

SUICIDE:

A Solution or a Greater Problem?

There are numerous situations in which a person may have thoughts of suicide. It may be a teenager being bullied, soldiers with PTSD or having a spouse desert you or have an affair while you are overseas, not being able to find a job, being rejected by members of the opposite sex, having an incurable disease, being in constant physical pain, or being depressed from any number of other reasons.

The first thing about suicide is that it is a totally selfish act - without any consideration of how it effects others - whether relatives, friends, or co-workers.

Let us look closer at one of those situations mentioned - being in constant physical pain. While no one likes to be in pain - whether mental or physical or a combination of both-the pain at present should never be the number one consideration.

Everyone has a "cross" to bear in this life - at one time or another - and carrying that cross makes it lighter then dragging it. Christ said, ***"And whoever does not carry his cross and follow Me cannot be My disciple."*** (Luke 14:27)

So what is the answer? It is so simple that it is often forgotten in a time of crisis. And that is putting your Faith, Trust and Hope in God. Yes, sometimes God even performs a miracle which would remove your cross, but without that unusual happening, He will always give you enough Grace to carry it if you ask Him- and also make enough effort on your part. There is a saying: ***"Pray like it all depends on God, but work like it all depends on you."*** Of course it is hypocritical to ask God for help if you're living in a state of unrepentant Mortal Sin against one or more of His 10 Commandments.

The most important consideration is to compare suffering on Earth to suffering in Hell. So what does Hell have to do with it? While thoughts of suicide may be normal in a number of situations, those thoughts did not actually originate with the individual person. Those thoughts first come from temptations from Satan. The devil hates you so much he wants you to spend an Eternity in Hell with him. He will tempt you to break the 5th commandment, ***"Thou shalt not kill,"*** against yourself. Tempting and encouraging you to commit suicide is one of the successful methods of accomplishing his plan.

That is because suicide is an unforgivable Mortal Sin. While

God will forgive any kind or number of sins by repenting, suicide eliminates that possibility from being able to take place. And if one dies with only one unrepentant and unforgiven Mortal Sin on their Soul, it can never be forgiven- and therefore deserves Hell for all Eternity.

So let's compare suffering on Earth to suffering in Hell. Now one may be familiar with their worst day on Earth. Let's compare that with the worst day in Hell.

In 1917, the Blessed Virgin Mary appeared to three children in Fatima - and before performing the Miracle of the Sun, she warned the world to stop sinning, and she showed the children a vision of Hell. The oldest described it this way:

It was full of demons and lost souls amid indescribable horrors. It was as a great sea of fire which seemed to be under the earth. Plunged in this fire were demons and souls in human form, like transparent burning embers, all blackened or burnished bronze, floating about in the conflagration, now raised into the air by the flames that issued from within themselves, now falling back on every side like sparks in a huge fire, without weight or equilibrium, and amid shrieks and groans of pain and despair, which horrified us and made us tremble with fear. This vision lasted but an instant. Otherwise, I think we would have died of fear and terror."

That doesn't describe the worst day in Hell. That describes *every* day in Hell.

St. Augustine said that the fire on Earth, in comparison with that of Hell, is like a fire painted on a canvas. Now let's compare time on Earth to the time of Eternity. No one knows ahead of time how long suffering of any type will actually last. You can only live one day at a time. But let's say that you suffer on Earth for 50 years continually and compare that to suffering for Eternity. An analogy of how long Eternity lasts::

Let's say there is a sphere the size of the Earth made of diamond, and every million years a bird would fly by and brush its wing against that sphere. By the time it was reduced to nothing - Eternity would just be starting.

Suicide only causes one to go from one type of suffering to another - from a temporarily one to an everlasting one. A life of suffering on Earth compared to Eternity is like a drop of water compared to an ocean, or a grain of sand compared to a beach.

So how does one get through *today*, the only day that you can

suffer? It is highly doubtful that if you do live for 50 more years time, that nothing will get better. Of course, that's what Satan wants you to believe. He wants whatever level your crosses may be, to have you in depression, and for that depression to go into despair. He wants you to give up all Hope - that your situation will improve or that you'll be happy again. You don't even have to be in despair or even in depression to be tempted to suicide by Satan. He'll attack you with those thoughts if you're just "unhappy." Since Satan never tires of tempting you, you need daily reinforcement not to succumb to his lies and seduction

Now let's assume you put God where He belongs in your life - First. That doesn't automatically remove your cross. So how do you carry your cross better on a daily basis as long as you have them? The first thing is to have a Crucifix and hang it way you can see it every day. Remind yourself what Christ suffered with the carrying of His cross, and His Crucifixion. Your suffering of any kind offered to God is first and foremost for your own Salvation. You can also read Lives of the Saints, especially those of martyrs who were unmercifully tortured for believing in Christ before being put to death by the cruelest means. Thank God that is not *your* cross.

It is easy to love and trust God when everything in your life is good. The litmus test of loving and trusting God - and not blaming or denying him for any and every trouble - is when everything is not so good. We should be willing to die on the day, at the hour, in the place, and in the manner that pleases God. Suicide usurps God's Will for you - and that earns a punishment instead of a reward. With total dependence on the Will of God, one can have peace even at the time of our greatest suffering. If this life was perfect, there would be no reason to follow the 10 Commandments, and obey the Catholic Church Christ founded, and look forward to Heaven. No one should go a day of their life without thinking of Eternity and how their thoughts and actions will affect their Judgement Day - and as a result where their Eternity will be spent.

Prayer is a necessary daily activity in order to make it through this life properly. Prayer is talking to God, whether informally or in the form of formalized prayers. A good mental one could be:

***“God grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.”***

A good spiritual one is:

“Saint Michael the Archangel, defend us in battle. Be our

protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all the evil spirits who prowl through the world for the ruin of souls. Amen."

You can also make a sign, and read it aloud every day:

The Past is over. There is no Future. There is only TODAY.

**And the worst possible day on Earth
is infinitely better than the best day in Hell.**

Also, you should never say when someone commits suicide, "Their troubles are over now," or "He or she is in Heaven now." Not only are both not true, that would be an approval and encouragement for someone else to commit suicide. And then you would have to answer for that on your Judgement Day.

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