

DO
YOURSELF

NO
HARM

KEITH
MOORE



Do Yourself No Harm

BY KEITH MOORE

DO YOURSELF NO HARM

© 2019 Keith Moore
Faith Life Publishing

ISBN: 978-1-940403-02-1

[BK805F](#)

Moore Life Ministries
6009 Business Blvd.
Sarasota, FL 34240
941-388-6961
www.moorelife.org

Unless otherwise indicated, all Scripture quotations in this book are from the King James Version of the Bible

Do Yourself No Harm

I'm very excited about this book. I believe a number of lives will be lengthened, spared, and changed because of this word, and that people will get the strength and victory they need to overcome. First Corinthians 15:54 says, "So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory."

Say this out loud: **Death is swallowed up in victory.**

Earlier in 1 Corinthians 15, Paul said that death was the last enemy that should be put under foot. (vv. 25-26) ***Death is not a friend; it is an enemy.*** We were not made to die. Death has come into the world because of sin. "The wages of sin is death." (Romans 6:23) Death has passed upon all men—from Adam on—because all have sinned. But hallelujah! Jesus is the answer to sin, and He is the Victor over sin. In this chapter of 1 Corinthians, Paul is talking about Jesus being raised from the dead, and he tells us that *we* will be raised from the dead. Therefore, death does not have the final victory over us. ***Death is not the end.***

Verse 55 says, "O death, where is thy sting? O grave, where is thy victory?" The Spirit of God has been speaking through Paul about this since verse 1, and by verse 55, you can hear that Paul is excited. He is "sassing" death. You know you have something strong working in you when you're sassing death! You say, "Death, where is your bite? I don't feel you, death. Where is your victory? You don't have any victory! You didn't win anything!"

Oh, friend, when we can stand by a graveside and say this, or when we can look death in the eye and say this, we have victory. Verses 56-57 say, "The sting of death is sin; and the strength of sin is the law. But thanks be to God, which giveth us the victory through our Lord Jesus Christ."

Say this out loud: **Thanks be to God, which gives us the victory through our Lord Jesus Christ.**

This verse has been used when talking about victory over a lot of things, and I believe it is applicable. But specifically speaking, in chapter 15, he is talking about victory over death.

Now look at this truth in Hebrews 2:14. "Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil." Did Jesus do it? Jesus became flesh and blood so He could die in our place and destroy him that had the power of death. What was the result? Verse 15 says, "And deliver them who through fear of death were all their lifetime subject to bondage." He delivered us.

The fear of death makes you subject to bondage your whole life. You are not ready to live until you are no longer afraid to die. If you don't get free from the fear of death, it will cripple you, vex you, and torment you. The problem is that this is happening all over, but people are not recognizing it because it is happening to everyone else around them, too.

Do Yourself No Harm

This is why so many people don't want to be around hospitals or cemeteries or go to funerals. They don't want to talk about sicknesses. They shudder and say, "Whoa! Let's talk about something else." Why? They're scared of dying. There are myriads of phobias, with all of their Greek and Latin names: fear of heights, fear of flying, fear of isolation, and fear of every kind of animal. There's the fear of rabbits. Have you ever seen the list? It's just ridiculous. All of these are rooted in this one fear: the fear of death. People aren't just afraid of flying, they're afraid of crashing and dying. They're not just afraid of heights, they're afraid of falling and dying.

When you are no longer afraid to die, it changes you on the inside. There are people who are afraid to go to sleep because they might die in their sleep. They are afraid to travel and to get out on the road. There are people who have been imprisoned in their own homes, or their diet has become extremely restricted, because they are so afraid.

Let me give you a news flash: there is plenty of junk in the air you are breathing right now to kill you. I don't care how organic or green you go, there's enough stuff in that, too, to kill you. It's only your immune system and the power of God that are keeping it from happening—and they are connected. But if the Lord tarries His coming much longer, you are going to die, and so is everyone you know, and your dog and your cat and your goldfish. But that should not bother you or scare you if you know the Lord and know the truth.

As a child of God, you're supposed to be able to talk like Paul. "Death, where is thy sting?" (1 Corinthians 15:55) Where is your victory, death? You have no victory. Jesus died and whooped you through His death, burial, and resurrection. He says now in Revelation, "I have the keys to death, hell, and the grave." (1:18) If you have the keys, you have the control. And He didn't get it for Himself. He didn't need it for Himself. He got it for us.

