



ARE YOU THINKING ABOUT KILLING YOURSELF?

Dear Friend,

Does life seem like it's just too much for you? Do you feel like there's just no way out? Do you feel like you just can't stand it anymore; that you have to do something to make all the misery go away?

Well, I've been there often in my life and I've lived 62 years. There were very long periods in my life where I thought that I just had to get out of this body and go somewhere else! I was so depressed and overwhelmed that I thought there was no hope of things getting better.

Sometimes it was because of illness and sometimes it was because of being depressed, and sometimes it was because I was so overwhelmed with life all the time.

I would even like go and get a knife and put it up to my wrist and see how much it hurt when I cut into it a little. I felt like I couldn't stand to live another minute. It just had to end Now!! But I was just too afraid of the pain involved in the process and what would happen to me when I died.

I knew inside me that this isn't what I should be doing. That this was a dangerous thing to be doing and it was final, and that I couldn't come back once I killed myself.

I had always believed that I would go to Hell if I killed myself and I so wanted for it to not be true. I thought surely the Lord would take pity on me and understand that life was just too much for me and let me into Heaven. I didn't want to go to that other place but I didn't know how I was going to go on living anymore. I felt like I was between a rock and a hard place.

I remember even calling my doctor's office begging for help and they told me that the doctor was on vacation and they could do nothing for me, there wasn't even anyone else who would help. I was so desperate I was willing to go into the hospital but they said that they couldn't help me until the doctor got back. I just couldn't believe that they would just leave me like that with no help!

I felt that I needed help right now! That I just wanted to crawl out of my skin! But they said no, and here I was having to face more time in this misery!

This sounds stupid but at one point, I even was squirming all over the place and I stood on my head trying to cope with living another minute!

I wanted to take a like a whole bottle of pills and lay down and wait to die, but I was too afraid of what it would be like. I would go to the cupboard and get the pills and take them out and feel what they were like but I couldn't get myself to swallow more than a few. I knew it was wrong and I just couldn't do it!

My wanting to give up and want to die happened quite a few times in my life, and for long periods. I lost count of how many times it was. The last time I was even a saved, born again believer in Jesus Christ. I would call my pastor and tell him that I wanted to kill myself; that I just wanted to die! He would tell me that I didn't want to do that. He told me to hang onto Jesus and I would make it through. I tried to but it seemed like there was no relief and I didn't know how I was going to make it.

But I knew I had to, somehow. I knew that I belonged to God and I didn't have the right to end my life. I just knew inside that that was true. So I desperately held on and Jesus helped me through another minute and day and week and month, often one minute at a time, until things were finally starting to get better. There was a ray of hope in me somewhere and I held onto that no matter what happened.

Are you drinking or using drugs? If you are, you need to stop! The Devil uses alcohol and drugs as a vehicle to control your mind and you don't want him controlling your mind!

My friend if you want to kill yourself, I implore you not to do anything!

There is an answer and His Name is Jesus! He is a Friend that sticks closer than a brother, Proverbs 18:24, and if you ask Him he will help you hold on and not do anything to kill yourself, like He did me. He will help you through the storms of life so that you can hold on and keep living until things get better. Even if your life has always been miserable; it you can have a joyful, victorious life in Christ!

Jesus never fails to come to someone's rescue! Even though the breakthrough isn't usually immediate, you can know that it's coming!

If you kill yourself it will be all over! There won't be another chance to get things right so that you can be in Heaven with Jesus. We only have one life and there are no second chances if you kill yourself. You can't kill yourself thinking that Jesus will understand. You might think, He's a good God. He wouldn't cast me into Hell. He would understand if I take that step and end it all.

But Friend are you willing take that chance? The Bible says otherwise. The Bible says that we have to confess our sins and do what's needed to be saved and endure to the end! "He that endureth to the end shall be saved."

Matthew 24:13

Someone who should have known better said to me that He could just go to Hell for awhile and then Jesus would let him out and he could try again.

He heard that someone could pray him out of Hell.

NO, there is no getting out of Hell once you are dead, and that's forever and ever!

Hebrews 9:27 says, It is appointed unto men once to die, but after this the judgment!

If you kill yourself, then there really is no hope! You would be separated from Jesus, and you would exist in total darkness in the agony of the damned, wishing fervently that you had decided to hang on to life and made it through. But it will be too late! Jesus loving Presence and all hope will be gone and you will really want to die and escape the torments of Hell but you won't be able to. You will have made the wrong decision!

Please don't kill yourself! There is nothing we can't get through with Jesus' help! Again, I say all you have to do is ask Him to help you and He will be there in the problem with you! He loves you more than you can imagine or think! He is always listening and He is waiting for you to call on Him for help. He will never turn away your sincere prayer! Jesus never fails! Even if it doesn't seem like He is answering. You just need to hold on with everything you have because help is on the way, dear one!

