



Calvary Chapel Sarasota
Biblical Counseling Ministry
Ccsrq.cc/941.365.9673

7 Questions to Ask Before You Consider

'13 Reasons Why'

1. WHY DO YOU THINK PEOPLE COMMIT SUICIDE?

- A. "13 Reasons Why" - Netflix miniseries
- B. Resource: Article by Bethanie Butler, The Washington Post, 4/14/17.
- C. "It's Not Pain But 'Existential Distress'..." Article by Ariana Cha, The Washington Post, 5/26/17 citing a May 2017, New England Journal of Medicine study.
- D. Summary reasons:

loss of autonomy, loss of identity and/or they don't like their lives, they feel they have no value, no purpose, they don't know God

2. WHAT DOES THE BIBLE SAY ABOUT WHY PEOPLE COMMIT SUICIDE?

- A. Resource: *The Heart of Man and the Mental Disorders*, by Rich Thomson, start at p. 1135.

Thomson states suicide is a:

- mental disorder in which one is
- fleeing from life
- attempting to escape from a persistent sense of guiltand that
- every unloving attitude - if nursed for a period of time - could be the stimulus for suicidal thoughts and actions.

Note Thomson's contrast: Ex. 20:13, the commandment not to commit murder with Rom. 5:3-5 and/or James 1:2-4, which tell us to rejoice when we run into problems and trials for they help us develop endurance and character. (p.1138)

3. HOW DO WE REACH THEM? Ask questions - that's what Jesus did as the Master Teacher.

- A. Resource: *"Understanding and Developing a Biblical View of Life"* Laying a Biblical Foundation Workbook by Dr. Nicolas Ellen. (Expository Counseling Center, mycounselingcorner.com or Amazon.)
- B. "The Atheist Delusion" 2016 movie by Ray Comfort on YouTube.

4. WHAT IS THE GOAL?

The goal is to engage and direct young adults to the truth so they will have hope.

Refer to attached handouts: HOPELESS? Choose, Commit, Conquer.

Seven (7) Questions Posed in Romans 8:31 -39

Romans List of Wonderful Things (resource Bob Hoekstra)

Psalm s for When you are Hurting

13 Reasons for Hope

13 Reasons for Hope

I
I
I
I
I
I
,

1. You have value

³¹ "So don't be afraid; you are more valuable to God than a whole flock of sparrows." Matthew 10:31 (NLT)

2. Your life has purpose

¹¹ "For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope," Jeremiah 29:11 (NLT)

3. God will deliver you

"Call upon me in the day of trouble; I will deliver you, and you shall glorify me." Psalm 50:15 (NLT)

4. No fear - God will help you

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." Isaiah 41:10 (NLT)

5. God cares about your tears

⁴ "He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever." Revelation 21:4 (NLT)

6. These difficulties are temporary

⁵ "Weeping may endure for a night, but joy comes in the morning." Psalm 30:5b (NLT)

7. God won't give you more than you can endure

¹³ "The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure." 1 Corinthians 10:13 (NLT)

8. What's inside of you is more important than how you look

⁷ "But the LORD said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The LORD doesn't see things the way you see them. People judge by outward appearance, but the LORD looks at the heart." 1 Samuel 16:7 (NLT)

9. You can't begin to imagine the future

⁹ "No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him." 1 Corinthians 2:9 (NLT)

10. God is for you and only His opinion ultimately matters

³¹ "If God is for you (and He is) who can be against you?" Romans 8:31 (NLT)

11. You are greatly loved

³ "I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself." Jeremiah 31:3b (NLT)

12. God will never fail you nor abandon you.

⁵ "I will never fail you, I will never abandon you."
⁶ So we can say with confidence, "The LORD is my helper, so I will have no fear. What can mere people do to me?" Hebrews 13:5-6 (NLT)

13. God will work all out for good

²⁸ "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for

Psalms for When You Are Hurting

Psalm 54:3-5 (NLT)

- 3 For strangers are attacking me;
violent people are trying to kill me.
They care nothing for God.
- 4 But God is my helper.
The Lord keeps me alive!
- 5 May the evil plans of my enemies be turned against them.
Do as you promised and put an end to them.

Psalm 55:2-8 (NLT)

- 2 **Please listen and answer me,**
for I am overwhelmed by my troubles.
- 3 **My enemies shout at me,**
making loud and wicked threats.
They bring trouble on me
and angrily hunt me down.
- 4 My heart pounds in my chest.
The terror of death assaults me.
- 5 Fear and trembling overwhelm me,
and I can't stop shaking.
- 6 Oh, that I had wings like a dove;
then I would fly away and rest!
- 7 I would fly far away
to the quiet of the wilderness.
- 8 How quickly I would escape-
far from this wild storm of hatred.

