

I Just Want to Die

Replacing Suicidal Thoughts
with Hope

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Are you having suicidal thoughts and feelings? Perhaps you are convinced that life is not worth living. You feel like your world is collapsing in on you. Your life seems hopeless—like a black hole with all love, hope, and joy sucked out. If you are contemplating suicide, you have already done a lot of thinking about your life. But have you also thought about how God views your life?

Your Life Matters to God

Right now you are living in a world of despair. You can't see any solution to your problems. You're not looking forward to anything. The future seems empty.

But God's perspective on your life is very different. Your life is precious to him. He knows everything about you—even how many hairs are on your head. He loves you to such a degree that he sent his own Son to die for you (John 3:16). Your life is so significant to him that he forbids you to take it. God says that all murder is wrong, and that includes the self-murder of suicide (Exodus 20:13).

Your Life Matters to Other People

Perhaps you've been thinking about how long you have been depressed and sad. Are you feeling like a burden to other people? Even though they don't say it, do you feel like everyone would be better off without you?

The way you are thinking is tragically wrong. It's a lie that anyone—neighbors, parents, children, spouse, friends, coworkers, nurses, or mere acquaintances—would ever be helped by your suicide. Someone else's suicide is disturbing and unsettling. Those you leave behind will *not* be relieved. Instead, they will be left with terrible burdens. What are those burdens?

First, those who know you and care about you will never understand why. They will ask the same questions over and over again: "Why did you do this? Why did you leave us? Why didn't you ask for help? Why weren't we able to help you?" The "why" questions will haunt those you leave behind.

Second, they will feel guilt. Added to the heartache of losing you will be the heartache of feeling responsible. They will wonder if your suicide was a response

to something that they did or didn't do. They will be left with a feeling of overwhelming, personal failure.

Third, those you leave behind won't think you did them a favor with your suicide; instead, they will feel as if you didn't love them. How could you have loved them *and* hurt them so badly? Suicide is a selfish act. It cuts off a relationship, and leaves no hope for reconciliation. Those you leave behind will feel a very deep emptiness.

Fourth, suicide models the choice to run away, as if killing yourself is the way to solve life's problems. Suicide says that the way to deal with guilt, failure, disappointment, and hardship is to take your own life. That model has a powerful negative influence. So rather than leaving those around you better off, you are actually leaving them a role model that could negatively impact how they handle their own struggles.

Consider What Is True

Suicidal thinking is full of falsehoods. It can be hard for you, as you struggle, to recognize the lies. So stick to a few simple truths about God and you. Remind yourself of them every time you start thinking that suicide is a good solution to your problems.

1. In love, God has come in person as a Savior from death:

But now, this is what the LORD says—

he who created you, O Jacob,

he who formed you, O Israel:

“Fear not, for I have redeemed you;

I have summoned you by name; you are mine.”

(Isaiah 43:1)

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (Romans 5:8)

2. God says that suicide is wrong because you are taking a life.

You shall not murder. (Exodus 20:13).

3. When you pour out your heart to God, he will hear you:

In my alarm I said,

“I am cut off from your sight!”