

# Lesson 17

## Unit 4: The Gift of Life

# I Can't Live Like This! (Suicide)



## A Quick Look

### Aim

The students will:

- understand that circumstances can sometimes lead people to feel like giving up on life.
- be convinced that God can change their circumstance and empower them for a better life.

### From the Word

Psalm 139  
Romans 8

### What You Need

### Memory Verse

Romans 8:37–39

## The Opener

Femi stood on the bridge, staring into the dark water below. A little earlier she had been weeping with anger, sadness and shame. Now, though, she felt nothing, just empty inside. She could see only one way of escape, and she prepared to jump. ...

Kwame's back ached from the beating, but the real pain was deeper. Once again, he had been humiliated in front of everyone. "What Teacher said is true," he thought, "I am worthless and won't amount to anything." He tried hard at school, but his mind did not seem to work as fast as others'. He wished his father were still alive, but he had died of AIDS and now the family had few friends. Kwame thought, "There is no reason for me to keep living, it is too painful, and I am worthless. This is the last day anyone will see me alive."

## Truth Discovery

TELL—The teens in these two stories are thinking of killing themselves. The word "suicide" means to kill oneself. It is something that happens around the world and involves teens and even children as well as adults. Maybe you have at some time thought about ending your own life. If not, you might wonder how anyone could even think of such a thing.

ASK—"What reasons might someone have for wanting to commit suicide? What feelings might they have? Use your own experience, people you know, people in history, or even people in stories and literature." Summarize students' answers on the board or large piece of paper. Answers should include specific situations such as

- School problems
- Problems with parents or family
- Abuse by family member, teacher or other
- Boyfriend or girlfriend problems

Feelings that might be involved include

- Hopelessness, the feeling that my pain and problems are overwhelming, are impossible to solve, and will never end.
- Loneliness, the sense that no one cares about me, no one knows who I really am, no one will stand by me always.
- Shame, the feeling that I am very bad or unacceptable and that my badness is exposed for everyone to see.
- Anger with myself or with others.

## What does the Bible Say?

Read or have students read the passage for each point, then ask how it relates to suicide.

**You Belong to God.** 1 Corinthians 6:19–20. "It's *my* life, I can do what I want with it." That is a common way of thinking, but is it true? The Bible says that we are *not* our own and do not have the right to do as we please with our bodies. We were created by God and bought by the death of Jesus, so we doubly belong to God. Destroying God's creation, a person he loves and for whom Jesus died, is not honoring him.

**God Knows You Inside and Out.** Psalm 139:1–18. God knew you before you were even born. He has his hands around you, protecting you. There is nothing happening to you that he doesn't know. Verses 11–12 say that even in the darkest place of our lives, God is with us.

**The Spirit Knows the Cry of Your Heart.** Romans 8:26–27. The Spirit of God knows your every thought and feeling and is praying *for* you with power and depth we cannot even understand.

**God is For Us.** Romans 8:31–34. God knew you were a sinner, but loved you so much that he gave his son to save you. *God* is the one who says you are his precious child, spotless and clean. If that is God's judgment, who else can say anything against you?

**Nothing can separate us from God's love.** Romans 8:35–39. No matter how bad things are, God loves you and is supporting you. There is no need to give up!

TELL—All these verses and many others give us hope and defense against the desire to "end it all." When someone is very sad or stressed, though, she may not be able to hear or understand these truths. If someone you know talks or gives hints about suicide, it is very important to get help from an older, experienced person who understands teens and can help him through.

## The Challenge



You are not alone. You are precious to God and he loves you even when you feel terrible about yourself. He promises you a future full of blessing. Don't believe Satan's lies. *Promise today* that you will get help from a godly friend if you ever begin to think of killing yourself.



## Lesson 17

# I Can't Live Like This! (Suicide)



Pretend that one of your friends is talking about killing himself or herself. From what you have learned today, how could you answer some of these statements that he or she makes? If you want to and have time, act out the discussion with another teen in your group.

- No one could ever love me if they knew what I had done.
- My parents do not care about me, so I'm going to make them wish they had loved me.
- My boyfriend (or girlfriend) betrayed me and broke my heart. I will never love again, I may as well die.
- Maybe God forgives me, but I can't forgive myself.



### Firm Foothold

#### Romans 8:37-39

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

### The Bottom Line

Life can be difficult and painful. God never promised an easy life. We can suffer emotionally as well as physically. But for believers in Christ, even in the worst situation, even if we commit the worst sin, God is with us and we belong to him. *He* sent his son to die for us. *He* has said we are pure and clean. *He* has promised to be with you always and the Holy Spirit is praying for you with powerful prayers. Never let Satan deceive you into taking away the life God has given you!