

OVERCOMING SELF-HARM AND SUICIDE

1. Acknowledge the Pain

Recognize that your pain is valid, and it's okay to feel overwhelmed. The first step to healing is admitting that you're struggling.

2. Seek God's Presence

Turn to God in prayer and pour out your heart. Scriptures like Psalm 34:18 remind us that God is close to the brokenhearted.

3. Remember You Are Loved

Know that you are created in God's image (Genesis 1:27) and deeply loved, regardless of how you feel right now.

4. Talk to Someone You Trust

Reach out to a mentor, pastor, or trusted friend who can support you spiritually and emotionally.

5. Surround Yourself with Encouraging Community

Spend time with people who uplift you, speak life into your situation, and remind you of your worth.

6. Replace Negative Thoughts with God's Truth

Counter lies of worthlessness or despair with Bible verses that affirm your value, like Jeremiah 29:11 and Romans 8:38-39.

7. Seek Professional Help

Don't be afraid to talk to a counselor or therapist, as God uses professionals to bring healing and guidance.

8. Develop Healthy Coping Mechanisms

Replace harmful behaviors with positive habits like journaling, prayer, worship, or physical exercise.

9. Focus on Purpose

Remember that God has a unique plan for your life. No matter how hard things seem, He is not finished with you.

10. Rely on the Holy Spirit

Ask the Holy Spirit to strengthen you, comfort you, and remind you of hope, even in your darkest moments.