

## “I Can’t Do This All By Myself!”

(Fourth in a series)

by Heath Rogers

Suicide is a very real tragedy that has affected this county over the past year. In this series of articles, we are looking at what the Bible has to say in response to some common causes for suicide.

Moses is remembered as a great man of faith, but there was one occasion in which he asked God for death. Despite the fact that Moses was leading the children of Israel out of Egyptian bondage, he was often criticized quite heavily by the very people who were benefiting from his efforts. It can be frustrating to be the object of constant criticism, and on one occasion, Moses’ frustration got the best of him.

*“So Moses said to the LORD, ‘Why have You afflicted Your servant? And why have I not found favor in Your sight, that You have laid the burden of all these people on me? Did I conceive all these people? Did I beget them, that You should say to me, “Carry them in your bosom, as a guardian carries a nursing child,” to the land which You swore to their fathers? Where am I to get meat to give to all these people? For they weep all over me, saying, “Give us meat, that we may eat.” I am not able to bear all these people alone, because the burden is too heavy for me. If You treat me like this, please kill me here and now - if I have found favor in Your sight - and do not let me see my wretchedness!’”*  
(Num. 11:11-15).

Moses said, *“If You treat me like this, please kill me here and now.”* Moses wanted to know if this was the way that things were going to be from now on, because if it was, Moses wanted out! People are capable of bearing incredible ordeals as long as they have hope, but once their hope is gone – all is gone. If God intended for Moses to have to bear this burden for the rest of his life, then Moses felt that he had no hope and he wanted out. He asked that God kill him immediately so that he would not have to endure another minute of what had become a miserable experience.

It is a tragedy when people lose hope. The reality is that with God, there is **always** hope. Regardless of what you are facing, I want you to know that **God cares about you** and that, with His help, **you can** make it through your situation.

Many people have stood where Moses stood. They have done all that they know to do, and despite their best efforts, they feel like they are in over their heads and are incapable of pleasing anyone. They feel that the burdens that have been placed upon them are unfair. It is not uncommon for young people, who are beginning to experience the responsibilities of adulthood, to feel overwhelmed. Sometimes they tire from trying reach the “unrealistic” expectations that others have placed upon them. The weight of these pressures can become more than one thinks he can handle, and he seeks a way of escape.

God heard Moses’ plea. He told Moses to gather 70 men of the elders of the people and said that *“they shall bear the burden of the people with you, that you may not bear it yourself alone”* (v. 17). What great comfort it must have been for Moses to learn that he did not have to do things all by himself. Did you know that the same is true for you? Every person needs to grow into the ability to bear his own load (Gal. 6:5), but there are times when we all need help from others (v. 2). There are people who would be more than willing to help you through the hard times that you are facing.

Sometimes a suicide is a cry for help, but unfortunately it is a cry that no one can answer because suicide removes the opportunity for anyone to show love and concern to those who are hurting. Give your friends and loved ones an opportunity to help you. Do yourself, and them, a favor and **choose life** (Deut. 30:19).