**Understanding and Dealing With Suicide**

**I. The Circumstances of Suicide Mentioned in the Bible**

A. Rebellious Saul and his armor bearer (1 Samuel 31:3-5)- 3The battle pressed hard against Saul, and the

archers found him, and he was badly wounded by the archers. 4Then Saul said to his armor-bearer, “Draw

your sword, and thrust me through with it, lest these uncircumcised come and thrust me through, and

mistreat me.” But his armor-bearer would not, for he feared greatly. Therefore, Saul took his own sword

and fell upon it. 5And when his armor-bearer saw that Saul was dead, he also fell upon his sword and died

with him.

B. Proud Ahithophel (2 Samuel 17:23)- When Ahithophel saw that his counsel was not followed, he saddled

his donkey and went off home to his own city. He set his house in order and hanged himself, and he died

and was buried in the tomb of his father.

C. Murderous Zimri (1 Kings 16:18)- And when Zimri saw that the city was taken, he went into the citadel of

the king's house and burned the king's house over him with fire and died

D. Judas Isacariot, betrayer of the sinless Son of God (Matthew 27:3-5)- 3Then when Judas, his betrayer, saw

that Jesus[[a](https://www.biblegateway.com/passage/?search=Matthew+27%3A3-5&version=ESV#fen-ESV-24129a)] was condemned, he changed his mind and brought back the thirty pieces of silver to the chief

priests and the elders, 4saying, “I have sinned by betraying innocent blood.” They said, “What is that to

us? See to it yourself.” 5And throwing down the pieces of silver into the temple, he departed, and he went

and hanged himself.

E. Assisted Suicide of blood-thirsty proud Abimelech (Judges 9:53-54)- 53And a certain woman threw an

upper millstone on Abimelech's head and crushed his skull. 54Then he called quickly to the young man his

armor-bearer and said to him, “Draw your sword and kill me, lest they say of me, ‘A woman killed him.’”

And his young man thrust him through, and he died.

**II. The Categories and Core Issues of Suicide**

1. *Category #1* ***The*** ***External Pressures of life***- One is seeking to escape the difficulties of life resulting in pursuing suicide.
2. *Category # 2* ***The Internal Pains of the Heart***- One is seeking to escape the heart pains of unrepentant sin resulting in pursuing suicide.

**III. The Common Signs to Consider that One may Attempt Suicide**

1. Talking about suicide — for example, making statements such as "I'm going to kill myself," "I wish I were dead" or "I wish I hadn't been born"
2. Getting the means to take your own life, such as buying a gun or stockpiling pills

Being preoccupied with death, dying or violence

1. Doing risky or self-destructive things, such as using drugs or driving recklessly
2. Giving away belongings or getting affairs in order when there's no other logical explanation for doing this
3. Saying goodbye to people as if they won't be seen again

(Signs and info taken directly from the Mayo Clinic website, Suicide and Suicidal Thoughts: Symptoms and Causes <https://www.mayoclinic.org/diseases-conditions/suicide/symptoms-causes/syc-20378048>)

**IV. The Counsel for Suicide**

1. Identify the category of suicide the person is dealing with; This helps you determine if the core issue is 1) *The External Pressures of Life*- one is seeking to escape the difficulties of life resulting in pursuing suicide or 2) *The Internal Pains of the Heart*- one is seeking to escape the heart pains of unrepentant sin resulting in considering suicide.
2. Provide sympathy where you are unable to identify with the issue and empathy where you are able to identify with the issue.
3. Give the person hope through the presentation of specific character, precepts, promises, and experiences of Jesus Christ our Lord that can address the person’s consideration of suicide.
4. Help the person distinguish between what they can and cannot control.
5. Help the person identify the neutral, loving, and unloving actions and responses to people and circumstances.
6. Help the person trace the neutral, loving and unloving responses back to the natural, neutral, and naughty desires of his/ her heart that are influencing the neutral, loving and unloving responses.
7. Help the person address the condition of his/her conscience in relation to their responses to people and circumstances as well as the desires that are or have become sinful in their hearts.
8. When addressing the condition of his/her conscience give the person the Gospel of Jesus Christ looking for the salvation of the person as Jesus wills not as we counsel.
9. Lead the person who is a Saint to renounce, repent, renew, and replace unloving responses and desires with loving responses and desires which would deal with the condition of his/her conscience anticipating the sanctification of the Saint as Jesus wills not as we counsel.
10. Through out the entire process continue to give the person the hope of Lord who loves them and has an alternative solution that can address their problem and give them rest to quiet a noisy soul.

**V. The Conclusion for Suicide**

1. “God is the giver of life. He gives, and He takes away ([Job 1:21](https://biblia.com/bible/esv/Job%201.21)). Suicide, the taking of one’s own life, is ungodly because it rejects God’s gift of life. No man or woman should presume to take God’s authority upon themselves to end his or her own life.” (What Does the Bible Say About Suicide, <https://www.gotquestions.org/suicide-Bible-Christian.html>)
2. “People don’t kill themselves when they are joyful and at peace but rather when there is conflict brewing within and they have no hope that it can be resolved.” (Overcoming Depression and Suicide, <https://www.thechristianworldview.org/topic-overcoming-depression-suicide-rebroadcast/>)
3. “In order to give a wise answer to someone contemplating suicide, we must understand how the Bible describes the human condition and how we respond to life in a [fallen world](https://biblicalcounselingcenter.org/your-worldview-matters/). Suicide begins long before someone actually takes his own life. ([Prov. 13:12](https://biblia.com/bible/niv/Prov.%2013.12)) We often describe it like this: Disappointment leads to discontentment, discontentment leads to despair and despair leads to destructive choices”. (A Christian Response to Suicide or Suicidal Thoughts Part 1, <https://biblicalcounselingcenter.org/christian-response-suicide/>)
4. People who want to commit suicide have come to the right conclusions about life but the wrong the solution. (Dr. Jim Berg) They have come to realize that life without God is not worth living given the condition of the world. However, the solution is not to take their own lives but rather give their lives to our Lord and Savior and be guided by our Lord and Savior who can give them rest. God will give peace to both Unbeliever (peace with God through Justification) and Believer (peace of God through sanctification) if they come to Him, learn of Him, and abide in Him accordingly in lieu of considering suicide.

*“The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all.”* ([Ps. 34:18-19](http://www.biblestudytools.com/search/?t=niv&q=ps+34:18-19))