

taboo

A Biblical perspective on
things we don't talk about

Suicide (1 Kings 19:1-18)

Taboo sermon series

By Pastor David Hillis, 08.04.19

BIG IDEA: Those considering suicide are trapped, walking in the dark, and need people who love them enough to help them find the light again, and even see God's love and plans for their lives.

1. What does the bible say (Exodus 20:13):

- a. God uniquely made all human life in his image, with his divine imprint.
- b. God says he holds all human life as sacred and humans in general do not have the right to take human life; that's God's decision to make.
- c. Suicide is basically us taking on the role of God in a moment of hopelessness or confusion and in a moment when we don't have the capacity to even think clearly.
- d. Suicide is a sin but not an unforgivable one.

2. How to help others find hope:

- a. Pay attention to the signs. (1 Peter 5:8-9)
 - i. Learning to know what to look for so that you know if someone might be battling suicidal thoughts.
- b. *Don't* mind your own business. (Hebrews 3:13, James 4:17)
 - i. The book of James reminds us that not doing what we know is right is a sin, and the book of Hebrews says you must get involved, and warn people so that they aren't deceived by sin.
 - ii. That also means taking talk of suicide seriously, and not assuming like was the case with Etika that it's just a joke or someone "crying wolf."
- c. 3. Help carry their burden. (Galatians 6:1-3, Romans 15:1-7)
 - i. We encourage that person to talk; we listen without rationalizing or discrediting their feelings.
 - ii. We assure them that they can *lean* on us, that they *won't* walk this road alone ever again, and ask them to promise us they won't ever hurt themselves without talking to us first.
 - iii. And we offer to go with them to help them find what they need that we give them;
 1. by offering to go *with them* to see a counselor or doctor,
 2. and even helping set the appointment for them.

NEXT STEP: Do you know someone who has had thoughts of suicide? How can you best love them today? What do you want to ask for from God?

FOR MY PERSONAL TIME WITH GOD THIS WEEK:

1. This week in *TABOO* Pastor Dave talked about the reality of suicide in our world today, and how as Christ followers we are to respond to suspicions of it. Look back through the sermon notes above, and read the bigger story of what was going on in Elijah's life at the time in [1 Kings 17-19](#). What factors can you see that led to Elijah's suicidal thinking? How does God respond, and how does God's responses help us to see how we can respond to people who are considering suicide? To see how Elijah's life ended the way God intended it, read [2 Kings 1:1-2:18](#).
2. As you think about times when life can feel hopeless or overwhelming, spend some time considering these Scriptures: [Psalm 34:18-19, 46:1-11, 55:22; Isaiah 43:1-3; Romans 8:38-39; 1 John 4:4](#). Have you ever had thoughts of suicide? What circumstances and other factors (physically and relationally) played a part in bringing you to that point? What were (or would be) the best steps to take to not stay stuck, alone in that place?
3. Take a look at some of the online resources in your sermon notes this week. Learn what words and behaviors are often signs of someone feeling suicidal, and what you can do to feel confident in talking with and helping someone.

ONLINE RESOURCES:

- **In the news**
 - **Famous gamer YouTube channel host dies by suicide:** read more from [BuzzFeed](#).
 - **U.S. suicide rates are the highest since WWII:** read more from [TIME](#) and [CNN](#).
 - **The facts & stats on suicide in 2019:** what you read here from [S.A.V.E.](#) may surprise you, including how it impacts those of different races, ages and sexual orientations. More, [teen-specific info](#) available from too.
- **Suicide & faith**
 - **If a Christian commits suicide, is he/she still saved?** A video & article at [GotQuestions.org](#).
 - **Why should I not commit suicide?** A video & article at [GotQuestions.org](#).
 - **Does God want me to get involved in helping someone with suicidal thoughts, even though I'm not a trained professional?** An article by [Answers in Genesis](#).
- **How to help**
 - **What warning signs you might overlook for suicide,** a great resource from [Beyond Blue](#).
 - How to get involved & have the conversation, another great set of article & video resources at [Beyond Blue](#). They also offer a good [resource sheet](#).
 - **The words to say — and not to say — about suicide,** an article by [CNN](#).
- **Read the Campisi family story.** *Walks in the Dark* is available in paperback & Kindle at [amazon.com](#).

NEXT WEEK: TABOO topic: **Q&A Roundtable**