Say this out loud: **We have victory over death.**

We are told there are some seven billion or so people alive on the planet right now. Because there are so many people, there are continuous arrivals (people being born) and departures (people dying). This is correct scriptural terminology: The Bible talks about departing, leaving here, and going to be with the Lord.

We are also told that almost every second, two people die somewhere on the planet; so two just died... and two more... two more... two more. Before the day is over, some 155,000 people will have died somewhere on the planet. And yet, when people hear about someone dying, they say, "Oh, it's so awful. It's so terrible."

No, it is the way of all the earth. It should not be so shocking and traumatic, and we should be ready because it's coming. If you believe God and have a long life, guess what: You're going to go to a lot of funerals. If you live a long, long time, you're going to see a lot of people around you die and go. If that just incapacitates you every time it happens, then can you see that you're subject to bondage? It is keeping you bound. But it doesn't have to. When you know the truth, what happens? "The truth will make you free." (John 8:32)

I want to talk about something that is a bit sobering, but it is needful. When you know the truth, it sets you free. There's victory in it. There have been many people who have died and come back. It's interesting to me that you hear people describe the same thing—whether it's a 13-year-old in Africa or an 80-year-old in Montana, with completely different upbringings and backgrounds. When they die, the next thing they know, they're up above their body looking down on it. Some have said at first they didn't even realize it was their body. I heard one person say, "Wow, I didn't realize I looked so old." And Paul said concerning his experience, "Whether in the body or out of the body, I could not tell." (2 Corinthians 12:2-4)

So you may be out of your body for a little while before you realize, *I just died*. And yet, you're not dead. It's not even the end of your body. The Bible says that the Lord is going to come back, the trumpet is going to sound, and your body is going to be raised. He is going to perfect it for you and give it back to you. **But death is not the end.** When godless people talk about death, they say, "You know, it's just blackness and nothingness; you're gone, and that's it, the end, period." It is not the end. The Bible reveals that unbelievers depart and go down, to a place of torment. But Christians depart and go to be with the Lord, which the Bible says is far better than being here. To the believer, it's not loss; it's gain.

I remember one lady who said she was having surgery and died. She didn't realize it, but she had died, and she was above her body looking down on the operating room. Later, she described to the surgeons what they did and what they said—and they were in shock.

They said, "No way," because at one point, they were talking about some things that weren't surgery-related, and she told them what they said. They were shocked. Then she told them about a problem they had had with a piece of the equipment, and they knew for sure that there was no way she could know that.

She was out of her body, and she described what she saw. She said, "You can't describe the colors. You have never seen color this vivid, and you've never heard like you do there." It's as though all the plastic and junk is taken off of you, and you can really see and really hear. You have never felt so wonderful. It's never been so amazing. Person after person after person says that they saw the light—that bright, bright, amazing light that was pure love—and they just knew, *I have to go there...*

It took me a while after listening to this to realize, *Well, of course: God is Light*. He is. If it's so wonderful like that—and I'm convinced it is—then why not just check out now? Just leave this place of tears? I'm talking about suicide. Why not just take your own life and get out of it?

This has happened far too many times with people. Most everyone either knows someone or knows of someone who has been affected by suicide. It has hit them hard and caused numerous vacuums and holes in their life, pain and losses. I want to talk about it. If it's so much better for the child of God to be "out of here," then why not just leave early? Why not just quit? Why not just go? Well, there are several reasons why "not," and very good ones. **I want to give you 3 big reasons why you should not take your own life.**

Do Yourself No Harm

REASON #1

The devil is lying to you about the hopelessness of your situation.

I was disturbed to read that the third leading cause of death for young people between age 15 and 24 is suicide. That doesn't have to be. It's sad. Why does a person take his own life, and what happens when he does?

Again and again, it's connected to despair, depression, hopelessness, and pain. People have come to believe, "It will never be any better. There's no hope, and there's no reason for me to stay." Or, people come to believe, "I'm hurting, and I just want it to stop." They view it as a way of escape. But what happens when you die or if you kill yourself? Is that the end? Is that "lights out"? No. If you kill yourself, you're going to come out of your body, and you're going to get a close-up look at what you just did.

