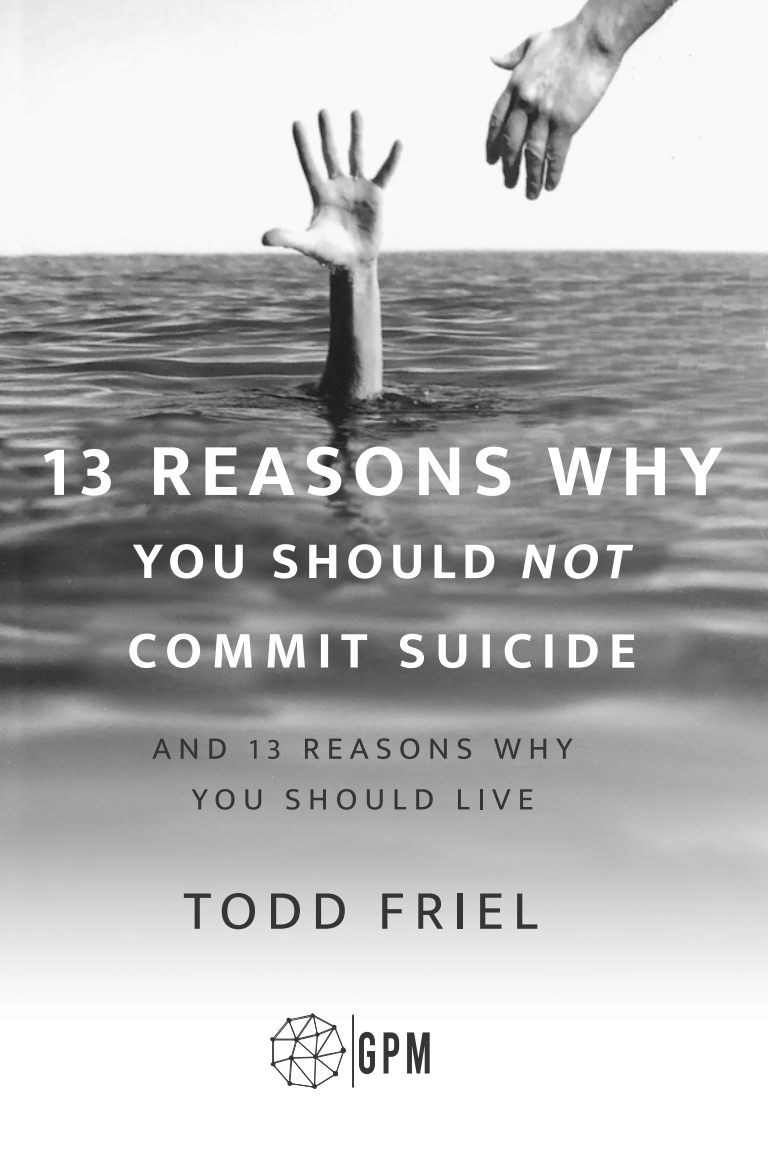


**13 REASONS WHY  
YOU SHOULD NOT  
COMMIT SUICIDE**

AND 13 REASONS WHY  
YOU SHOULD LIVE

**TODD FRIEL**



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## **13 Reasons Why You Should *Not* Commit Suicide**

Published by:

GPM

3070 Windward Plaza, Ste. F301

Alpharetta, GA 30005

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Edited by Lynn Copeland

Design and production by Genesis Group

Printed in the United States of America

ISBN 978-1-7330080-7-5

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## A PARABLE ABOUT YOU

Imagine you're sunbathing contentedly on a beach, but you're increasingly distracted by the shrieks of people playing in the ocean. They seem to be having far more fun in the water than you're having on the sand. You give in to temptation and go dip your toes in the water. Then your whole foot. The next thing you know, you're swimming and having a great time.

Suddenly, almost imperceptibly, an undertow pulls you into deep water. You can still hear everyone having a good time, but you aren't having fun at all. You feel alone and in over your head.

To your relief, a kindly voice from a nearby small boat says, "Take this and you will have fun again." The seemingly trustworthy stranger places a ten-pound rock in your hand and drifts away. Not only are you not having fun, this is decidedly un-fun.

The kind stranger returns and promises, "Try this and you'll be happy again." He hands you another ten-pound rock and *poof*, he's

gone. As your arms and legs grow weary, the waves begin to roll over your head. You can't even hear the others having fun. You're not happy; you are scared. And exhausted.

Guess who shows up? Our kind friend hands you another stone and sincerely promises you, "Take this and you'll be safe again. You trustingly take the stone and he disappears. You feel like you are going down for the last time.

