



SUICIDE AND PREVENTION

PRAYER GUIDE FOR 2nd to 8th October 2017

Every year on September 11, the world marks World Suicide Prevention Day. The day was first recognized in 2003, as an initiative of the International Association for Suicide Prevention and endorsed by the World Health Organization

Most common methods of suicide globally: **1) Ingestion of pesticide:** It is estimated that around 30% of global suicides are due to pesticide self-poisoning. **2) Hanging:** **3) Use of firearms**

78% of global suicides occur in low-and middle-income countries, 12million attempt suicide worldwide and hundreds of thousands of people think of suicide. 800,000 people commit suicide every year, which is one person taking their life every 40 seconds. Suicide is the second leading cause of death among 15-29 year olds. 3,000 people commit suicide daily.

In Kenya 16% of the country's population (7.2 million people) have attempted suicide at least once in their lifetime. (DN 19/9/2017)

There are many causes of suicide in Kenya and the rest of the world. People need Jesus to address their issues. The devil came to kill steal and destroy people's lives.

Report from World Health Organization & The Ministry of Health

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty" John 6:35

- Pray against this serious disease that is never taken seriously until it is out of hand. Many people live in denial. Pray that we shall be willing to encourage people to seek help in medicine and counselling.
- Pray that many counsellors will be trained in the Christian circles and that we shall teach in our churches and community that depression is disease that can be addressed and cured.
- Pray that those with professional knowledge like doctors and counsellors will be available to teach and create awareness among the populations.
- Pray that your church will be engaged and share the good news of Jesus who alone can hold people together.

Tuesday 3rd October 2017 Evil practices like Homosexuality

Romans 1:26-27 “Because of this, God has given them over to shameful passions. Even the women pervert the natural use their sex by unnatural acts. In the same way men give up natural sexual relations with women and burn with passion for each other. Men do shameful things with each other, and as a result they bring upon themselves the punishment they deserve for their wrong doing”

The above practices can lead one to commit suicide

- The thirst and hunger for evil lead people to frustration in life. Many people have sought help where it cannot be found. Pray that people will seek help from God.
- God condemned this practice from the early world. Today it has been adopted and legitimized even in law. The church is struggling even when the scriptures are clear. Pray that the church will stand for the truth.
- The youth are very vulnerable as they seek identity. Many have been introduced to this practice early in life because no one is there to teach them true Godly values. Pray for the protection of the youth in Kenya.
- The church has sat on the fence and condoned sin trying to please everyone. The truth taught in the word of god never changes. Pray that the church will stand with the truth however uncomfortable or unpopular.
- The media has opened a free way for accessing such knowledge. Whether through the internet or social media, even in the main stream media these practices are advocated. Pray that we shall teach honor and respect to our bodies as the temple of the Holy Spirit

Wednesday 4th October 2017 Family relationships

There has been many cases of people committing suicide because of infidelity of one’s spouse or even a father sexually abusing the daughter. The daughter may feel hopeless and commits suicide or the father when found out may end his life because of shame.

“Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral” Heb. 13:4

- Pray for the honor of the marriage institution. Challenges within the marriages have led to sin in different manner, leading to frustration in life. Pray that God will uphold the marriage institution.
- We need the love of the Father. God is the only one who can provide genuine and authentic love that can bring joy in a family. Pray that we shall teach and practice authentic love.
- The scriptures speak very strongly against the sexual sin. All other sins are committed outside of the body but when one is involved in the sexual sin they sin against their own body. Pray that we shall be careful and alert of the influences around us that lead to sexual sin and especially in marriages.

- In family relationships property inheritance is a big contributor to fights that may eventually lead to suicide. Pray for a change in the way Kenyans view property and people will value life above property.

Thursday 5th October 2017 Radicalization and devil worship

When parents discover that their children have been radicalized, or even initiated into devil worship, their reaction sometimes causes children to end their lives. Devil worship leads to suicide in many cases.

“Folly is bound up in the heart of a child, but the rod of discipline will drive it far away” Prov. 22:15

- The scriptures tell us to teach our children when they are young and they will not depart from the ways of the Lord. Pray that parents will find time to spend with their children so that they do not end up in regret.
- Pray, teach and practice the word of God daily for yourself and for your family. Pray that this will be an emphasis of every home.
- The responsibility of child upbringing rests with a parent. Although we are privileged to have a lot of help in our community, pray that we shall not however abdicate our responsibility.
- The youth get radicalized as they look for the truth. The truth can only be found in the word of God. We need to know in order to teach it. Pray for a proper discipleship program in our churches.
- Pray that schools and other institutions will have properly trained and equipped teachers who love God and will educate students on how to avoid radicalization and devil worship.
- Let us pray against the love of money which is the cause of all evil.

Friday 6th October 2017 Drug and alcohol addictions

It has been said that most children start taking alcohol from their homes. This progresses to school where drugs are introduced. Addiction leads to hopelessness then to suicidal tendencies

“Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap” Luke 21:34

- Let us pray for homes where alcohol is introduced to minors and sometimes encouraged at an early age. What the parents in these homes do not realize is the effect of alcohol and the risk of alcoholism in the future.
- Let us pray for children who are easily influenced by their peers who have learnt these habits elsewhere. Pray for strong school rules and awareness of the dangers of alcohol and drugs.
- Pray that the teachers of our children will be good role models. Some of the teachers who spend most of the day with children are struggling with alcohol and drugs. and Pray for good law enforcement including vigilance around institutions of learning to curb peddlers who double as providers of cakes and confectionaries around schools.
- Pray that the church and the county governments will take on this issue which has become a real problem especially among the youth,

Saturday 7th October 2017 Loss of jobs/property/social status

The political situation in the country has led to companies closing up or scaling down and people losing jobs. When a man loses his source of income, he loses his social status and may lose hope. This may lead to suicide or suicide attempts.

“Do not be anxious about anything, but in every situation, by prayer and petition with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your heart and your minds in Christ Jesus “ Phil. 4:5-7

- Pray that people going through these challenges will turn to God who alone can sustain and give hope
- Pray for support systems especially for the men and other bread winners so they don't end up committing suicide
- Pray for the political and economic stability in our country. Pray that we shall not give up but rather encourage one another in the Lord and know that it shall be well soon.
- Pray for businesses that they will hold-on and grow, we have examples of Uchumi and Nakumatt Supermarkets whose financial woes have affected traders, farmers and manufacturers negatively. Pray for a viable solution that will find softer landing for employees and suppliers.
- Pray for a peaceful environment that will create wealth through local and international investments.
- Pray that the economy of the country will improve leading to employment and many engaging in job creation
- Pray for God's favor and blessings over the nation of Kenya

Sunday 8th October 2017 Thanksgiving

Despite the above problems there is hope in Jesus Christ.

1 Thessalonians 5:18 “Be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus.”

- Remember families before the lord and plead mercy and grace despite challenges of life.
- We have a beautiful Country with beautiful people let us thank God for the favor; we are still the leaders in the region.
- Thank God for the Kenya communities. Pray for peaceful co-existence and love for each other
- Thank God and pray for a spiritual revival in our country.
- Thank the lord for Christian Prayer network and all prayer groups in the country that they will keep the fire of prayer burning
- Let us thank God for all answered prayers in this country.

Psalms 118:1 “Give thanks to the Lord, because He is good, and His love is eternal.