

Chapter Five

Suicide Thought # 5: Life is too hard and suicide is my only escape!

What Course of Action Do I Take in Times of Storm?

Many times we pray and seek God only in times of trouble.

I say it boldly because I have discovered it to be true in my own life. The fact is that, even after I made a commitment to walk in an intimate relationship with Christ, I did not prioritize prayer as a necessity. Instead I would fall out of bed on my knees and would pray in the morning for maybe two to three minutes, and before I knew it I was only on my knees praying for maybe two minutes at night (if that long), trying to toss up a quick “thank you, God, for the day” prayer.

Soon the Holy Spirit revealed to me that out of a twenty-four-hour day, I spent at the most only five minutes a day communicating with my God. Ouch! I tried to justify why, with excuses: I was too busy doing “stuff,” wearing too many hats, having a hard job, being a busy mom, working in the church—the list of justifications simply went on and on! But when I was done trying to explain, the Holy Spirit convicted me with the fact

that I simply was not prioritizing my relationship with God! Wow, absolutely everything else had become an idol, displacing Him from the throne, until I needed Him to step in and rescue me!

This was the truth. I was not consulting God's opinion when making the decisions I was faced with daily. Still, as soon as things looked negative, I had the nerve to send up a "911 prayer." How selfish of me!

My response? Repentance was the only answer. This meant turning away from that sin. That's right: I needed to shed the mask, to stop pretending. For me, I knew that this had to change!

To put it plainly, times of trouble cannot be the only times when we seek His face.

So if you see yourself in this picture, realize that, yes, God is there for us when we need Him to rush in and rescue us. During those times we can be just like King David when he cried out to God in [HYPERLINK "http://bibleresources.bible.com/passagesearchresults.php?passage1=Psalm+109:26&version=9"](http://bibleresources.bible.com/passagesearchresults.php?passage1=Psalm+109:26&version=9) Psalm 109:26: "Help me, O LORD my God: O save me according to thy mercy." We have to learn that in order to fully allow God to restore us, we first have to acknowledge and admit our sins to ourselves, then repent (turning to Him with a humble spirit), ask Him for forgiveness, and allow Him to reshape and rebuild us from there. This all occurs in prayer!

Personally, to train myself to pray unto God for His guidance in my life, I started with what is known as *scheduled daily quiet time*. (This is a method of training ourselves to set aside

uninterrupted time with God until it becomes second nature.)