

If you are having suicidal thoughts, please call:
800-273-8255 (Nat'l Suicide Prevention Lifeline) or text 741741 (Crisis Text Line)

SURVIVING Suicidal Pain

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Douglas Bloch

Inspiring Words To Give You Hope

When I was in my suicidal state, I was constantly searching for ways to encourage myself to keep on living. One thing that helped was to take a number of inspirational quotations, poems, and prayers that I had collected over the years and place them in strategic locations in my home, office, and on my phone.

Reading these words of hope on a daily basis gave me the "soul strength" to persevere and not give up. Meditating on these messages of hope also countered the pessimism of my suicidal thinking, which was telling me that there was no way out.

I hope that you also find these quotations helpful in your own recovery journey.

Believe in yourself and all that you are.

Know that there is something inside you that is greater than any obstacle.

Christian D. Larson

"God is our refuge and strength, a very present help in trouble. Therefore will we not fear, though the earth be removed, and the mountains be carried to the midst of the sea.

Psalm 46:1-2

*God, divine Love, is eternally sustaining His child, and will 'bind the power of pain'
as surely as the summer sun will melt the stubborn frost.*

John Randall Dunn

*"Remember, no human condition is ever permanent;
then you will not be overjoyed in good fortune nor too sorrowful in misfortune."*

Socrates

*Let nothing disturb thee, nothing affright thee. All things are passing, God never changes. Patient
endurance attaineth to all things. Who God possesses, in nothing is wanting. Alone God suffices.*

St. Theresa of Avila

*The marvellous richness of human experience would lose something of rewarding joy if there were no
limitations to overcome. The hilltop hour would not be half so wonderful
if there were no dark valleys to traverse.*

Helen Keller

In the depth of winter, I finally learned that there was within me an invincible summer.

Albert Camus

Our greatest glory is not in never falling, but in rising every time we fall.

Oliver Goldsmith

Though he fall, he shall not be utterly cast down, for the Lord upholds him with His hand.

Psalm 37:24

The depth of darkness to which you can descend and still live

is an exact measure of the height that you can aspire to reach.

Laurens van der Post

*Though I walk through the shadow of the valley of death, I will fear no evil; for thou art with me;
thy rod and thy staff they comfort me.*

Psalm 23

Although the world is full of suffering, it is also full of the overcoming of it.

Helen Keller

*I will turn their mourning into joy, and will comfort them,
and will make them rejoice from their sorrow.*

Jeremiah 31:13

Enlightenment begins on the other side of despair.

Jean Paul Sartre

Sometimes I get discouraged and feel my work's in vain; But then the Holy Spirit revives my soul again.

Martin Luther King, Jr.

*He will bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a
garment of praise instead of a spirit of despair.*

Isaiah 61:1-3

Every adversity contains within it the seed of an equivalent or greater good.

The Princes of Serendip

*The Lord is my light and my salvation; whom shall I fear?
The Lord is the strength of my life; of whom shall I be afraid?*

Psalm 27:1-2

*But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles.
They shall run and not be weary; and they shall walk and not faint.*

Isaiah 40:31

*I see the world gradually being turned into a wilderness. I can feel the suffering of millions and yet, if I
look up to the heavens, I think it will all come right, that this cruelty too will end,
and that peace and tranquility will return again.*

Anne Frank

*The Light of God surrounds me.
The Love of God enfolds me.
The Power of God protects me.
The Presence of God watches over me.
Wherever I am, God is.
And all is well.*

The Prayer of Protection

Tough times never last but tough people do.

Robert Schuller

Just for today I will be unafraid.

Alanon

Every storm runs out of rain.

Maya Angelou

Don't give up five minutes before the miracle.

Alcoholics Anonymous

Weeping may endure for a night, But joy comes in the morning

Psalm 30:5

Be patient where you sit in the dark... Dawn is coming.

Rumi

"The will of God will never take you where the grace of God will not protect you.

Alcoholics Anonymous

In some ways suffering ceases to be suffering at the moment it finds a meaning.

Victor Frankl

Work for peace

And I say again, never give up

No matter what is going on around you

Never give up.

Dalai Lama XIV

*Rescue may come at any time, but not necessarily when you expect it;
and that even if you give up hope, you must never give up trying.*

Dougal Robertson

*Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's
attitude in any given set of circumstances, to choose one's own way.*

Viktor Frankl, *Man's Search for Meaning*

*Fear not, I am with thee; oh be not dismayed
For I am thy God and will still give thee aid.
I'll strengthen thee, help thee, and cause thee to stand
Upheld by My righteous, omnipotent hand.
When through fiery trials thy pathway shall lie
My grace all sufficient shall be thy supply.
The flame shall not hurt thee; I only design
Thy dross to consume and thy gold to refine.*

John Rippon

from the hymn "How Firm a Foundation"

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