

Contents

Introduction

- A Quest for Truth
- Preparation for Deliberate Living
- Tossing the Cookie-Cutter Image
- What's the Significance of Reading this Book?
- Escaping the Shadows from Your Past

Chapter 1

I wish that I was dead and that I had never been born!

- Why this Void?
- Am I a Product of Random Chance? If Not, Who Created Me?
 - Truth, the authority of Scripture

Chapter 2

No one truly cares about me!

- Who Is God?
- Where Is This Pain Coming From?
- What Are Sin and Free Will?
- Who Is Jesus Christ?
- Can Jesus Save Me?
- Offer of Salvation!

Chapter 3

I feel so all alone!

- Who Is the Holy Spirit?
- Who Am I?
- Whose Am I?
- Why Was I Created?

Chapter 4

Ending my life will stop all this hurt, pain, embarrassment, and shame!

- What Am I Made Of?
- So How Do I Endure?
- Will This Pain Last Forever?
- Am I Built for Battle?

Chapter 5

Life is too hard, and suicide is my only escape!

- What Course of Action Do I Take in Times of Storm?
 - Most disturbances in our lives form with little or no warning.
 - Storms can start off small and can change drastically overnight.
 - Many times we only pray and seek God in times of trouble.
- Where Can I Find Shelter from the Storm?
- What Foundation Is My New Home Built Upon?

Chapter 6

I will have the final say in the matter!

- It's Not Over until God Says It Is Over!
- Faith and Worry Cannot Room Together!

Chapter 7

A New Look at Life!

- Renewing Your Mind!
- Letting Go of the Junk and Loving Who You Are!
 - Burying prior bad decisions
 - Overcoming a negative self-image
 - Releasing preconceived images
- Now Keep It in Check! Stop Pretending to Be So Heavenly Minded that You Are No Earthly Good!
- Author's Testimony—From Suicide unto Salvation!

Chapter 8

- Author's Closing Remarks
- Author's Closing Prayer
- Warning Signs for Suicide Prevention
- Resources for Assistance
- Recommended Readings
- About the Author