

gracepointechurch

Five Lies of Suicide and the Truth that Sets Us Free

1. **“They’re all better off without me.”** – This lie says we’re doing everyone a favor to exit. As though everyone will get over the tragedy quickly and just move on happier without us there. No matter what we think, suicide leaves a crushing impact on all involved. As one leaves the world their loved ones are left to pick up the pieces and deal with great loss and despair.

“The eternal God is your refuge, and underneath are the everlasting arms.” Deut. 33:27
2. **“No one really cares about me anyway. I’m all alone in this.”** – This lie says we’re all alone, we’re the odd one out. The enemy will make us feel every bit of despair and defeat in the pit we’ve sunk down into. But truth says we are never alone. In the midst of our loneliness and despair, God reminds us, He is there.

“And be sure of this: I am with you always, even to the end of the age.” Matt. 28:2
3. **“I just can’t face the pain anymore. The trial is too hard.”** This lie says we can’t go on, that life is too hard to face anymore. Yet truth says the power of the Spirit within us gives us the strength to face each day. One day at a time.

“Do not fear, for I am with you; do not look anxiously about you for I am God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand.” Isaiah 41:10
4. **“I’ve lost all hope. I can’t go on.”** This lie says all hope is gone. Life is seemingly over. But truth says there is always hope. We are still living and breathing in this place, so we can know God still has a plan for us. Hope is not to be based on us, how good we are, or our circumstances. Hope is only based on God, his character, for He is the One who never fails.

“Why my soul, are you down cast? Why so disturbed within me? Put your hope in God for I will yet praise him, my Savior and my God.” Psalm 43:5
5. **“I’ve messed everything up. My life is over anyway.”** – This lie says we’ve blown it so badly we might as well end it all. That we don’t deserve to live any longer and our mistakes have been too great to be forgiven. But the truth is nothing is too difficult for God. His reach is big, and even in our most desperate times, we’re still not too far for his love, forgiveness and grace to rescue us.”

“He brought me out of the pit of destruction, out of the miry clay. And he set my feet upon a rock making my footsteps firm” Psalm 40:2