

Suicide

The battle for life !



Statistics

- 12 people per day in Canada commit suicide, that is 4500 preventable deaths per year
- 12% of Canadians admit to have thought about suicide (4.8 million people)
- 3.1% of Canadians have attempted to end their life (1.2 million people)
- 90% of suicidal teenagers believed their families did not understand them

Common Warning Signs

- withdrawal
- sudden change in character
- self-harm
- increase in substance abuse
- feeling no purpose for life
- having no reason to live
- feeling trapped
- changes in physical habits/appearance
- sudden changes in personality/friends/ behaviour
- death or suicidal themes
- planning (methods/access)
- efforts to hurt oneself
- inability to concentrate/think rationally
- suicide note
- threatening suicide
- previous attempts
- depression (feeling hopeless or helpless)
- risk-taking behaviours
- making final arrangements (like giving things away)

What are some other warning signs you are aware of?

Info about children/teens

- children exposed to violence, life-threatening events or traumatic losses are at greater risk for depression, substance abuse and suicide
- lack of parental interest
- easier to get the tools than when we were young
- pressure is greater to get into college, peer pressure is more intense
- there is more violence than when we were young

Root Issues that can lead to suicide

- feeling unloved/unlovable
- feeling misunderstood
- loneliness
- chronic pain
- side effects from medications
- rejection or not being accepted for who you are
- feeling like you have no purpose
- feeling like you are not good enough

What other root issues do you think could lead to suicide?

Overcoming suicidal thoughts

- Talk to someone
 - Talking to someone means it is no longer a secret
 - The person you tell could help you
 - The person you tell could help resolve the root issue
 - The person you tell could help you find professional help if needed
 - Getting it out in the open lifts a weight off your shoulders

Overcoming suicidal thoughts

- Shift of mindset
 - Looking at things from a different perspective can help shift things from bleak to hopeful
 - Try hearing what people are saying to you as if you were an outsider and not yourself, how would they hear or understand it?
 - Ask others how they see your situation
 - Embrace positive messages, let negative ones go
- Recognize the root and deal with it
 - Think back to the first time you felt like this. What happened? What was said to you? What was done to you?
 - Where was Jesus in that memory? He is always with us, so ask Him to reveal where He was in that situation.
 - Is there someone you need to forgive to set yourself free?
- Replacing negative thoughts with positive thoughts
 - We think more than 6000 thoughts per day, and 70-80% of them are negative
 - Many of those negative thoughts are not true, so we need to find the truth in God's Word
 - Then we can replace the lies with the truth, replacing the negative with the positive.

What are some other ways to overcome suicidal thoughts?

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:8

We have more power over our thoughts than we think we do! What are some things you can focus on to help you take control over your thoughts in a positive way?

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes.

Ephesians 4:21-23

What are some lies you believe about yourself? How does God help you turn it around?

Oppression and suicide

Trauma

- Definition: A deeply distressing or disturbing experience that overwhelms an individual's capacity to cope, leading to lasting emotional and psychological effects
- Not everyone experiences trauma the same way
- Trauma can come as a result of any circumstance that the individual is not able to cope with.
- Trauma is often an open door for the enemy to insert himself in our life through our perception of what happened, to things we believe about ourselves, others, or God.
- Satan will magnify these traumas to keep us stuck
- We need to let God take us back to the place of these traumas, reveal truth and bring us healing.

Words spoken over us

- The enemy will speak lies to us through the things others say to us, our perception of events or things we tell ourselves.
- If we come into agreement with these lies, satan will have legal right to torment us until we come out of agreement with these lies
- He will often create circumstances to validate these lies, to establish a foothold in our lives

Engaging in practices that are not pleasing to God

- We can open ourselves up to demonic oppression through idolatry, sexual immorality, pornography, perversity, witchcraft and sorcery, disobedience and rebellion, pride, false witness, and addictions of any kind.

How else does oppression show up in our lives and how does this impact a person?

*Why are you cast down, O my soul, and why are you in
turmoil within me? Hope in God; for I shall again
praise him, my salvation
Psalm 42:5*

How does God provide hope in times of turmoil?

Freedom

Freedom is possible.. Renew our minds and come out of agreement with lies!

- Forgiveness (Ourselves, Others, God)
- Repentance
- Renouncing (Vows we have made)
- Breaking soul ties with others who have harmed us
- Making new choices
- Renew your thoughts and confessions

God desperately wants us to see the truth so we can walk in freedom, and fulfill the purposes he has for us.

Remember you have an enemy who wants to keep you from that and will try to influence you in any way possible.

Hopelessness is not from God. If you are feeling hopeless, call out to the GOD of all HOPE and get his perspective on the things that concern you.

How can you experience greater freedom in your life?

*For I take no pleasure in the death of anyone, declares
the Sovereign Lord. Repent and live!*
Ezekiel 18:32

Activation

SAVE A LIFE TODAY!

The difference between life and death can be so simple, but we sometimes completely miss it! We get so wrapped up in our own lives that we forget to look at the people around us.

Think of people you know who have become withdrawn, silent, or you have seen changes in their behaviour or demeanour. Look for people we would consider outliers and intentionally make time to connect with them.

If you are personally struggling with suicidal thoughts, take this time to think of people you feel safe reaching out to and share what you are feeling. Make a plan of action that you will follow through with.

4 Keys to Remember

- 01 WE HAVE MORE POWER OVER OUR THOUGHTS THAN WE THINK WE DO. WHAT WE THINK MATTERS!
- 02 THERE IS NO SITUATION SO HOPELESS THAT GOD CAN'T HELP YOU OUT OF. CALL OUT TO GOD FOR HELP.
- 03 WATCH OUT FOR THE SIGNS OF SUICIDE AND BE THERE FOR THOSE WHO NEED SUPPORT. YOUR PRESENCE COULD LITERALLY MEAN THE DIFFERENCE BETWEEN LIFE AND DEATH.
- 04 HOPELESSNESS AND THE DESIRE TO END YOUR LIFE IS A TACTIC THE ENEMY USES TO KEEP YOU FROM LIVING OUT YOUR PURPOSE. TAKE THE STEPS TO BREAK THE POWER OF OPPRESSION IN YOUR LIFE.

The thief comes only to steal and to kill and destroy; I have come that they may have life and have it abundantly.

John 10:10

Contact Information

**For Support, Mentorship and
Resources**

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