



Coaching Tool:

Even a Princess Considered Suicide

God always has a plan for you so trust Him even in the “valley of the shadow of death” where He will guide and comfort you if you ask Him to.	Vs.	You have no hope so you might as well end it all.
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Examples Of What The Enemy Wants You To Think:

- The world will be better off without me
- No one will even notice if I’m gone
- The people I love will be better off without me
- Suicide is the only way to end the pain
- No one can live through this type of pain
- They’ll be happier without me ruining their lives
- I can’t do this anymore
- I can’t handle the rest of my life hurting this much
- Ending my life is the only way to get out of this situation

NOTE: THE EXAMPLES ABOVE ARE ALL LIES!!! The enemy feeds us these lies that “feel” like truth in the darkness and pain. *(If you are fantasizing suicide, get help immediately. Call a suicide hotline 1-800-273-8255, a pastor, counselor, or 911. Your life is worth saving. No matter what you currently think or feel.)*

God’s Truth Says:

1. **We find purpose in our pain.**
 - a. Although we may not be able to recognize it at the time, God is working in even the hardest times for our good. If we can turn to Him in the midst of that pain, we will eventually be able to see how He orchestrated our lives to never waste a hurt.
 - b. When we seek to build muscle, we know we must break down that muscle and experience soreness and pain as it rebuilds stronger.



Similarly, pain can build our faith muscles stronger than ever when we cling to God and His truth and promises in the hardest of times.

- c. "Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us." – Romans 5:3-5

2. Trusting God with our futures.

- a. "Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;" – Philippians 1:6
- b. God has a plan to for your future. He wants you to bring Him into your life and into your pain so that He can walk arm-in-arm with you spreading hope for His kingdom.
- c. It has been said that our greatest passion comes from our greatest hurt. And while God does not desire for us to be hurt, He does desire to redeem and use the pain of this broken world.
- d. By making decisions based on a belief that His promises are true, we start to walk by faith, and not by sight. We are limited in what we can see and understand, but God is not limited and can see all the days of our lives.

3. Christ's death signifies our value.

- a. "For you are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." - 1 Corinthians 6:20
- b. Jesus died on the cross so that God the Father, Son, and Holy Spirit would never have to be separated from you for eternity. He wants to know you and be close to you THAT BADLY.
- c. He has not done this to leave you in a world where there is pain, but to include you in a new world and heaven that is coming where every tear is washed away permanently.

Watch This Video:

Who You Are: A Message To All Women by Jon Jorgenson or
Who You Are: A Message To All Men by Jon Jorgenson



Questions To Help You Process This Concept:

1. *If you are actually fantasizing suicide, get help immediately. Call a suicide hotline 1-800-273-8255, a pastor, counselor, or 911. Your life is worth saving. (No matter what you currently think.)*
2. Do you see yourself as a beautiful child of God? If not, ask Him to show you how He sees you. (He paid for you with His life, so Jesus definitely values you as priceless!)
3. Have you been focusing on today? This hour? This moment? Trusting God to carry you through the next five minutes? (There is a time for everything, even a time to cry and feel pain, but it is not forever. Trust God with today and give Him all of your tomorrows.)
4. Suicide is a temptation that needs to be faced with help. Are you being honest with a trusted person about this temptation? (Shining light on this darkness can help us survive this season without permanent consequences. We recommend getting professional help if at all possible during this season.)
5. Are you surrounding yourself with encouragement and support? Who and what around you feed you life and hope?



6. Are you listening to worship and positive music exclusively? Are you reading and watching entertainment that feeds life rather than death? (Feeding the soul with life rather than validating darkness through what you see and hear.)

7. Are you exercising in any way? (Exercise of some type can help your body produce positive hormones that can help you see your circumstances from a more hopeful place. This isn't about losing weight or body image. This is about using your body's natural processes to improve your feelings. Exercise also helps your body detox and release stress.)

Exercises:

1. Look around you. Do the things around you make you feel good or bad? Is there any way to remove the things that make you feel bad?
2. What music are you listening to? Commit to listening to nothing but positive, non-triggering music for a month. How does that change how you feel?
3. What entertainment are you feeding yourself? Is it feeding hope in your life, or making you hurt worse? Choose only life-giving entertainment for a month. Does that change how you feel?
4. Are the people you spend time with encouraging you or hurting you more? Choose to spend more time with encouraging people and less (or none) with toxic people who drag you down.
5. *If you are actually fantasizing suicide, get help immediately. Call a suicide hotline 1-800-273-8255, a pastor, counselor, or 911. For more resources/hotlines/charities go to www.bloominthedark.org/resources*