Here is my question for you: If the kindly stranger reappeared and offered you another boulder, would you take it? Of course not.

That, my friend, is a parable about you. You've been listening to voices promising you joy, fulfillment, purpose, contentment, and happiness, but those promises were lies that delivered the exact opposite.

That is what this booklet is about: the lies that have led to your dark night, and the truth that will set you free and lead you to joy. This booklet will ask you to do something radical:

- Stop believing lies.
- Start believing truth.

- Exchange your current worldview for a better set of beliefs.

You've listened to lies long enough and you're sinking. This booklet is a rope to pull you to shore, place you on dry ground, align your feet with reality, and set you on a path whose ultimate destination is joy. Are you ready?

## HOW YOUR BRAIN WORKS

This seemingly silly exercise could be the beginning of the end of your sadness, hopelessness, and hurt. Please think this through carefully.

Imagine you are a train. In which order would you logically put your train cars, starting with the engine?

- Actions
- Emotions
- Thinking
- Believing

If you said “thinking” is the engine that pulls your other cars, then you join the majority of ancient philosophers, enlightenment thinkers, and contemporary “power of posi-

tive thinking” gurus. While it seems intuitive that thinking would drive your emotions, actions, and beliefs, the Bible puts your cars in a totally different order.

The Bible teaches that your thinking is not the engine that pulls the rest of your life along. The Bible teaches that *believing* comes first, and all of your other cars follow behind. This crucial distinction is why you are currently feeling the way you are. Let me illustrate.

### **Lame Illustration #1**

Imagine I told you I deposited ten million dollars in your bank account. If you believed me:

- You would be ecstatic
- Your imagination would run wild
- You would skedaddle to your bank as fast as a shot.

Notice the order? You *believed* first, then your emotions, thinking, and actions followed. In other words, faith is the engine that drives your emotions and actions. If your life is currently off the rails, it's because your belief system is derailing you.

Permit me to take our analogy even further. Imagine you rushed to the bank to withdraw the ten million. The teller informs you that your account doesn't have ten million dollars in it. In fact, you're overdrawn. How would you feel then?

Truth would replace your joy with disappointment, anger, and a bit of desperation. You believed my lie and ended up wounded. In other words, a bad belief system has calamitous results.

My friend, that is precisely why you are feeling the way you do. The world has sold you lies and made promises it cannot keep. The world has told you:

- Believe in yourself.
- You can do anything you set your mind to.
- Money will make you happy.
- Social status and outer beauty are supremely important.
- Having more Instagram followers will make you popular.
- Get bad grades and your life is ruined.



- Get an unglamorous job and you're a failure.
- Your truth is true for you.
- You're a result of a cosmic accident.
- Life isn't precious.
- You can live any way you choose without regrets.
- Hooking up is harmless fun.
- Drinking and drugs make you feel better.
- There is no accountability.
- There is no afterlife.
- There is no God.

Those lies promised you happiness, and you believed them. You placed your trust in a godless set of values, and the world pulled the football out from under you. Now you're disappointed, angry, tired, hurting, and hopeless. The unwise thing to do is return to the same lies, hoping they will finally deliver on their promises.

After all, it was your current beliefs that brought you to your dark place. Continuing to believe the same lies cannot bring you into

the light. You need a radical change. You need a new belief system. You need to stop believing lies and start believing the truth.

Jesus Christ said, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free" (John 8:31,32). Because you have not believed that truth, you are in bondage, a slave to lies.

## **Lame Illustration #2**

What Steve Jobs is to Apple, God is to you.

Steve Jobs created Apple computers, and if you try to run an Apple with non-Apple products, you are going to experience a crash.

Similarly, God created you, and He designed you to run on His software, the Bible. If you operate with the world's understanding of reality and not His, you too are going to crash.

My friend, you need a reboot and new software. If you ever hope to live rightly and joyfully, you must exchange your false belief system for the only faith that is real and trustworthy.

God wants to replace your current software with His. When you believe Him and start im-

porting His truth into your brain, your thinking will be gradually corrected, and your emotional monsters will progressively go away.

Jesus Christ promised, "The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life" (John 10:10). The Bible promises you can have "God's peace, which exceeds anything we can understand" (Philippians 4:7).

*Let God  
change your  
believing,  
transform your  
thinking, and  
give you joy in  
abundance.*

If you don't have that kind of peace and joy, it is quite simple: you do not believe the One who made those promises. You may even attend church regularly, yet you have been following the world system and not the Savior.

If you would like to have a joy that is unspeakable, let the Bible explain thirteen reasons why you may be suicidal and the thirteen reasons why you should live. He has done that for billions of people; He can do it for you.



