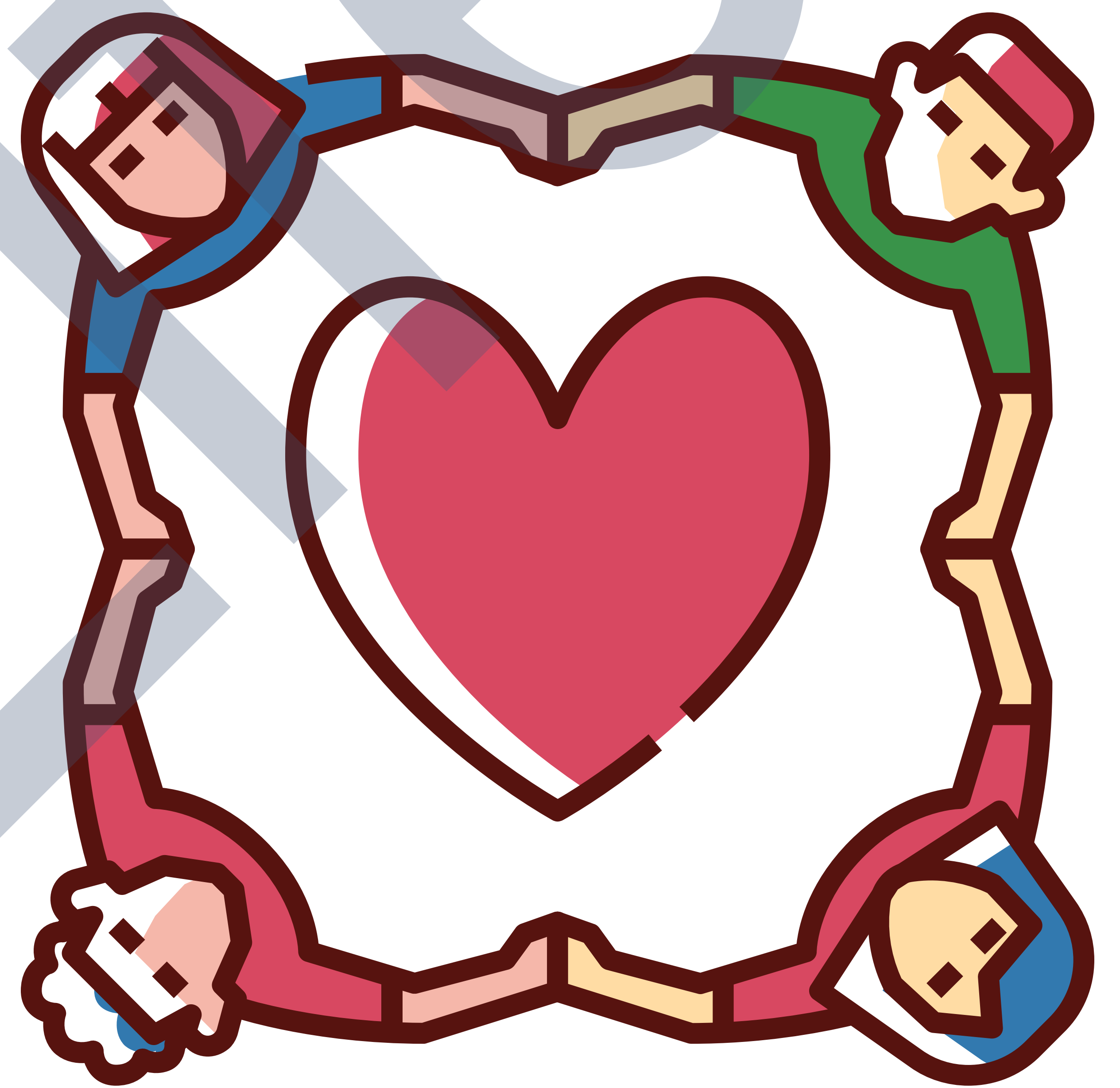


10

"therefore I will hope in Him." Lamentations 3:21-24

A million other . . .

great and little reasons exist that we have not enumerated. You have permission to beg God to reveal them. Reach out and call out also to the ones He's positioned right in front of you: your family, friends, teachers, pastors, and others who care for you. You wouldn't hesitate to do it for them. They also want to help you.



If you or someone you care about is contemplating suicide, please call our **Word of Hope** hotline (word-of-hope.org) at 888.217.8679 or the **National Suicide and Crisis Lifeline** at 988.