

A Prayer to Lead You Out of Desperation and Into Hope

Kathy emailed me to beg for permission to commit suicide. She laid out her many troubles and then said, "I can't catch a break. The battle never stops, and I don't want to live anymore. Don't you think it would be OK if I took my own life?"

My heart went out to her, but despite her list of desperate problems, I believed there was hope. As I told her, "I hear your pain and discouragement. I know how much you are hurting. But I believe there is a way that you can find freedom, hope and life instead of death through suicide. That way is Jesus. He is the path that will get you through your difficulties. He will walk with you through your troubles and turn them into victories. "

Kathy took my words to heart and step by step, she learned how to walk with Jesus through her storm.

Today, my friend is no longer suicidal. In the process of trusting Jesus, she's learned how to count her blessings. Recently she wrote to say, "Thank you for believing in me and teaching me how to pray during my battle with suicide. I am glad to be alive."

If you are struggling with thoughts of suicide, please know that God is for you. He is holding his loving arms out to you and is ready to walk with you through your storm.

To reach out to him, try praying a simple prayer like:

Jesus, thank You for taking the blame and punishment for my mistakes. Forgive me for my sins. I give You me. I give You my burdens, my troubles, my despair and worries. These are now Your problems because I choose to rest in You. I renounce

death and choose life, life through and with You.

A prayer like this can change everything. It will take you to peace, life, freedom and to Christ.

To learn more about faith in Christ, see . Also, please share this post on your social media. It may save the life of someone you love. {eo}

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