I heard one lady describe it—and it is rare to hear this—but she became despondent and hung herself and died. She said that as soon as she was aware she was out of her body, she regretted it. She deeply regretted doing it. You know, it's different once you get out of the flesh and all the junk that's around you. You see clearly. Thank God one of her friends came in and found her, lifted her up, used life-saving techniques, and she was revived. That's why she is telling her story, obviously; they got her back.

She was so thankful—you could hear it in her voice and see it in her eyes. She has helped numerous people *not* to commit suicide. But why does it happen? Why has it happened so many times? People get in pain, and the devil is a liar. He's mean, and he's cruel.

I remember being 13, and what it's like to experience your first heartbreak. It's awful. You've never experienced anything like that before: you fall in love—at least what you know about falling in love—then somebody doesn't return your affection or feelings, or they decide they found a better deal somewhere else, so they just drop you like last week's trash. It hurts. It's a hurt that you've never experienced before, and at that point of vulnerability, the devil will come and say, "This is an unbearable pain. Nobody has ever hurt like you're hurting." That's a lie. Pretty much everyone has...

The Bible says, "There hath no temptation taken you but such as is common to man." (1 Corinthians 10:13) Everything you're experiencing has been experienced by people all over the world. But the devil is very tricky, and if you'll listen to him, he is trying to convince you, "This pain is an unbearable pain. What you're dealing with is hopeless. Nobody knows, nobody can relate, and there's no point in going on." Sometimes in these moments of weakness and desperation, a person does something they can't take back.

Now what I want you to see in the Word, as we progress, is that if people would just give God some time, they could see miracles. If you have been around a little while like I have been, and if you've made it past age 10, 11, 12, 13, and you've made it through some things, you have a different perspective now. We now know that even though it hurts so bad, it isn't the end of the world. Just give God some time, and, like I say, "Go have an ice cream and take a nap." If you'll just give God some time, you can see miracles.

Say this out loud: **Things can change very quickly.**

I believe that lives will be spared and lengthened, and that these words will find people's hearts. The devil's devices will be revealed, and people will see what's going on—and they won't yield to suicide.

In Acts 16:26, Paul and Silas had been beaten and imprisoned. Even though they weren't physically feeling wonderful, the Bible says they prayed and sang praises to God, in the dark, smelly, dungeon. If things are bad, do you have to get depressed and get down? You can be strong and praise God in the midst of the worst stuff, can't you? They were doing it.

As they were praising God, it says, "Suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and every one's bands were loosed." Now that's a very specific type of earthquake. Verse 27 says, "And the keeper of the prison awaking out of his sleep, and seeing the prison doors are open, he drew out his sword, and would have killed himself, supposing that the prisoners had been fled." Was he right? No. I wonder how many other people have made assumptions and killed themselves, when it wasn't even true.

Did you know that Job was suicidal at one point—if you want to call it that? In the third chapter of Job, he kept saying, "Why? Why did this happen? Why didn't this happen? Why?" He kept saying, "Why? Why?"

You have to watch out for that. When you start thinking it and verbalizing it, that's an indicator that you're listening to the devil, and you're going down a wrong, dark path. If you keep talking about what you don't have, and what hasn't happened, and what you can't do, and what they didn't do, that's negative, and there's death in it. You get to the point where you're not thankful for all the things you do have and for everything that God has done for you and is doing for you. You get to the place where you can't see anything but death and dark and problems, and that's when the enemy will suggest, "That's the only way out. It's too bad, and it will never be any better. There will never be any hope. You can never get back to as good as what it used to be." What did we say? *Give God some time.* Give Him some time to help you. Don't take it out of His hands.

The keeper of the prison was ready to kill himself. This was the equivalent to taking a pistol and putting it to your head. They didn't have pistols; they had swords. So he has this sword up against his chest, or his body, and he is about to gut himself. He's about to kill himself—to cut his throat or whatever with the blade—and in verse 28, it says, "Paul cried with a loud voice, saying, Do thyself no harm..."

Is there a word in the Bible for those contemplating suicide? Is there a word for those who think it's helpless and hopeless, and nothing can be done, and it's the only way out? The Lord says, "Do yourself no harm." Don't hurt yourself. Did God say, "Don't hurt yourself"? He said it through Paul. He said it by the Holy Spirit and had it recorded in the Word for all generations. Don't hurt yourself. Do you think that would include doing things like cutting yourself, abusing yourself, and doing things that you know are destroying parts of your body?

