



TIME OF GRACE

# Grace<sub>notes</sub>

guides for personal Bible study

## *I Have a Friend: Who Talks About Suicide*

Isaiah 35:1-6: “<sup>1</sup>The desert and the parched land will be glad; the wilderness will rejoice and blossom. Like the crocus, <sup>2</sup>it will burst into bloom; it will rejoice greatly and shout for joy. The glory of Lebanon will be given to it, the splendor of Carmel and Sharon; they will see the glory of the LORD, the splendor of our God. <sup>3</sup>Strengthen the feeble hands, steady the knees that give way; <sup>4</sup>say to those with fearful hearts, ‘Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you.’ <sup>5</sup>Then will the eyes of the blind be opened and the ears of the deaf unstopped. <sup>6</sup>Then will the lame leap like a deer, and the mute tongue shout for joy. Water will gush forth in the wilderness and streams in the desert.”

### *Points to Ponder*

1. Why do you think suicide is such a difficult topic to discuss?
2. Has Satan ever taunted you with thoughts of worthlessness and despair? What did you do to combat those thoughts?
3. Read Isaiah 35:1. Isaiah uses picture language to describe those who feel like nothing is good or growing in them, whose souls are parched. What does Isaiah say they are like?
4. In the following verses, what message is Isaiah giving to you as far as hope and change? How can these verses be helpful for someone who is considering suicide?

5. Even though you may not be professionally trained to help, what everyday things can you do to offer hope, companionship, and love to those around you?

People who are contemplating suicide are miserable and feel that ending their own lives is the only way out. Satan taunts them with lies of worthlessness and despair. But we as Christians have a powerful weapon in the Word of God to attack those lies and to give God's hope to the ears and hearts of people who may feel that their lives are hopeless.

### *What else does God say?*

**Psalm 43:5:** Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

**John 16:33:** I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.