



## Ending It All

Suicide is a permanent, irreversible “solution” to temporary problems. Your decision to take your life will cause excruciating pain and heartache in your friends and loved ones for the rest of their lives. You also miss out on what God could have done through your life.

### 1. There Are \_\_\_\_\_ Others Options

*Then they said to him, “What shall we do to you...?” V11*

Suicide is never the right answer. The devil wants to destroy you by encouraging you to journey the entire way in sin – and the destination is your destruction.

The effects of selfish sin have caused Jonah to embrace his own ultimate destruction. The sailors initially choose life, refuse to kill Jonah and look for other options.

### 2. Deciding to \_\_\_\_\_ It All

*He said to them, “Pick me up and hurl me into the sea.” V12*

Heart of Anger: Jonah was so angry at God, he wanted to die. (Jonah was angry that God loved the people of Nineveh. 4:1-2)



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Heart of Anger: Jonah was so angry at God, he wanted to die. (Jonah was angry that God loved the people of Nineveh. 4:1-2)

Heart of Guilt: Jonah may have felt so guilty for causing this deadly storm that he owed his life. (“For I know it is because of me...” 1:12)

Heart of hopelessness & negativity: Jonah may have felt the crushing weight of hopelessness. Nothing will turn out for the best. Jonah vocalized his negativity.

If you are thinking about ending it all, you are your worst enemy. Don’t trust yourself. Don’t take counsel from yourself. Lean into those who love you and DO what they say.

### 3. Attempted \_\_\_\_\_

*So they pick up Jonah and hurled him into the sea... v15*

Jonah asked and allowed the sailors to drown him.

**Will suicide prevent a person from going to heaven?** If you have a personal relationship with Christ your past, present and future sins are forgiven and you have a guarantee of heaven (John 1:12, 3:16-17; Eph 1:13-14; 1 John 5:13; Romans 8:38-39). No person can truly know the eternal destination of another. Deathbed conversions are absolutely possible where people accept the forgiveness found in Christ. God can make this offer to anyone whether conscious or not, in the final moments of life. But why take the risk and wait? Put your trust in Christ and have the assurance of heaven today!

If you are considering suicide, you owe it to yourself to take these action steps:

- Suicide Hotline: 1-800-273-8255 <http://www.suicidepreventionlifeline.org/>
- No Emotion Lasts Forever. Never make a major life-altering decision when you’re depressed.
- You can’t think logically when depressed, get help.
- God never meant for you to handle all your problems and pain alone. You are wired for relationships – get in a Community Group. Don’t be selfish with your burden by carrying it alone; share it with others! (Gal 6:2)

### Become a Christ Follower Today

**Admit:** Sin

**Believe:** Cross

**Choose:** To follow Christ

Answers: Always, End, Suicide

Resource: The Prodigal Prophet by Timothy Keller. Grieving a Suicide: A Loved One’s Search for Comfort, Answers, and Hope by Albert Y. Hsu.

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## Community Group Discussion Questions

Jonah Week 3

This week's sermon deals with the very serious and difficult topic of suicide. Community groups are a safe place for us to share our thoughts, feelings, and experiences; however, we each arrive at the point of being willing to do be vulnerable at different times. Please don't feel forced to share on this topic if you aren't ready to do so. We do recommend that if this is an area of concern or struggle, that you seek out professional counseling or a pastor.

### **Read Jonah 1:11-17**

When thinking back on this week's sermon, what point or phrase stood out to you? And why?

How do you perceive Jonah's decision to be cast into the sea?

What is your perspective on how suicide is portrayed in our society today?

In thinking back on a dark moment of your life, what tools did you use or what help did you receive that made a difference?

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What new perspectives have you gained thus far in our study of Jonah?

Journaling prompt (pause and spend time as a group sharing your heart and thoughts through writing)

Write about the ways you've experienced surviving the storms of life: how God used people, gave you insight, provided guidance, protected your emotions.

If you find yourself currently in the storm, what are you doing to "stay safe" emotionally? Thank God for the ways you see Him working and providing in spite of the trial. Share your honest frustrations with Him as well.

As a group, use the concordance at the back of your bible or search the internet to read through verses that would offer hope to someone who is wrestling with the deep feelings of hopelessness, suicide, depression, anxiety.

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