Do Yourself No Harm

Say this out loud: **Don't hurt yourself.**

He said, "Do thyself no harm: for we are all here." He was about to shove his sword inside his body when he heard, "We're all here," and he thinks, *What?* It was almost too late.

The devil is a liar. He'll tell people, "Nobody cares about you." That is a lie. "You're not doing anybody any good; you're just causing everybody problems. Everyone would be better off without you." Lies. "You're just a big mess up. You've never done anything right your whole life." Lies.

Let's analyze this statement: "You've never done anything right your whole life." Maybe you sweetened the tea just right one time. Maybe you took the trash out exactly right. There is no way that you "never did anything right." You trimmed your eyebrows perfectly. There has to be *something* you did right in your life.

Why am I saying that? Because the devil is such a liar, and when you get in this negative *I've never done anything but mess up* thinking, it's a lie. You know it's a lie, so why are you repeating a lie? "Nobody cares about me." You know that's not true. They might not be happy with all of the things you've been doing, but it doesn't mean they don't love you.

Here's the truth: You are a one-of-a-kind masterpiece, made in the image and likeness of God. The next time the devil says, "You're not worth anything," ask him, "Then how come Jesus paid so much to get me?" God is no fool. He doesn't pay a billion dollars for a twenty-five cent item. He wouldn't do it. He paid the biggest price that's ever been paid for anything in the universe for you and me. Don't you believe the devil's lies. Don't you sit or lay in the bed and cry, feeling sorry for yourself. "Nobody cares. Nothing's ever right, and I don't have a future. Nothing's ever going to happen for me." How do you know? You've only been alive for a very short time.

So how much do you know about anything? Have some faith in your good God, and give Him some time to show you something. Give Him some time to help you, get you out, and show you what He can do.

Look at the prison guard's situation. The guy has the sword up against his chest or his throat, whatever it was, and he's just about to ram it, thinking, *There's no hope. They'll execute me in the morning anyway, so there's no reason for me to stay around here. Everybody's gone. I'm dead anyway. I'm a dead man.* Isn't that how the devil talks? "You're a dead man anyway, dead to everybody." No. When you hear that negative talk, it's the devil. Don't believe it, don't listen to it, and don't yield to it.

What did Paul do? He said, "Don't do yourself any harm; we're all here." The guard replied, "You are?" and threw the sword down. "You're here?" It was pitch dark in there. Verses 29-30 say, "Then he called for a light, and sprang in, and came trembling, and fell down before Paul and Silas, and brought them out, and said, Sirs, what must I do to be saved?" What if he had just been two seconds quicker on plunging that sword into his chest?

Verse 31 continues, “They said, believe on the Lord Jesus Christ, and thou shalt be saved, and thy house.” What if he had plunged the sword? What about his family? “They spake unto him the word of the Lord, and to all that were in his house. And he took them the same hour of the night, and washed their stripes; and was baptized, he and all his, straightway. And when he had brought them into his house, he set meat before them, and rejoiced, believing in God with all his house.” (Acts 16:31-34)

A couple of hours earlier, he essentially had the pistol to his head with the hammer cocked. Just a few hours later, he was sitting there laughing with the man of God, with all of his family saved and loving God and free. Look at what he would have missed if he had taken his life in that moment of desperation, if he had believed lies that the prisoners were all gone, that there was no hope, and that he would be executed anyway.

Can you see what’s going on? The devil is so subtle and so deceptive. He is such a liar. What do we have to do in these situations when it looks hopeless, and the pain seems unbearable? **Give God some time.**

Psalm 91:14 in the God’s Word translation says, “Because you love me, I will rescue you.” Do you believe that you can count on the Lord when He said, “I will rescue you”? He said, “I will protect you because you know my name. When you call to me, I will answer you. I will be with you when you are in trouble. I will save you and honor you. I will satisfy you with a long life. I will show you how I will save you.” (verses 14-16) He’s not going to leave us and forsake us. If you’ll just give Him some time, do you believe He will do this? “I’ll be with you. I’ll rescue you. I’ll help you. I’ll protect you. Let me show you how I can save you. Give Me an opportunity. Give Me some time. Let me show you.” Glory to God.