Sometimes life can seem so very long but when you think about it life is very short! It is only about 80 years and when you step into Eternity it's forever and ever! You will never die again!

You will live in total pleasure in paradise if you make the right decisions here on earth.

You have to make a decision that you are going to hold on and make it through. You have to make that choice. That makes all the difference!

Once you make the decision to make it through you will be able to do it!



I discovered that it was the Devil working on my mind trying to get me to lose my faith in Jesus and to give up and kill myself. He was constantly there feeding me the lie that it was no use, that Jesus didn't care enough to help me. If I had been searching my Bible at that time, I wouldn't have believed his lies. Because the Bible is full of God's Truth and I would have been shown again how great Jesus' love is for everyone and that He is always there to encourage and help us through His Word, and His presence if we just turn to Him and the Bible.

It says in Isaiah "when the enemy (satan and his demons) comes in like a flood the Spirit of the Lord lifts up a standard against him." Jesus fights for people who are having trouble with the devil! We all have trouble with the Devil!

When we belong to Jesus, we aren't helpless! We can kick the Devil out, in Jesus' Name when he comes to try to convince you of his lies. Jesus has given us the authority to do that! We must always say, In Jesus Name when we tell him to leave and let you alone. We have no power ourselves against the Devil. We have to depend on Jesus! We have to pray that the Lord will cover us with His blood in a spiritual sense. The Devil has no defense when we pray Jesus blood over ourselves and pray in Jesus Name!

The Devil will keep coming back a lot at first when you tell him to get lost but he will come less and less as you stand on God's Word that Jesus will defend and take care of you, and you and that you will be fine. Speak God's Word to him! He has no defense against God's Word!

The Bible says, "weeping may endure for a night, but joy cometh in the morning!" Jesus has promised us great joy! We just have to press in and hold onto life with everything we have in us, and He will give us what we need to persevere if we ask Him for help. We must not give up! We must keep leaning on Jesus to help us get victory over our trials!

I had a major breakthrough a couple of years ago! I fell away from Jesus for three years and I was so depressed that I didn't even want to move. I just sat around the house all day and watched television. Then I got Parkinsonism and I thought that that would be my life from then on.

I couldn't hardly walk or talk or feed myself. I was all confused in my mind and couldn't talk right, and I imaged things that were not reality. I couldn't dress myself or take a shower or anything. The couch was even wet after I sat on it and I was in a wheel chair a lot.

Everyone had given up on me ever getting better. But people were praying fervently for me and after a year I recovered and what a joy that was! I could now do all the things I used to be able to do.

At first I just went along with life as it came day by day. Not thinking about God and that He had performed a great miracle for me. I started reading romance novels to fill up my day because I was so lonely. At one time I had 47 romance novels at my house at one time, making sure I would have something to read and wouldn't run out. I read all day, everyday. After awhile I became sick of it and I wondered what I was going to do when the library ran out of good novels that I was interested in.

Then I started being afraid of going to Hell and I would tell my social worker that I was afraid of going to Hell. I felt that I wasn't doing anything for the Lord. I would cry and really be upset. Then one day I picked up the Bible and I haven't stopped reading it and studying it and pondering on it, and loving it since!!

In His great mercy He heard all the prayers for me and He brought me back to Him in a mighty way. Now my faith was strong and sure!



What I learned through having all these experiences was to appreciate every bit of life I had and to thank Him and praise Him at all times no matter how I felt and what was going on in my life!

That made all the difference! I rededicated my life to Him and told Him that I wanted His Will for my life and that I would love and trust Him to take care of me.

I rest in that today! No more depression or wanting to give up. Just lots of thankfulness and praise to Him for everything in my life. It doesn't matter if it's unpleasant. I can get through anything knowing and trusting that I have Jesus for my help! I just love Him and thank Him and praise Him through all my days and nights, and He fills me with peace and joy I can't even comprehend in my mind! The joy is never ending when you trust in Jesus! You never have to worry about anything again. Jesus will take care of you and help you through everything, like I said before! What's to worry about?

You can make it, in Jesus' mighty Name! I know you can! Be an overcomer!

HE THAT OVERCOMES, OVERCOMES IN THE NAME OF THE LORD!



HERE ARE SOME ENCOURAGING SCRIPTURES FOR YOU:

“When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him!” The devil and his demons. Isaiah 59:19

“Fear thou not: for I have redeemed thee, I have called thee by thy name; thou art Mine!
When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee:
when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

For I am the Lord thy God, the Holy One!” Isaiah 43:1-3

“Fear thou not! For I am with thee: be not dismayed; for I am thy God; I will strengthen thee; yea, I will help thee! I will uphold thee with the right hand of My righteousness!” Isaiah 41:10

If you think the Lord has forsaken you here is a Scripture about that:

“Can a woman forget her sucking child, that she should not have compassion on the son of her womb? Yea, they may forget, yet I will not forget thee!