Psalm 55:11-14a: (NLT)

- 11 Everything is falling apart;
threats and cheating are rampant in the streets.
- 12 **It is not an enemy who taunts me-**
I could bear that.
It is not my foes who so arrogantly insult me-
I could have hidden from them.
- 13 Instead, it is you-my equal,
my companion and close friend.
- 14 What good fellowship we once enjoyed

Psalm 55:16-23 (NLT)

- 16 But I will call on God,
and the LORD will rescue me.
- 17 Morning, noon, and night
I cry out in my distress,
and the LORD hears my voice.
- 18 **He ransoms me and keeps me safe**
from the battle waged against me,
though many still oppose me.
- 19 God, who has ruled forever,
will hear me and humble them.
For my enemies refuse to change their ways;
they do not fear God.
- 20 As for my companion, he betrayed his friends;
he broke his promises.
- 21 **His words are as smooth as butter,**
but in his heart is war.
His words are as soothing as lotion,
but underneath are daggers!
- 22 Give your burdens to the LORD,
and he will take care of you.
He will not permit the godly to slip and fall.
- 23 But you, O God, will send the wicked
down to the pit of destruction.
Murderers and liars will die young,
but I am trusting you to save me.

Psalm 56: 4-11 (NLT)

- 4 I praise God for what he has promised.
I trust in God, so why should I be afraid?
What can mere mortals do to me?
- 5 They are always twisting what I say;
they spend their days plotting to harm me.
- 6 They come together to spy on me-
watching my every step, eager to kill me.
- 7 Don't let them get away with their wickedness;
in your anger, O God, bring them down.
- 8 You keep track of all my sorrows. Ibl
You have collected all my tears in your bottle.
You have recorded each one in your book.
- 9 My enemies will retreat when I call to you for help.
This I know: God is on my side!
- 10 I praise God for what he has promised;
yes, I praise the LORD for what he has promised.
- 11 I trust in God, so why should I be afraid?
What can mere mortals do to me?

Romans List of Wonderful Things from God¹

Look up and note the wonderful things God's given us in Romans 1-8:

Romans 1:16 - in the gospel of Christ, which is the power of God to salvation...

Romans 2:4 - it leads to repentance

Romans 3:24- we are justified

Romans 4:16-we receive the promise

Romans 5:1-2 - obtained access to God

Romans 5:5 - Given us the Holy Spirit

Romans 5:17 - free gift of righteousness

Romans 5:20- grace abounded to us

Romans 6:14- sin has no dominion over us

Romans 7:6 - released from the law to serve the Spirit

Romans 8:1- no condemnation

Romans 8:2 -we are set free from sin and death

Romans 8:4 -the righteous requirements of the law are fulfilled in us

Romans 8:11 - given life to our mortal bodies through His Spirit

Romans 8:18 - our suffering is not worth comparing to the glory to come

Romans 8:28 - He works all things for good.

Romans 8:32 - gives us all things

Romans 8:38-39- nothing can separate us from God

¹ Adapt ed from *How to Counsel God's Way* by Bob Hoekstra, at p.249

Seven (7) Questions Posed In Romans 8:31-39

1)

8:31 **WHAT** then shall we say to these things? If God is for us, **WHO** can be against us?

8:37 But in ALL THESE THINGS we OVERWHELMINGLY CONQUER Through HIM WHO LOVED US.

2)

8:32 He who did not spare His own Son, but delivered Him up for us all.

8:38 For I am convinced that neither death nor life, nor angels nor principalities, nor things present nor things to come, nor powers,...

3)

HOW will He not also with Him FREELY give us ALL THINGS?

8:39nor height, nor depth, nor any other created thing will be able to separate us from the LOVE OF GOD, which is in CHRIST JESUS OUR LORD

4)

8:33 WHO will bring a charge against God's elect?
GOD IS THE ONE WHO JUSTIFIES;

5)

8:34 WHO IS THE ONE who condemns?

- CHRIST JESUS is He who DIED,
- Yes, rather Who was RAISED,
- Who is at the right hand of GOD,
- Who also intercedes for us.

6)

8:35 WHO shall separate us from the LOVE OF CHRIST?

(7)

WILL

- Tribulation
- Distress
- Persecution
- Famine
- Nakedness
- Peril
- Sword?

8)

8:36 Just as it is written,
"For your sake we are being put to death ALLDAY long;
We were considered as sheep to be slaughtered."

Seven (7) Questions Posed In Romans 8:31-39