## REASON #1: CONFUSION

You studied hard for an exam that will make or break your grade. Waiting for your grade to be posted is hugely stressful. Not knowing your fate can be agonizing.

Most people diagnosed with a life-threatening illness say the most excruciating time was between test taking and learning the results. Not knowing what ails you is agonizing.

Similarly, not understanding why the world is the way it is, and why we feel the way we do, is a major reason so many of us struggle to face another day. Who can blame you for being depressed when you don't know:

- What is the purpose of my existence?
- Why do I feel so rotten inside?
- Where do these black emotions come from?
- Why do I struggle while others don't seem to?
- Why don't I have hope?
- How can I make my monsters go away?

The world system cannot explain why we feel such profoundly awful emotions. Where do emotions come from? Why haven't we "evolved" beyond depression and suicidal thoughts? Why do people continue to do bad things to others? Why do we hurt one another? Why is there evil? The world offers no satisfying explanations.

The best-selling book of all time does explain why this world is the way that it is, and why you are the way you are. While this section is longer than the others, it lays the foundation for everything you need to know to lift the fog of sadness.



## **THE BIBLICAL SOLUTION TO CONFUSION**

The Bible teaches that everything God made was absolutely perfect at creation. Adam and Eve, the first humans, lived in paradise enjoying quality time with their Maker. All was well with the world, but it didn't take long for there to be trouble in paradise.

Shortly after they were created, Adam and Eve believed the devil's lie and disobeyed God's only commandment, "Don't eat the fruit from that tree." When they rebelled against God and ate the forbidden fruit, the entire world fell from perfection and was placed under a curse (Genesis 3:17–19).

Did you catch that? Instead of believing the truth of God, Adam and Eve believed the lies of the devil. They believed Satan's promises were better, so they acted on his lies, and the consequences were disastrous. That is precisely our problem. We believe the lies of the world system (led by the devil, who Jesus called the "father of lies"), and the results are always bad.

This explains why our world is simultaneously awesome and awful. God made a beautiful planet and we humans messed it up by disobeying Him. We now live in the chapter of human history that is under a curse.

Against its will, all creation was subjected to God's curse ... For we know that all creation has been groaning as in the pains of childbirth right up to the present time.  
(Romans 8:20,22)

This curse explains why humans do both wonderful and awful things. This curse also explains why we feel the way we do. Not only do our bodies feel the consequences of living in an imperfect world, our brains are marred by the fall as well.

Because of sin, our thinking and emotions are not in alignment with God's thinking and emotions. We don't think or feel the way we should because our brains don't work the way they were designed to operate. You and I are victims of sin and its consequences. Thankfully, God has written another chapter of human history.

## **Good News**

As soon as man fell for the devil's lie, God promised to send a remedy for sin. That remedy is the Son of God, Jesus Christ. He left heaven and came to earth as a man to rescue the world from the consequences of the fall.

For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ. (2 Corinthians 5:21)

You see, not only are we victims of sin, you and I are willing participants in sin (Romans 3:23). Sin is breaking God's moral laws. We lie, hate, steal, slander, hurt, gossip, lust, commit forbidden sexual acts, etc. God has also given us a conscience so we know right from wrong, and yet we do wrong anyway. We know we are guilty. Worse than that, we don't love God with all of our heart, soul, mind, and strength (Matthew 22:37). And let's be honest, who of us loves our neighbor as much as we love ourselves (Matthew 22:39)?

Because God is loving, good, and just, He must punish lawbreakers for their criminal behavior; that is what a just judge does. God's penalty for lawbreaking is death, followed by eternity in His prison, hell. Because we are all guilty criminals, we need someone who's innocent to rescue us from the punishment we deserve.

You and I have broken God's laws, but Jesus Christ has suffered the death penalty for us by dying on the cross, taking the punishment we deserve. Jesus was beaten, scourged, and crucified on our behalf. Then three days later He



rose from the grave, defeating death. Guilty criminals can now be set free from the courtroom of God's justice because of the death and resurrection of Jesus Christ.

Consider how amazing that is. Few people would die for a good person, but Jesus died for bad people because He is that good. When you give Jesus your lengthy rap sheet, He will give you His flawless résumé.

Jesus Christ, God in the flesh, was brutally murdered at the hands of men to redeem the souls of men. God the Father bruised God the Son so justice could be satisfied and the court cases of sinners could be dismissed. By turning from your sins and trusting in Jesus, you can not only be forgiven for your crimes against God, but you will be granted eternal life with Him.

For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. (Romans 6:23)

God promises He will one day restore this earth and make it perfect once more. Our planet is the story of a paradise created by God,

paradise lost by man, and paradise regained by Jesus Christ.

