

What does the Bible say about suicide?

Are you feeling that life isn't worth living anymore? Do your problems seem too big to handle? Does it seem that no one cares? Sometimes these feelings of despair or apathy cause people to think about suicide. What does the Bible say?

Suicide is not a new idea. The Bible records seven suicides.

Abimelech
(Judges 9:52-54)

Abimelech lacked personal identity.

Samson
(Judges 16:25-30)

Samson died for a cause he believed in and for revenge.

Saul
(1 Samuel 31:4)

Stressed out, unable to live up to certain expectations; felt rejected and a failure

Saul's armor-bearer
(1 Samuel 31:5)

Impulse, he wanted to die with his boss. 40% of teenage suicide is impulse.

Ahithophel
(2 Samuel 17:23)

Ahithophel was bitter because his advice was not followed

Zimri
(1 Kings 16:15-20)

Rebellion; Zimri had a problem with authority

Judas
(Matthew 27:3-5)

Depressed, Judas felt trapped by materialism and guilt

But what does the Bible say about taking your own life?

1. God has a great plan for your life. God has created us in His image (Genesis 1:26-27). He created us for a purpose. God has a specific plan in mind for everyone.

"For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11)

2. God's plan is for life, not death. The Bible teaches that both physical and spiritual death are the result of our sin and disobedience to God, but eternal life is a gift to those who receive it.

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (Romans 6:23)

3. Jesus taught that death and destruction are the work of "the thief" (Satan). He said, "The thief comes only to steal and destroy;" (John 10:10). John 8:44 says that Satan is a "murderer" and the "father of lies". The feelings of despair that lead to suicide are caused by some of his lies.

4. Jesus wants us to have life. He said:

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. (John 10:10)

5. Life belongs to God. It is never our place to take our own life or someone else's life.

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore honor God with your body. (1 Corinthians 6:19-20)