

Your life has meaning and purpose. By Erica Jermanus

This book is for those who may feel depressed and suicidal. Your life matters! You are here for a reason and purpose!

So many people in the world today struggle with depression and suicidal thoughts. These people feel hopeless. They feel like their life does not matter or that no one loves them or cares for them. That is a lie from the enemy, Satan. The enemy wants to take as many people to hell as he possibly can. Suicide is not the answer or an option. Suicide leads to death and hell because it is murder. When you kill yourself, you are committing the sin of murder. Once you leave this earth, you cannot repent and come back to get it right with God. Now is your chance to be saved and to repent while you still have life and breath in your lungs.

So many that are depressed and suicidal do not know Jesus Christ or his love for them. Many do not know their purpose in life. They do not know why God created them and what they are called to do. If they knew, they would not murder themselves. They would continue to endure and persevere until the end. It may get hard at times, but that is not a reason to give up and quit. That is a reason to keep going.

Depression is not from God. It is from the enemy, Satan. The enemy wants to torment your mind with negative thoughts. Whenever these thoughts or lies

come up, rebuke them. The Bible says in James 4:7 says, "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

The enemy Satan wants to whisper thoughts of death in your ear. He wants to try to get you to think things that are contrary to the word of God. The devil will use people's thoughts to get them to take their lives prematurely. God's will is for none to perish. 2 Peter 3:9 says, "The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance."

The enemy wants to try to steal, kill, and destroy from your life because he hates you with a passion. The devil knows his time is short. He knows he is already defeated, and he has lost the battle. So now he is after Christians. He wants to try to attack Christians in their minds and bodies. If he can attack your mind, he knows he has got you and every other area. The devil wants to get people to die prematurely. Jesus Christ wants everyone to live a long and prosperous life on earth. John 10:10 says, "The thief cometh not, but for to steal,

and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.”

We as believers are not promised an easy life. In fact, we will be faced with trials of many kinds. We will suffer persecution, struggles, and hardships. That is all part of walking the straight and narrow path. The trials we go through in life are a test of our faith in Christ. The trials we go through test us to see if we will continue to trust God even when things get hard and difficult. Will we quit and give up on Jesus Christ? Will we continue to be obedient to God and the call on our lives?

Many are sad, depressed, and suicidal because of adverse circumstances. People are depressed and suicidal because of the weather, a loss of a loved one, a loss of a job, a loss of a home, etc. Maybe people are depressed because of failed relationships or marriages. People are also depressed and suicidal because of drug abuse, addiction, or bullying. Whatever the situation or circumstance, it is not a reason to end your life. It is a reason to continue to stand firm in the faith and keep fighting until the very end. Don't let the devil win. He is already defeated at the cross of cavalry. Walk in your victory today. Walk your authority today.

When people are depressed, they want to curl up in a ball under a blanket or in a dark corner. I have been there before, and I think we all have at one time or another. But there are other things you can do to uplift and enlighten your mood. You can start by praying and talking to Heavenly Father about what you're going through. He cares for you so much. You can tell him anything and everything you are going through. He wants to hear your thoughts and concerns. You can be real, open, and honest with God. You do not have to hide anything from him. He is the best and greatest listener. James 4:8 says, "Draw nigh to God, and he will draw nigh to you."

Here are some things you can do when you feel depressed and suicidal. First of all, if you have suicidal thoughts, I would cry out to Jesus Christ and let him know what you're going through. Talk to him about it. Then, I would get help from other trusted sources. If you can talk to a trusted friend or family member, that is great. You do not want to end up in a mental hospital and be put on all these drugs that you do not need.

Sometimes suicidal thoughts are a result of demons or the devil whispering in our ears. We just need to ignore those thoughts. But other times those thoughts could be a mental illness that may need medication. But not every negative thought we hear is mental; it could be more spiritual. There may be a demon that needs to be cast out if it is a spiritual root cause. So I would talk to a Christian who is understanding of spiritual things. Talk to someone you can open up to about these things who would be willing to give you guidance and wisdom. But above all, talk to Jesus Christ because he understands us more than anyone or anything else.

Here are some things you can do help improve depression and suicidal symptoms.

You can put on some worship and praise music and sing to the Lord and a new song. You may have a spirit of heaviness and may just need to worship God to have it lifted from you. Isaiah 61:3 says, "To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he

might be glorified.” Worship and praise are powerful weapons of spiritual warfare. Worship and praise keep the enemy away. The enemy hates when we worship and praise God. So whenever you feel depressed or sad, turn on some worship or light instrumental music.

Another thing you can do that may help with depression and suicidal thoughts is confessing the word of God over yourself. And even reading the word of God out loud over yourself. The word of God is the sword of the Spirit, and it is the main way we war in the Spirit. When you have those negative thoughts come up again, speak scripture that relates to the mind and mental health. It will help you to keep a calm and well-balanced mind. The word of God will help us to fight off temptations. It will help us to stay rooted and grounded. The word of God is our main defense against the tactics of the enemy. It is how we wage war in the spirit.

Hebrews 4:12 says, “For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.”

Another thing that can help alleviate depression and suicidal thoughts is getting into the presence of God. Just sitting still in his presence gives you peace and joy that this world cannot give. It is a peace and joy that only comes from spending time with the Holy Spirit. Psalm 16:11 says, "Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore."

In addition, what helps with depression is getting around other like-minded believers. You want to surround yourself with people of like-minded faith. People are going to encourage you, build you up, pray for you, and hold you accountable for your sins. When we are around other believers, it enlightens our souls and refreshes us in the Lord. When you are going through depression or suicidal thoughts, you can have another believer pray for you and with you. Proverbs 27:17 says, "Iron sharpeneth iron; so a man sharpeneth the countenance of his friend."

Another thing you can do to help with depression and suicidal thoughts is working on your kingdom assignments or fulfilling your purpose. Find out what

you are good at and what God has gifted you. Then, use those gifts to glorify him. Serve others with the gifts and talents that God has given you. Be a blessing to others. Be a light and encouragement to the body of Christ. That is what we are all called to do on this earth. We are created for more than just a nine-to-five job. God has a plan and purpose for our lives. 1 Peter 4:10 says, "As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God."

Lastly, I want to talk about physical health. What else that can help with depression and negative thoughts is eating healthy, exercising, and getting proper rest. You would be surprised to see what just doing the basic things can improve your health in the long run. Also, what can help is exercising daily, even if it is just for thirty minutes a day. Eat healthy meals such as fruits and vegetables. Get at least seven to eight hours of sleep at night. Take vitamins to help nourish your body. These things can help with depression and suicidal thoughts. 1 Timothy 4:8 says, "For bodily exercise profiteth little: but godliness is profitable unto all things,

having promise of the life that now is, and of that which is to come.”

If you need to get help right away because you feel suicidal here is the number to call. The suicide prevention hotline is 988. Jesus Christ loves you so much, and he has a perfect plan and purpose for your life. You are not alone on this earth. God is always with you. He is just one prayer away. Talk to him today. He cares so much for you and does not want you to die and go to hell for eternity. He wants you saved and to have eternal life. But we need to keep enduring and preserving until the end to have life. Remember, suicide is murder, and it is a sin. You cannot repent when you die; it will be too late. Now is your chance and opportunity to give your life to Jesus Christ.

This prayer does not save you, but it is to receive Christ as your Lord and Savior. Pray this prayer: Jesus, I ask you to come into my heart and life. I ask you to forgive me for all my sins. I believe you died on the cross, were buried, and rose again on the third day. I repent of my sins. I thank you for saving me in Jesus Christ's mighty name, amen.

