

ELEPHANTS

[2018]

Part 2: Suicide



The facts about suicide:

45,000 Americans die by suicide each year.

The suicide rate rose by 28% from 1999 to 2016.

For every suicide, there are 25 attempts.

There are 13.4 suicides per 100,000 people.

**Men die by suicide 3.5X more often,
but women attempt suicide more often.**

White males accounted for 70% of suicides in 2016.

8.6% of high schoolers reported at least one suicide attempt.

Susceptibility factors:

Untreated mental illness

Substance abuse

Traumatic life change

Losing a relative or friend due to suicide

PTSD diagnosis

Military veterans

LGBT community

Convicted of a crime or incarcerated

Why do people commit suicide?

Extreme emotional pain.

What does scripture say?

Elijah's story

1 Kings 19:1-5

Event – Fear – Isolation – Depression – Suicidal thoughts

1 Kings 19:5,12,21

Get active – Feed body, soul & spirit – Draw near – Rely on others

**Does committing suicide automatically
forfeit heaven for the believer?**

No.

**What do you do if a friend or family member
is having suicidal thoughts?**

Reach out.

Don't judge.

Be there.

Direct them to professional help.

**“Share each other’s burdens, and in this way
obey the law of Christ.” Galatians 6:2**

What do you do if you are having suicidal thoughts?

Don't panic.

Tell someone.

Talk to the thoughts.

Go to the Crisis Center or ER.

Call the National Suicide Prevention Lifeline:

1-800-273-TALK (8255) or

Text the Crisis Text Line (text HOME to 741741)

Call or text me or a leader at the church.

Suicide is not God's plan for your life.

“For I know the plans I have for you,” says the LORD.

**“They are plans for good and not for disaster,
to give you a future and a hope.”**

Jeremiah 29:11

**“Do you not know that your bodies are temples of the
Holy Spirit, who is in you, whom you have received
from God? You are not your own; you were bought at a price.
Therefore honor God with your bodies.”**

1 Cor. 6:19-20

**“Taking your own life. Interesting expression.
Taking it from who? Once it’s over, it’s not you
who will miss it. Your own death is
something that happens to everybody else.
Your life is not your own, keep your hands off it.”**

Sherlock Holmes

**Is your life
your own?**

