

Hope for the Suicidal Mind

1. **Hope is God-centered.** “And now, Lord, for what do I wait? My hope is in You” (Psalm 39:7). Ultimately, hope is not found in anything, or anyone, outside of God.
2. **Hope is connected to Jesus Christ.** “Paul, an apostle of Christ Jesus according to the commandment of God our Savior, and of Christ Jesus, who is our hope” (1 Timothy 1:1). “Hope in God” is not possible unless we have been reconciled to Him through His Son, the one and only Mediator between God and sinners (1 Timothy 2:5). In Christ, we have “a better hope” (Hebrews 7:19).
3. **Hope is the work of the Holy Spirit.** “Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit” (Romans 15:13).
4. **Hope is rooted in the resurrection.** “If we have hoped in Christ in this life only, we are of all men most to be pitied. But now Christ has been raised from the dead, the first fruits of those who are asleep” (1 Corinthians 15:19-20). Through Christ we are “believers in God, who raised Him from the dead and gave Him glory, so that [our] faith and hope are in God” (1 Peter 1:21).
5. **Hope is not dependent upon hopeful circumstances.** “For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us” (Romans 8:18).
6. **Hope is focused on God’s promises.** As believers, we live “in the hope of eternal life, which God, who cannot lie, promised long ages ago” (Titus 1:2).
7. **Hope is dependent upon God’s goodness and mercy.** “Behold, the eye of the LORD is on those who fear Him, on those who hope for His lovingkindness, to deliver their soul from death and to keep them alive in famine” (Psalm 33:18-19). Biblical hope never grows well in the garden of entitlement.
8. **Hope grows in the mind that intentionally chooses to remember who God is.** “This I recall to my mind, therefore I have hope. The LORD’S loving kindness indeed never cease, for His compassions never fail. They are new every morning; great is Your faithfulness” (Lamentations 3:21-23).
9. **Hope is found in the encouragement of the Scriptures.** “For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope” (Romans 15:4). “My soul longs for your salvation; I hope in your word” (Psalm 119:81).
10. **Hope is found in the saving gospel.** “...because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel” (Colossians 1:5).
11. **Hope is laid hold of by faith.** “For through the Spirit, by faith, we ourselves eagerly wait for the hope of righteousness” (Galatians 5:5; cf. Romans 5:2).
12. **Hope grows out of Christ-like character, which can only be produced in the fires of suffering; therefore, a believer should not seek escape from suffering.** “More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope” (Romans 5:3-4).