

Suicidal Thoughts

INFORMATION

- Contemplating suicide can be the result of untreated depression, or untreated pain and suffering.
- If you're suicidal, by reading this card there is a part of you seeking help.
- Seek help immediately.

SCRIPTURES

- **Deuteronomy 30:19-20** — Choose life so that you and your descendants may live, loving the Lord your God, obeying him, and holding fast to him.
- **Deuteronomy 31:8** — It is the Lord who goes before you. He will be with you; he will not fail you or forsake you.
- **Psalms 40:1-3** — I waited patiently for the Lord; he inclined to me and heard my cry.
- **Psalms 139:14** — I praise you, for I am fearfully and wonderfully made.
- **Romans 8:35** — Who will separate us from the love of Christ?
- **Psalms 23** — Even though I walk through the valley of the shadow of death...you are with me.
- **John 10:10** — I came that they may have life, and have it abundantly.

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PRAYER

Living God, open my heart so that your Spirit may be with me now. My God, I feel forsaken and alone. My heart is searching for a peace that I feel is unattainable in my life now. Lord pray that you may grant me your peace and that I may not lean on the world for happiness, acceptance, or healing, but that I may lean on you. Lord I am walking through the valley of the shadow of death. My God, do not forsake me. Give me your peace that in turn may set my life at peace. Christ came that I may have abundant life. Not only in the hereafter, but also in the here and now. Lord, build up in me a courageous spirit so that I may fight for life and seek the fellowship of others during this difficult time. I choose life, Lord. In Jesus' name I pray. Amen.

SUGGESTED READING

■ *Let Your Life Speak* – Parker Palmer

RESOURCES

■ Call 911

■ Suicide Hotline: 1-800-SUICIDE

■ www.suicidepreventionlifeline.com

■ www.musicforthesoul.org

■ Depression Interview with Dr. Stephen Ilardi

<http://www.cor.org/ministries/care-and-support/live-well/depression-interview/>