
3 Legit Reasons Not to Commit Suicide

by Pat Sieler



*This article originally appeared on
PatSieler.com*

Have you ever felt like your life is worthless, like nobody cares, and you'd never be missed if you died?

I have.

When I was a teenager, I used to have these thoughts that nobody loved me. While I never actually planned out how I'd make it happen, I wished that I would just die. I felt like the world would be a better place without me.

It was a feeling of despair -- and I never told anyone.

It's crazy now as I look back on that time. I had a great family, two amazing parents, we lived in a

nice house, and yet I can remember like it was yesterday being alone in my room wishing that I had never been born. I don't even know why I had those feelings

Each year over 44,000 people commit suicide¹. According to the CDC, in those aged 10-24, it is the second leading cause of death². Those are tragic statistics.

Today, I am so thankful that my feelings of loneliness and despair, never led me to take my own life.

¹(<https://afsp.org/about-suicide/suicide-statistics/>. Cited October 23, 2017

²<https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6408a1.htm> Cited October 23, 2017

If you have ever had similar thoughts, please consider these reason NOT to take your life.

1. You are special.

Special means "better, greater, or otherwise different from what is usual." There is no other human being on the face of the planet that is like you! God doesn't make junk. You are significant and valuable and worthy of honour. As a young boy, I was fascinated with the thought of human uniqueness. There was no other person anywhere who was exactly like me. You didn't come from a factory. You are the handiwork of God.

You are God's work of art. Psalm 139:14 says, "I praise you because I am fearfully and wonderfully made; your works are wonderful."

You are wonderful because God made you!

2. You are loved.

Somebody loves you. A friend, a parent, a pastor. You may not feel loved, but you are loved. Because God made you, God loves you. No matter what you do or what you've done, no matter how you feel, God.Loves.You.

He has people all over the world who would welcome the opportunity to love you as well. People who truly love God, love people. All you have to do is find them. You can find them at church!

We can't do life alone. We can't be loved alone. We are made for relationships. The church is a place where you can be loved and accepted, where you can be yourself.

(If you need to find a church close to you, click [here](https://calvarychapel.com/church-locator). (<https://calvarychapel.com/church-locator>))

3. You can have a great future.

I have bad days. But I also have good days. We can't get hung up on the bad days even when it feels like the bad days never end. We must trust Jesus with our life. He died on the cross to forgive us for our sin, proving His love for each of us. Friend, God has a plan for you.

He has a plan for your future. Your life will never be perfect, but Jesus will always be there to lead and guide and forgive you.

You were created with special gifts and abilities. You were given these by God. Use them. Serve others. Find your place of uniqueness in the Body of Christ. Pretty soon, you will be amazed at how wonderful it is to serve the Lord!

Here are some resources to help you if you are struggling with suicidal thoughts:

National Hopeline Network: 1-800-SUICIDE

National Suicide Prevention Lifeline: 1-800-273-TALK

To Write Love on Her Arms: <https://twloha.com/find-help/local-resources/>

Befrienders.org: <http://www.befrienders.org/need-to-talk>

Suicide hotlines available in most countries: <http://www.suicide.org/international-suicide-hotlines.html>