

## Seeking a Way of Escape

(Fifth in a series)

by Heath Rogers

In this series of articles, we have been looking at what the Bible says in regard to some of the reasons why people choose to take their own lives. Unfortunately, some people choose to end their lives because they can not see any other way out of their pain and sorrow.

King David endured many struggles in his life. The Psalms record some of his thoughts as he endured these trials. In Psalm 55, David wrote, *“My heart is severely pained within me, and the terrors of death have fallen upon me. Fearfulness and trembling have come upon me, and horror has overwhelmed me”* (vv. 4-5).

Please listen to what David is saying about the way he feels. His heart is severely pained within him. He feels the terrors of death. He feels as if he is trapped under fear, and horror has overwhelmed him. He does not see a way out. Have you ever felt like this? I suspect that many of us have been afraid and have felt overwhelmed at different times in our lives.

Notice what David’s initial reaction was to this situation: *“So I said, ‘Oh, that I had wings like a dove! I would fly away and be at rest. Indeed, I would wander far off, and remain in the wilderness’”* (vv. 6-7). David wanted to escape. He wanted to fly far away from his troubles and be at rest.

Many people choose this option today. Some seek a momentary escape from the sorrows of life through drugs and alcohol. For others, the pain becomes so overwhelming that they lose all sight of hope and seek to escape life altogether through suicide.

While “running away” may appear to be an attractive option, it is not an effective way of handling life’s problems. Even David realized this, for later in the same Psalm he wrote, *“Cast your burden on the LORD, and He shall sustain you; He shall never permit the righteous to be moved”* (Psalm 55:22).

The Bible **acknowledges** the pains and sorrows of life, but it also reminds us that we have **hope**. In another Psalm, David wrote, *“For in You, O LORD, I hope; You will hear, O Lord my God”* (Ps. 38:15). **Whatever** it is that is troubling us, **God will take it seriously**. He knows, He cares, He will listen, and He has promised to see us through it if we will turn to Him for help. **As long as we have God, we have hope!**

Some may feel that since they are not Christians, or are not currently in the “best kind of relationship” with the Lord, that such an option is not available for them. I assure you that God is always ready to help you. God is not far from each one of us (Acts 17:27). God does not ask that you prove yourself to Him, but that you give yourself to Him.

In a moment of hopeless desperation, the Philippian jailer had his sword drawn and was ready to kill himself. Shortly thereafter he was rejoicing in his salvation (Acts 16:27, 33). The gospel will give you eternal life (Rom. 1:16), and it will also give you a reason to live. You need only to come to God in faith and obedience, and He will help you. **Choose life** (Deut. 30:19).