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## Does God Forgive Suicide?

Psalms 38:4: (NASB) *For my iniquities are gone over my head;  
As a heavy burden they weigh too much for me.*

Life is difficult - it is full of trials, tragedies and trauma. Sometimes it overflows with grief and pain. For most of us, there is an ebb and flow to all of this and we work at coping with and learning from these difficulties. For others however, the pressure of the pain and grief never seems to relent, and they begin to despair of life itself. Sadly, some bring that despair to its fruition and end their own lives. Suicide - it is a serious issue that plagues humanity. What drives people to this final decision? How can we better understand it to help those in need? Does God forgive suicide?



### How prevalent is suicide?

#### What makes India the world's suicide capital, CNN

- *Stress, depression, lack of health, suicide. A new Lancet (medical journal) study is ringing alarm bells. India has the highest suicide rates in the world with the maximum number of young people on the brink. According to the new study, suicides claim twice as many lives per year as HIV-AIDS and could take over maternal mortality as the biggest killer in the country with an estimated 1,087,000 suicides in 2010. Highest rates are among the young, wealthy and highly educated. That's 40 percent of men and a whopping 56 percent of women between the ages of 15 and 29. Suicide rates were also found to be much higher in rural areas and nearly 10 times as high in the southern states.*

Suicide facts: (primarily focused on America)

- 750,000 Americans attempt suicide each year. 33,000 succeed. That means one every 16 minutes.
- 1 million people worldwide die from suicide annually. That means one every 40 seconds.
- Suicide is the 11<sup>th</sup> leading cause of death in the United States.
- Suicide is the second leading cause of death among college students.

Despair can find any of us, and it can find us in many different ways. It can find us in a buildup of our careless decisions, it can find us in our misunderstanding of the events of our life, or it can find us in the circumstances that surround our life over which we have no control.

#### Suicide not okay, Suicide in Islam by Sheikh Hamza Yusuf

- *Islam has orthodoxy and orthopraxy. It has a sound belief and it has a sound practice. People can be sincere and yet be completely misguided. Sincerity is not enough. Sincerity has to have the other two components: It has to be a sincerity based on orthodoxy - on sound belief - and it has to be based on orthopraxy. So someone can be sincere in blowing themselves up, but the action is not sound in its belief because suicide is prohibited. ...it's all just emotionalism and defeated people...*

The Bible gives us dramatic examples of those ridden with anxiety and defeat.

**David was taunted:** Psalms 42:3 **David was desperate:** Psalms 42:6 **David was feeling alone and overrun:** Psalms 42:9-11 **Yet, in all of this, David found his faith:** *...Hope in God, for I shall yet praise Him, the help of my countenance and my God.*

This is how David dealt with his own despair and depression - he continued to hope in God and praise Him.

Suicide is a permanent solution to a temporary problem.

We understand listeners could be dealing with feelings of suicide. We encourage you to find hope and help. Remember that in a crisis, call 800-784-2433 (800-SUICIDE) or 800-273-8255 (800-273-TALK).

Proverbs 4:20-22: God's words are health to our flesh.



**Japan statistics, suicide as salvation, *Inside Japan, Inc.***

- *Excessive overwork is prevalent among younger generations who struggle to hold onto scarce full-time positions. When you look at the compensation cases for work-related mental illness in 2010, more than half of all the cases were filed by the age group between 20 to 39 years old. The number one cause of death for the age group of 20 to 34 years old is also suicide. Of more than 30,000 suicides recorded last year, 10,000 were related to overwork.*

**What are the warning signs of suicide?**

- Appearing depressed or sad most of the time
- Withdrawing from family and friends
- Feeling strong anger or rage
- Exhibiting dramatic mood changes
- Exhibiting a change in sleeping or eating habits

**David copes with his greatest sins: Psalm 32:1-4 He looks back on the process. First was the denial and the misery that accompanied it: <sup>3</sup>When I kept silence, my bones waxed old through my roaring all the day long. <sup>4</sup>For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah**

- Performing poorly at work or school
- Writing a will
- Feeling excessive guilt or shame
- Acting recklessly
- 25% of people do not show any signs!

We need to notice those around us.

**Next came the confession and God's forgiveness: Psalm 32:5**

**Finally came the freedom and the renewed protection of God: Psalm 32:7**

**To cope is to trust outside of ourselves: Philippians 4:8: What do we think about each and every day?**

**Does God forgive suicide? We believe He does.**



**Suicide bombing just wrong, suicide in Islam, *Sheikh Hamza Yusuf***

- *Just read the stories about some of these people that have killed themselves. Seriously! They were just depressed people. Now you're going to tell them, oh, you're going to get close to God in doing this. You are using their psycho-pathology as a means to some political end. I've debated on this issue with some of the best minds that I know of...I will say it in any gathering. I don't believe it. I'll never believe it. I'll never believe it's from my religion, and I'll die repeating that.*

Of course God has a plan and understands the sinfulness of sin and the despair that it causes His creation. His plan has the ability to embrace even that part of sin to a better end.

**Suicide is *not* related to the "unforgivable sin:" Hebrews 6:4-6: A primary difference between the unforgivable sin and suicide: The former is based entirely on a clear and informed decision to walk away from God, after having been deeply and clearly blessed. It is a clear, conscious choice to walk away. Suicide is based in despair, grief, sorrow and hopelessness - and while it is a choice - it is clouded with distress. Suicide overrides soundness of thinking. We believe they will be given an opportunity to be resurrected to a new and clean environment, allowing them to make their lives right. The Day of Judgment will be a difficult time, but one of learning and healing.**

**Psalm 27:1 1 Peter 5:7**

**Psalm 143 seems to give us a recipe for dealing with depression and therefore a recipe to head the despair of suicide off. There has been a remedy in place for thousands of years to ward off**

this very issue! This applies no matter who you are, no matter what your circumstances. The Scriptures share the experiences of others who were down our same road. It shows how we can reverse direction, come back, and embrace the light of life again.

