

Reflections on Suicide...

(a reality no one wants to reflect upon)

There are days, sometimes weeks, sometimes months or years when the dark feels inescapable. We live in a world that rejoices in telling people in a million ways that they are not good enough. A world that masks its own insecurities by telling you that **you** are not worthy of self-love. A world that is relentless in telling you that you don't have, and never will have, the ability to be loved—truly loved—by another person. And because you are so unlovable, then surely, you are unable and unworthy to be loved by God.

When this message is heard and reinforced day-in and day-out for some people eventually it is internalized, blocking out all other messages, and leading one to conclude that life, my life, has no value, no meaning, and is not worth living. Existing in this reality where everything is dark is hard, it's exhausting, overwhelming, and painful. Those who chose suicide, or attempt to do so, are not crazy. They are people who are hurting. People who think deeply about life and believe life is hopeless and there is no way they can ever overcome its dark influences.

I'm not going to suggest an easy solution to this painful reality some people find themselves in...because there isn't one. But the situation isn't hopeless and there is a way forward. God's love—for us and for anyone in need—finds its deepest expression through our relationships with one another. As Christians most of us are not called to be crisis managers, but we are called to establish and strengthen our relationships with others and in this way we are actively preventing a crisis from developing.

None of us knows fully another person's journey or why they act and think the way they do. But what we do know is it's vital we maintain our relationships holding each other with grace, love, and compassion. It's not always easy but it's God's way. Our Lord tells us in a million different ways that you are beloved, forever and always, exactly as you are. And that important message only hits home when we as a faith community, make it a point to walk with others through every hill and valley no matter how high or how low...and as we do so, it remind us, and informs others, that we and God, are here with you, and you are not alone.

[\(Note: September is National Suicide Prevention Month. Dial 988 if you, or someone you know is struggling and needs help share this link here\)](#)

Pastor Larry