

Handling Suicidal Threats

(Eight major factors to consider in helping those with suicidal threats)

Introduction

- No reliable assessment presently among the secular world (ill- research)
- There are so many variables and motivations concerning Suicidal Threats
 - Threat with a weapon (in front of you or informs you what will use)
 - Threat with drugs (already swallowed or informs you what will do)
 - Threat with other means (jump, drive into/off, hang themselves, etc.)
 - Threat with words of intent
 - Overt – “I’m going to...”
 - Covert – “No reason to live...”
 - Threat while on drugs or alcohol or both
 - Threat for seeking attention
 - Threat for revenge/anger at someone “you’ll be sorry...”
 - Threat from a dare
 - Threats in person or threats on the phone or in written form
 - Threats from being found out or exposed in some scandal, etc.
 - Etc.
- Therefore, there is no quick reference guide per se but more of reviewing and being proactive in a crisis like this
- All of these are under the banner of loving God and loving your neighbor (Matt 22:36-40; 1 Tim 1:5)

1. Trust in and Prayer to God

- a. Trust in God – His Sovereignty, Goodness and Wisdom
 - i. Remembering God’s responsibility (His faithfulness and decreed will – Eph 1:11)
 - ii. Remembering Your responsibility (faithful – 2 Cor 4:2)
 - iii. Remembering the suicidal person’s responsibility (1 Chron 10; Ezk 18)
- b. Prayer for Wisdom and decision making (Jas 1:5)

2. Seriousness of the threat and safety for them

- a. Government (Rom 13) – contact 911

- b. Shepherding (Heb 13:17) – contact Church leadership and the person’s family
- c. Church Body (1 Cor 12; Gal 6:1-2 – seek a team of believers to help)

3. Understanding Suffering and Sin (there is “hard” and there is “sin”) Rev 2-3

- a. You don’t want to make this all about suffering or all about sin
 - All sufferers usually sin, and all sinners suffer
- b. You want to weep with those who weep (Rom 12:15)
- c. You want to correct those who are sinning against God (Rom 15:14; 1 Thess 5:14)

4. Outer man care – One’s Health (Rest, food, use of alcohol, drugs, etc.) – 2 Cor 4:16-18

- a. Once a person is safe – may need to focus on their health (1 Ki 19)
- b. Maybe find someone who will look after this part of their life

5. Dealing with the many Lies and Lusts (2 Cor 10:5, every thought captive...)

- “Did God actually say...?” Gen 3:1
- a. Lies (often God is missing or distorted, and self is most important)
 - i. “Can’t take it”
 - ii. “Can’t deal with it (difficult circumstance they are in or facing)”
 - iii. “No other option or way out”
 - iv. “I’ll be at peace and better off”
 - v. “All my trouble will end”
 - vi. “This won’t hurt anyone else”
 - vii. “No one cares for me”
 - viii. “There is no hope”
 - ix. “Life is meaningless”
 - x. “You’ll be sorry”
 - xi. “God is ok with this, He wants me to be happy and He’ll understand”
 - xii. “My family will be better off since I only cause problems”
 - xiii. “I can’t live with this “sin” exposed or being caught”
 - xiv. Etc.
- b. Lusts

- i. Comfort, ease, peace
- ii. Free from hurt and pain
- iii. Acceptance (so rejection is the reason)
- iv. “Loved – getting what they want” (so anger, manipulation, self-pity and possibly revenge)
- v. Meaning/Purpose (so hatred of life)
- vi. Etc.

6. Appeal primarily to their thinking and beliefs with the Truths of the Gospel of Jesus Christ (Rom 12:3; Eph 4:23; Phil 4:8)

- God’s person and promises are often missing, distorted or forgotten
- God’s resources are not known or relied on
- Their focus is primarily on the temporal and themselves
- a. Recall (Lam 3:21-40; Etc.) truths about God and His Gospel
 - i. Truths about Christ and His Life (Jn 14:6; Etc.)
 - ii. Truths about Christ’s suffering and death (defeated sin, death and hell – Rom 5-8; Etc.)
 - iii. Truths about Christ’s resurrection (1 Cor 15; 1 Pt 1:3)
 - iv. Truths about Christ’ Return (1 Thess 4; Titus 2:11-14; 1 Pt 1:13)
 - v. Truths about the Holy Spirit – Comforter (Jn 16:6-14)
 - vi. Truths about God’s Word – Ps 19; 119; Rom 15:4; Etc.)
 - vii. Truths about Christ’s Body – the Church (1 Cor 12; Etc.)
- b. Renew (Eph 4:23)
- c. Rehearse (2 Pt 1:12-15 – stir you up to remembrance)

7. Warn them – of Judgement and Hell that await all unbelievers (those who live for their own advantage and don’t obey what the Lord says) (Matt 7:21; Mark 9:44; 2 Cor 5:14-15; Heb 9:27). If they profess faith, they need to demonstrate it at that moment and submit to God and His Word.

- a. It’s sinful to decide and do this (Ex 20:13)
- b. They aren’t their own (1 Cor 6:19-20)

8. Key Verses and Passages on Hope that one might use

- Hope & Heaven (Gen 18:14; Ps 42-43; Ps 55; 73; 139; Lam 3; Rom 8:16; 2 Cor 1:9-10 – 4:16-18; 1 Pt 1:13; Etc.)