One day Jesus will return to recreate His perfect paradise, but until then we live in an era of both beauty and ugliness. We experience both joys and sorrows. We feel lost because we are lost. People do bad things because people are bad. We suffer emotionally because our emotions are fragile and broken. Worse than that, we feel estranged from our Maker because we are estranged from Him.

## **The Big Question**

Philosophers have debated the "teleological" question for millennia: What is the purpose of our existence? The world has never concocted an answer that satisfies. The Bible offers the only coherent, convincing, and consistent explanation for why things are the way they are. If you do not embrace that truth, your life will never be aligned with reality, and you will continue to feel the sting of the lies you have believed.

When you're suffering, suicide may seem attractive because it offers an end to the op-

pression, depression, and pain. That's a lie that's doubly tragic. If you die while your sins are unforgiven, you will not find relief from you suffering but will instead find yourself in hell for eternity. Friend, God has a much better plan for you.

God wants to adopt you into His family, forgive all your sins, progressively reorient your thinking, heal you, and give your life meaning and significance.

Why wouldn't you want to know the God who cares for you and fulfill the purpose for your existence? Why wouldn't you want to be forgiven by Jesus who loves you so much that He died for sinners like you? Why wouldn't you want to spend eternity with the most beautiful Being in the universe?

Repent (turn from your sins) and trust in Jesus Christ, and you will not only be reconciled to God and inherit everlasting life, but He will give you a new heart and put His Spirit within you to help you. God will transfer you out of darkness into light. He will move you from confusion to clarity. From lies to truth. From sadness to joy.

That is what the rest of this booklet is about, but this is your starting place: be reconciled to God.



## **REASON #2: HOPELESSNESS**

It has been said, “Man can live about forty days without food, about three days without water, about eight minutes without air... but only for one second without hope.”<sup>1</sup>

Perhaps that describes you? When hope left, it took your will to live with it. Getting out of bed feels futile. School and work seem pointless. You know you should care about your future, but you don't.

Frankly, you are responding the right way to the lies the world has been peddling you. The world tells you there's no reason for your existence, and there's no life after this life. How depressing is that? If you are just worm food, then you're exactly right to feel hopeless. When this lie threatens to pull you under, the Bible gives you a reason to live.



## THE BIBLICAL SOLUTION TO HOPELESSNESS

The Bible adamantly denies the lie that you are worthless worm food that will simply rot in the ground. You were created in the image of God, and He has hardwired you to know you have a soul that will live forever (Ecclesiastes 3:11). That is why you can't shake the feeling that suicide isn't a good idea.

Knowing we will not lie in a box until we decompose but can spend eternity in heaven is the most hopeful message we will ever hear. Jesus Christ said,

“Don't let your hearts be troubled. Trust in God, and trust also in me. There is more than enough room in my Father's home. If this were not so, would I have told you that I am going to prepare a place for you? When everything is ready, I will come and get you, so that you will always be with me where I am.” (John 14:1–3)

You are not worm food. You will receive an eternal body that will live forever some-

where, either in heaven or in hell. If you have trusted in Christ, you can look forward to spending eternity with Him in a place that He is preparing just for you.

In heaven, Jesus will dry your tears (Revelation 21:4). You will have no more aches, pains, disappointments, hurt feelings, or shameful memories. It is that hope that allowed the apostle Paul to write this about his extremely crummy circumstances (shipwrecks, beatings, imprisonment, etc.):

Yet what we suffer now is nothing compared to the glory he will reveal to us later. For all creation is waiting eagerly for that future day when God will reveal who his children really are.

Against its will, all creation was subjected to God's curse. But with eager hope, the creation looks forward to the day when it will join God's children in glorious freedom from death and decay.

For we know that all creation has been groaning as in the pains of childbirth right up to the present time. And we believers also groan, even though we have the Holy

Spirit within us as a foretaste of future glory, for we long for our bodies to be released from sin and suffering. We, too, wait with eager hope for the day when God will give us our full rights as his adopted children, including the new bodies he has promised us. (Romans 8:18–23)

If you are a Christian, that hope is yours too. While this life may continue to be a veil of tears, we can endure knowing not only that there is light at the end of the tunnel, but that we will live eternally with the One who is the Light of the world (John 8:12). Only Christians—those who have received God's forgiveness in Christ—have a joyful hope that is everlasting.

If you are not a Christian, you lack hope because you lack Christ. If you are a Christian lacking hope, it is because you are not remembering His great promises to you. Either way, trust Jesus. Trust Him for forgiveness. Trust Him with your future, and you will be filled with hope by the “God of hope” (Romans 15:13).