**Step 1: Identify the source of the problem**

**Psalms 143:3:** (DNT) <sup>3</sup>*For the enemy persecuteth my soul: he hath crushed my life down to the earth; he hath made me to dwell in dark places, as those that have been long dead.*

David's enemy, Absalom, (his own beloved son) betrayed David, tracked him down like an animal, and even broke his spirit. Imagine the despair at seeing your own son as your crushing enemy! The best place to start to look for the source of our issues is inside. We are broken and must seek the wisdom from above for the fix.

**What is behind suicide...peer pressure? Humiliation? Fear? Stress?**



**Life went bad, suicide interrupted, Kristen Anderson, The 700 Club**

- *Even before her suicide attempt, Kristen thought her life was a nightmare. Everything looked fine on the outside. In fact, people were shocked that she had tried to take her life. She had grown up with a good mom and dad. She was smart, popular and successful. Up until her first year in high school, she was the friend others came to for help.*
- *Then her world started falling apart. She lost four of her friends, one had a brain tumor, two died in a car accident, and one hanged himself in a cemetery. Later her grandmother died.*
- *I started to think life was horrible and this world was horrible. I was just going to be miserable for the rest of my life. I started to become a lot more introverted, I think, at this point. But when people would ask me how I was doing when I came to work or something at school, I would be like, I'm here, isn't that good enough?*

**Suicide factors: (American based)**

- 90% of all suicides involved a psychiatric illness.
- Over 60% suffered from major depression.
- About 15% of people will suffer from clinical depression at some point in their life.
- 30% of all clinically depressed patients will attempt suicide.
- Half ultimately succeed.
- Major illnesses and insecurity about sexual orientation are major contributors to suicide.
- Racism, rape and divorce also play a role.

In summary, the traumas of life bring some of us to this point. Do we work to change our thoughts or do we let things outside our control affect us?

**Step 2: Acknowledge the resulting condition of your mind**

**Psalms 143:4:** *The enemy overwhelmed David. This sounds like us. We are broken and hurting, but not without hope!* **Luke 4:17-21**

**Step 3. Recall the positives of the past and the vastness and greatness of God**

**Psalms 143:5:** *What David did in his despair was to meditate on all that God had done. He chose to focus on the greatness of God instead of himself.*

**Daniel 4:2-3:** *One of the surest ways to change our present emotional trauma is to truly take hold of and focus on something real, powerful and inspiring...*

**How do we begin to find our way if we are lost?**

**Step 4: Physically and mentally reach toward God**

**Psalms 143:6 Psalms 42:1-5:** *When we reach - truly reach - toward God we must, by definition, be stretching our hands and hearts away from ourselves.*

**Mark 12:30:** (NRSV) *...you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.*



**Why would God keep me here, suicide interrupted, Kristen Anderson, The 700 Club**

- *(She intentionally laid down on railroad tracks but she lived through the ordeal.) After that night on the train track, she was in the hospital for three months. Doctors tried to reattach her legs, but they were unsuccessful. There were a number of surgeries and then Kristen was told she would probably be confined to a wheelchair for life.*
- *I just started to cry out to God for the first time asking why would He keep me here? Why would He want me to be here even without my legs?*

Step 5: Bare your soul before God and seek His answer [Psalms 143:7](#)

If you ever have a doubt about how David really felt, read this! [Psalms 69:1-5](#): Tell God your problems! We can't do it all alone and can quickly get very overwhelmed. The true honesty expressed by the broken of heart and soul to Almighty God begins to break the mask of our own self-deception and pushes to open the door of healing. [James 5:15-16](#)

**What can I do to help someone who may be suicidal?**

If someone you know is suicidal, help them by:

- Listening attentively to everything they say.
- Comfort them with words of encouragement.
- Do not leave him or her alone.
- Don't be judgmental.

Step 6: Look to follow God's specific guidance and deliverance

[Psalms 143:8-9](#) [Psalms 119:103-106](#): Sometimes we need someone to help us draw toward a godly approach. There is always light somewhere, no matter how dark life gets. Find something to cling to, which might be confiding in a friend as well as God Himself.



**A train took her legs but God gave her life, suicide interrupted, Kristen Anderson, The 700 Club**

- *Now despite her disability, she never contemplates taking her life. "I realized that I needed to choose life. I had to learn how to not be so extreme. When something goes wrong, I know it's not the end of the world. I ended up getting off of all my anti-depressants and all my pain meds that they told me I was going to have to take the rest of my life. My life has never been better. I just really try and find my value in God every single day, and I really try to seek Him with everything in me and live for Him completely." Kristen Anderson says that a train took her legs, but God gave her a new life.*

- Be careful of the statements you make
- Talk openly about suicide - ask them, are you feeling so bad that you are thinking about suicide?
- If "yes," then ask, "Have you thought about how you would do it?" It opens the door of communication. Ask, "Do you have what you need to do it?" Ask, "Have you thought about when you would do it?" Get them to talk and then find a way to get them help.

Step 7: Learn the lesson and apply it to your life now! [Psalms 143:10](#): The point of this program was to discuss a very difficult topic and what we can do about it. There is always hope, no matter your situation or circumstances surrounding you, many of which are beyond your control. Reach your hands up towards God, find somebody to talk to and find the light. The light is there; sometimes we just don't know how to see it by ourselves. God *does* forgive suicide and will give us a better way out if we look for it.

**Does God forgive suicide?  
For Jonathan and Rick and Christian Questions,  
Think about it...!**