“Behold, I have graven thee on the palms of My hands! Thy walls (troubles) are ever before Me! Isaiah 49:15, 16

“For His anger endureth but a moment; in His favour is life: weeping may endure for a night, but joy cometh in the morning!” Psalm 30:5

I will wait on the Lord and be of good courage and He shall strengthen my heart!

I will wait upon the Lord, and He shall renew my strength; I shall mount up with wings as eagles; I shall run and not be weary; and I shall walk and not faint! Teach me, Lord, Teach me, Lord to wait! Isaiah 27:14, 40:31

“Thou art my hiding place! Thou shalt preserve me from trouble; Thou shalt compass me about with songs of deliverance!” Psalm 32:7

Thou hast given me the shield of Thy Salvation: and Thy right hand holds me up, and Thy gentleness hath made me great! Psalm 18:35

“Come unto Me, all ye that labour and are heavy laden, and I (Jesus) will give you rest.

Take My yoke (join with me) upon you, and learn of Me; for I am meek and lowly and ye shall find rest for your souls. For my yoke is easy, and My burden is light!” Matthew 11:28-30

This means that we can give Him all our burdens and He will carry them for us, if we are willing to. And we just rest and trust in Him to take care of things.

“The Eternal God is thy refuge, and underneath are the everlasting arms: and He shall thrust out the enemy from before thee; and shall say, Destroy them!”

“The beloved of the Lord (you) shall dwell in safety by Him (Jesus), and the Lord shall cover him (you) all the day long, and he (you) shall dwell between His shoulders!” Deuteronomy 33:27,

“Be merciful to me, O God, be merciful unto me: for my soul trusteth in Thee: Yea, in the shadow of thy wing will I make my refuge, until these calamities (perverse thing, ruin) be overpast.”

“I will cry unto God most high; unto God that performeth all things for me!” That is all things that are good for you.

Psalm 57:1, 2

“God is our refuge and strength, a very present help in trouble!

Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea... Psalm 46:1, 2

“For this God is our God for ever and ever: He will be our Guide even unto Death!” Psalm 48:14

Jesus said, “Be still and know that I am God!” Psalm 46:10

“Because Thou hast been my help, therefore in the shadow of Thy wings will I rejoice!” Psalm 63:7

“Thou wilt show me the path of life; in Thy Presence is fullness of joy; at Thy right hand there are pleasures forevermore!” Psalm 16:11

“Peace I leave you, My peace I give unto you. Not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid! John 14:27

“If ye abide in Me, and My Words abide in you, Ye shall ask what ye will, and it shall be done unto you!” John 15:7

“Many are the afflictions of the righteous: but the Lord delivereth out of them all!” Psalm 34:19

“The angel of the Lord encampeth round about them that fear Him, and delivereth them!” Psalm 34:7

“The Lord God is a sun and a shield, The Lord will give grace (graciousness, honour) and glory: no good thing will He withhold from them that walk uprightly!” Psalm 84:11

“But let all those that put their trust in Him rejoice, because Thou defendest them! Let also those that love Thy Name be joyful in Thee!”
Psalm 5:11, 12

“Praise ye the Lord! O give thanks unto the Lord; for He is good: for His mercy endureth forever! Psalm 106:1

“Cast thy burden upon the Lord, and He shall sustain thee: He shall never suffer (let) the righteous be moved.”
Psalm 55:22

“Casting all your care upon Him for He careth for you.”
1 Peter 5:7

“Delight thyself in the Lord; and He shall give thee the desires of thine heart! Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass!”

“Rest in the Lord, and wait patiently for Him!” Psalm 37:4, 5, 7

“Trust in the Lord with all thine heart, and lean not unto thine own understanding.” Proverbs 3:5

“The Lord upholdeth all that fall, and raiseth up all those that be bowed down!” Psalm 145:14

“For the Lord shall be thy confidence, and shall keep thy foot from being taken.” Proverbs 3:26

“When thou liest down, thou shalt not be afraid! Yea, thou shalt lie down, and thy sleep shall be sweet! Proverbs 3:24

“The blessing of the Lord, it maketh rich and He addeth no sorrow with it!”
Proverbs 10:22

“The Name of the Lord is a strong tower; the righteous runneth into it, and is safe” Proverbs 18:10

“And we know that all things work together for good to them that love God, to them that are called according to His purpose.” Romans 8:28

“But know that the Lord hath set apart him that is godly for Himself: the Lord will hear when I call unto him!”
Psalm 4:3

“Trust in Him at all times; ye people, pour out your heart before Him: God is a refuge for us!” Psalm 62:8

“Submit yourselves therefore to God. Resist the devil, and he will flee from you! Draw nigh to God, and he will draw nigh to you! James 4:7, 8

“Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.” 2 Timothy 2:21

“Be angry, and sin not, let not the sun go down upon your wrath: Neither give place to the Devil.” Ephesians 4:26
“Humble yourselves in the sight of the Lord, and He shall lift you up!”

