

## Remorse and Suicide

Matthew 27:1-10

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Shepherd's Community Church

### Evil and Sinlessness (1-2)

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*(Luke 22:66; John 18:31; Acts 5:28; Matthew 27:25)*

### Guilt and Righteousness (3-5)

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*(John 21:7; Matthew 5:4; 13:20-22; Deuteronomy 27:25; Acts 1:18)*

### Hypocrisy and Truth (5-10)

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*(Matthew 5:3-6; 23:27-28; Zechariah 11:12-13; Jeremiah 19:4, 11; Hebrews 6:4-6; 1 John 1:9)*

## Suicide and Depression

*It has been my practice for some time now to include excerpts from godly authors to bring additional insight and encouragement on various issues as we study God's word. This week I thought, "How can I include anything on suicide on a half page that can possibly be helpful?" The Lord led me to two thoughts. The first has to do with someone you suspect might be considering suicide. How do you respond? The acronym ACE is used by our chaplains in the military to give a three step response that is in line with Scripture:*

**Ask** directly: "Are you thinking of killing yourself?" (Proverbs 20:5)

**Care.** Intervene. Control the situation. Use active listening.  
Remove the means to do self-injury. (1 John 3:18)

**Escort.** Get them to a pastor or healthcare professional. (Galatians 6:2)

The second resource comes from the book by Dr. Ed Welch, *Depression: A Stubborn Darkness* (see also his on-line article, *Hope for the Depressed* at [www.ccef.org/hope-depressed](http://www.ccef.org/hope-depressed)). People who were once depressed were asked to finish this sentence: "I felt like things began to change when..."

...I began to talk to myself rather than listen to myself. I began to speak different Scriptures to myself rather than listen to my own voices of hopelessness.

...I stopped saying, "It doesn't work." I was always looking for the magic bullet. I would pray (trying to make deals with God), look at my own heart (for a minute or two), or briefly try some other seemingly spiritual activity, and when they didn't work, I would quit. Now I believe that it does work. There is contentment and even joy in long-term, small steps of faith and obedience.

...I had a friend and a pastor who kept the bigger picture of God's kingdom in front of me. Depression made my world so small; when I saw that God was on the move, I began to have hope.

...A friend didn't give up on me. S he was always loving me and pointing me to the truth, even when I didn't want to hear about Jesus.

...I forgave my father.

...I saw that it was 90 percent pride. I felt like I deserved certain things from people.

...I began to believe that I was in a battle and realized I had to fight.

...I began to force myself to read Scripture and listen to it.

...I began to know about God's grace. I began to see that my wallowing in guilt was more works righteousness than godly sorrow.

...A friend who knew me well told me I was being a martyr. It shocked me at first, but I knew she loved me, and I knew she was right.

...Once I saw that it was a good thing to see my sin, I began to say to myself, "When in doubt, repent."