

*The purpose of the first paragraph is to reveal stats and quotes from mainstream sources about the growing struggles teens may have regarding each topic. The purpose of the second paragraph is to reveal God's perspective by seeing what the Bible says regarding each topic and how we can receive help and guidance in our life's purpose through a relationship with Jesus.*

## SUICIDE

Suicide is the act of intentionally causing one's own death. It's the 2nd leading cause of death for ages 10-24<sup>178</sup>. Rates of ages 10-19 increased 56% between 2007-2016<sup>13</sup>. 1 in 6 high schoolers seriously considered in the past year; over 1 in 12 attempted<sup>9</sup>. 4 of 5 teens who attempted gave clear warning signs<sup>178</sup>. Teens on electronics 5 hours a day are 71% more likely to have suicide risk factors than 1 hour a day<sup>12</sup>. Reasons for suicide include anxiety, depression, abuse, bullying, stress, rejection, failure, relationship problems with family/friends, etc.

The Bible says suicide is sin (Ex. 20:13). Many Bible characters wanted to die (Elijah, Moses, Job, Jonah). It's ok to have a battle in your mind for doing what's right/wrong (Rom. 7:15-25), but help comes from God, who watches over our life (Ps. 121). For those struggling, Jesus offers forgiveness of sin (1 John 1:9) and a new life (Rom. 6:23) of love, joy and peace (Gal. 5:22) for everyone (2 Tim. 1:4) to live their destiny (Ps. 139:16) as children of God (John 1:12), sealed forever (Rom. 8:38-39) with promised life by God's Spirit inside of us (Eph. 1:13).

## BIBLE VERSES TO CONSIDER

Exodus 20:13 "You shall not murder."

Romans 3:23-24 "For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus."

1 Kings 19:4 - Elijah - "He came to a broom bush, sat down under it and prayed that he might die. 'I have had enough, Lord,' he said. 'Take my life; I am no better than my ancestors.'"

Numbers 11:13-15 - Moses - "If this is how you intend to treat me, just go ahead and kill me. Do me a favor and spare me this misery!"

Job 3:11 - Job - "Why did I not perish at birth, and die as I came from the womb?"

Jonah 4:8 - Jonah - "He wanted to die, and said, 'It would be better for me to die than to live.'"

Jeremiah 1:5 "Before I formed you in the womb, I knew you; before you were born, I set you apart; I appointed you as a prophet to the nations."

Romans 7:15-25 "I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. So, I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!"

Psalm 121 "I lift up my eyes to the mountains— where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you— the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm— he will watch over your life; the Lord will watch over your coming and going both now and forevermore."

1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Romans 6:23 "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

Galatians 5:22-25 "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit."

2 Timothy 1:4 "God wants all people to be saved and to come to a knowledge of the truth."

Psalms 139:11-16 "If I say, 'Surely the darkness will hide me and the light become night around me,' even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

John 1:12 "Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."

Romans 8:38-39 "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."

Ephesians 1:13 "And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit."

Ecclesiastes 11:5 "As you do not know the path of the wind, or how the body is formed in a mother's womb, so you cannot understand the work of God, the Maker of all things."

Psalm 8:3-4 "When I consider your heavens, the work of your fingers, the moon and the stars, what do you have set in place, what is mankind that you are mindful of them, human beings that you care for them?"

Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

1 Chronicles 28:9 "The Lord searches every heart and understands every desire and every thought. If you seek him, he will be found by you; but if you forsake him, he will reject you forever."

John 10:10 "The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full."

Psalm 72:12-14 "For He will deliver the needy who cry out, the afflicted who have no one to help. He will take pity on the weak and the needy and save the needy from death. He will rescue them from oppression and violence, for precious is the blood in His sight."

2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

1 Corinthians 2:12 "What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us."

1 John 5:11-13 "And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life."

Revelation 3:20 "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me."

Psalms 23:1-6 "The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right



paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."

Psalm 28:7 "The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him."

Isaiah 43:2 "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."

Romans 8:28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Philippians 4:13 "I can do all this through him who gives me strength."

Romans 5:8 "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Isaiah 40:31 "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."

Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Lamentations 3:22-23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

2 Peter 3:9 "The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance."

Mark 16:16 "Whoever believes and is baptized will be saved, but whoever does not believe will be condemned."

Psalm 34:18-19 "The Lord is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the Lord delivers him from them all."

Psalm 55:22 "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."

Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."

1 John 4:4 "You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world."

Colossians 2:13-14 "When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross."

Hebrews 10:14 "For by one sacrifice he has made perfect forever those who are being made holy."

John 10:27-29 "My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand."

Romans 10:9 "If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."

Deuteronomy 30:19 "This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live."

Ecclesiastes 12:13 "Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind."

## STATS & QUOTES TO CONSIDER

Suicide is the second leading cause of death among young people ages 15-24 in the U.S.

A nationwide survey in 2015 found that more than 1 in 6 high school students reported seriously considering suicide in the previous year, and more than 1 in 12 reported attempting it.

Teens who spend three hours a day or more on electronic devices are 35 percent more likely to have a risk factor for suicide, such as making a suicide plan. (That's much more than the risk related to, say, watching TV.)

Childline organization in 2015/16...revealed that 19,481 contacts were made by young people who were struggling with thoughts of ending their own lives – more than double the number in the previous five years.

Teenagers who spend 5 hours a day on electronic devices are 71% more likely to have suicide risk factors than those with 1 hours use.

The data showed that suicide rates among 10- to 19-year-olds declined by 15% between 1999 and 2007, dropping from 4.6 per 100,000 to 3.9 per 100,000. Then the rate increased by 56%, going up to 6.1 in 2016.

Suicide rates among those aged 10-19 years rose 56 percent between 2007 and 2016.

More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, COMBINED.

Four out of Five teens who attempt suicide have given clear warning signs.

Suicide is the SECOND leading cause of death for ages 10-24. (2017 CDC WISQARS).

Lesbian, gay, and bisexual kids are 3x more likely than straight kids to attempt suicide at some point in their lives.

Medically serious attempts at suicide are 4x more likely among LGBTQ youth than other young people.

African American, Latino, Native American, and Asian American people who are lesbian, gay, or bisexual attempt suicide at especially high rates.

Lesbian, gay, and bisexual young people who come from families that reject or do not accept them are over 8x more likely to attempt suicide than those whose families accept them.

Each time an LGBTQ person is a victim of physical or verbal harassment or abuse, they become 2.5x more likely to hurt themselves.