James 4:10

“Let your conversation (conduct) be without covetousness; and be content with such things as ye have: for He (Jesus) hath said, I will never leave thee, nor forsake thee!” Hebrews 13:5

“Whereas ye know not what shall be on the morrow. For what is your life: It is even a vapour, that appeareth for a little time, and then vanisheth away.

For that we ought to say, if the Lord will, we shall live, and do this or that.”

James 4:14, 15

“Wherefore in all things it behooved Him (Jesus) to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people.”

“For in that He himself hath suffered being tempted, He is able to succour (help, aid, relieve) them that are tempted.” Hebrews 2:17, 18

“For as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him!” 1 Corinthians 2:9

“Behold, I show you a mystery: We shall not all sleep, but we shall be changed!

In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall all be changed!” 1 Corinthians 15:51, 52

“For the Lord, Himself shall descend from Heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:

Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord!” 1Thessalonians 4:16, 17

“For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory.”

“While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are Eternal!” 2 Corinthians 4:17, 18

This is what we want to be able to say when we die:

“I have fought a good fight, I have finished my course, I have kept the faith!

Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love His appearing!” 2 Timothy 4:7, 8

“Forasmuch then as the children are partakers of flesh and blood, He also Himself likewise took part of the same: that through death He might destroy him that had the power of death, that is the Devil:

And deliver them who through fear of death were all their lifetime subject to bondage.” Hebrews 2:14, 15

“There remaineth a rest to the people of God” Hebrews 4:9

“But beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day.” 2 Peter 3:8

“Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.” Romans 15:13

“For the Kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost! For he that in these things serveth Christ is acceptable to God, and approved of men.”
Romans 14:17, 18

“But the meek shall inherit the earth; and delight themselves in the abundance of peace!” Psalm 37:11

“And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful!
Colossians 3:15

“Set your affections on things above, not on things on the earth.
For ye are dead, and your life is hid with Christ in God.” Colossians 3:2, 3

These few Scriptures have been personalized for your use, although you can personalize a lot of Scriptures:

I am giving thanks always for all things unto God...Ephesians 5:20

I everything I will give thanks! for this is the Will of God in Christ Jesus concerning me. 1 Thessalonians 5:18

I can do all things through Christ who strengtheneth me! Philippians 4:13

My God shall supply all my needs according to His riches in glory by Christ Jesus! Philippians 5:19

I will be anxious about nothing: but in everything by prayer and supplication, with thanksgiving, I will let my request be made known unto God!

And I will let the peace of God which passes all understanding, keep my heart and mind through Christ Jesus!
Philippians 4:6, 7

I will learn in whatsoever state I am, to be content! Philippians 4:11

I will rejoice in the Lord, always! Philippians 4:4

I am more than a conqueror through Christ that loves me! Romans 3:37

He will keep me in perfect peace as my mind is stayed on Jesus, as I trust in Him!
Isaiah 26:3

“I will praise the Lord with a song, and I will magnify Him with thanksgiving! Psalm 69:30

O Lord, open thou my lips, and my mouth shall show forth thy praise!
Psalm 51:15

I will bless the Lord at all times! His praise shall continually be in my mouth!

I will hope continually, and will praise thee more and more!

Psalm 71:14

“But thanks be to God, which giveth us the victory through our Lord Jesus Christ!” 1 Corinthians 15:57

“The Lord thy God in the midst of thee is mighty

He will save, He will rejoice over thee with joy

He will rest in His love

He will joy over thee with singing!

Zephaniah 3:17

TURN YOUR EYES UPON
LOOK FULL IN HIS WONDERFUL FACE
AND THE THINGS OF EARTH WILL GROW STRANGELY DIM
IN THE LIGHT OF HIS GLORY AND GRACE



If you want to kill yourself; it is vital that you find a Christian counselor to help you. I would look up a Full Gospel Church and ask for help from them first before going anywhere else. They will use God's Word to help you recover, and wisdom they have gotten from God and from their experience in life.

Whatever you do, **DON'T GIVE UP** and **STOP TRYING!** There is a wonderful God who loves you! Just ask Him to help you find the help you need and I promise you, He will! Just hang on!