

# TABOO 2

BREAKING THE SILENCE ON MORE TOUGH TOPICS

Part 4: Suicide | October 7 & 8, 2017

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## The Heartbreaking Scope of Suicide in the U.S.

- On average, there are 121 suicides a day
- Over 44,000 people a year take their own life
- For every successful suicide, 25 people make the attempt
- Women are 3 times more likely to attempt suicide; men are 3 times more likely to succeed
- The teen suicide rate has quadrupled in the past decade

### The Haunting Question

Is suicide a sin?

Yes (*Exodus 20:13*)

### The Question Behind the Question

Is suicide an *unforgiveable sin*?

No

## What we know:

Everyone has sinned (*Romans 3:23*)

Sin leads to death. (*Romans 6:23*)

The blood of Christ cleanses us from every sin. (*1 John 1:7*)

Those who trust Christ are completely forgiven of all their sins. (*Ephesians 1:7*)

Those who trust Christ for salvation know that they have eternal life.

(*1 John 5:13*)

Nothing can separate the child of God from the love of God.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. – *Romans 8:38-39*

## If you are contemplating suicide:

Hear a hard truth: Ending your own pain will begin a lifetime of pain for the people who love and care for you.

### Make the right choice

This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the Lord your God, listen to his voice, and hold fast to him. For the Lord is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob. – *Deuteronomy 30:19-20*

The right choice: choose life.

## How can I help?

### 1. Recognize the signs

- Persistent sadness or depression
- Uncharacteristic irritability
- Major conflict with family
- A recent major loss of a loved one, friend, parent, or mentor—especially if by suicide
- A recent experience of significant humiliation or shame
- A breakup of a significant friendship or close relationship
- Withdrawal, alienation, or loneliness
- Comments about others being better off without them or not wanting to live
- Increase in self-destructive behavior
- Hopelessness
- A strong sense of failure

### 2. Don't mind your own business

If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them. – *James 4:17*

### 3. Bear the burden

Carry each other's burdens, and in this way you will fulfill the law of Christ. – *Galatians 6:2*

#### **To everyone in the room:**

Those considering, *choose life*

Those recovering, *choose hope*

To all who hear, *choose Jesus*

## Next Steps

- **Grace to Grieve: Monday Nights through November 20 • 6:30–8:15 PM at CTK**  
Grieving is a necessary part of healing from any kind of loss — death of a loved one, divorce, broken relationships, job loss, traumatic past experiences, financial ruin, or a difficult diagnosis. Join local counselor Janet Robinson for a time of insightful teaching, self-discovery and support as you learn the “how-to’s” of God’s design for grieving and healing well. Register at the Connection Point, at [ctk.church](mailto:ctk.church), or contact Jayne (x272 or [jayned@ctk.church](mailto:jayned@ctk.church)). Open to men and women 18 and older.
- **Come forward for prayer after the service**
- **Take a step toward life and family**

## Small Group Questions

- 1) Did you experience a moment of pure joy this past week? Share it!
- 2) Have you been touched by this taboo topic? If you are able, share how suicide has affected your life.
- 3) Read Romans 8:38-39. What's God's promise and how does it give us hope?
- 4) In what ways did you “choose life” this past week?
- 5) How can you practically carry the burden for someone who is losing the will to live?
- 6) How can we pray for you right now and throughout the week?