Why shouldn’t you just check out and take your own life? Because it’s never how it seems and feels. It’s never as bad as the devil makes it out to be. He is lying to you, trying to deceive you in order to destroy you. But it’s not the end. It’s not hopeless.

Here’s something else you need to know. In Acts 20:22-23, Paul said by the Spirit, “And now, behold, I go bound in the spirit to Jerusalem, not knowing the things that shall befall me there: Save that the Holy Spirit witnesseth in every city, saying that bonds and afflictions abide me.”

Did Paul have some challenges in his life? Did he have what you might call some “low points,” when he was really tried and tested? Yes, Paul had his moments—moments when he despaired of life—but he made it through, and we’re going to see how he did. He said on this occasion, “I know bonds and afflictions are waiting on me there.” The Spirit of God had shown him. But did Paul say, “*Well, my free life is behind me, my best days are behind me, and all I have to look forward to is beatings and jail. To depart and be with Christ is far better than being here.*” No. What did Paul say? **“But none of these things move me.”** You ought to put that phrase in your arsenal. When you feel your lowest and your most stressed, what do you say? “None of these things move me.”

The devil is trying to move you to despondency, despair, hopelessness, and helplessness, and to make you think you are an utter victim. But he’s wrong. You’re a victor. You’re an overcomer.

Do Yourself No Harm

You're more than a conqueror. You have victory over death itself. In verse 24, Paul says, "None of these things move me, neither count I my life dear unto myself." I'm not desperately clinging on to these few days in this life; this is not all there is. "**So that I might finish my course with joy,**" not a last gasp of desperation. "Finish it with joy" because the joy of the Lord is your strength, "and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God."

REASON #2

We all have a God-ordained course that we are supposed to follow and complete. We're not supposed to stop halfway down the course. We're supposed to find and finish our course.

Say this out loud: **I have a course.**

Sadly, many Christians have just wandered all over the place and done everything under the sun *except* try to find out what they're supposed to be doing. But if you're alive, it's not too late to find your course. There's something you're supposed to be doing. There are things in which you're supposed to be involved. You are supposed to be connected with and helping other people. And you're not supposed to quit until you finish your course.

Now you'll be tempted to quit, but doesn't the Bible talk about running your race with patience and perseverance? It is important. There's a lot of work to be done, and everybody needs to be doing their job. If you leave early, and you don't do your work, guess what? We have to do it. Don't be surprised if you do that, and later on, we show up at your house and say, "Hey, what was the idea leaving early and not getting your work done? We had to do yours and ours too." I'm sure we'll forgive you and get past it, but you may hear from us about it.

Now some people say, "Well, aren't people who commit suicide lost?" I don't know why you'd think so automatically. If you were saved before you committed suicide, why wouldn't you be saved after? If you were lost when you committed suicide, you'd still be lost after.

People have all these ideas about it: "Well, technically, yes, but if you did this, and you were already dead, could you get forgiveness?" That's just men's reasoning and thinking. If you're saved before you did it, you're saved after. And you know, why would killing yourself be that much different from killing somebody else? That's not an unpardonable sin. It's not an unforgiveable sin. It's a sin, and it's wrong, but there's no need to assume that because a person committed suicide, he is automatically going to hell or that he is lost. I see no reason to assume such a thing. If you're saved before, you're saved after.

Like this woman who attempted suicide by hanging described, she wasn't saying she was *lost*. She said that she regretted it immediately. It hit her, and she was sorry. She was so glad she got an opportunity that most people don't get—to come back and get it right.

In 2 Corinthians 1:8, Paul said, "For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that we despaired even of life." Paul was having some moments, wasn't he? He said, "We despaired

of life.” What does that mean? He didn’t want to keep living. He didn’t want to keep going. This is Paul we’re talking about.

I don’t care who you are, how much you think you know, or how much you think you know about God—you can be pressed beyond your limit. You can be pressed to the point where it just seems you can’t handle it—and you actually *can’t*. I know a lot of people think, *Well, I’m strong. I can handle anything*. But the truth is anyone can be maxed out and pushed to the point where they are tempted to despair of life. Anybody. And if you think not, then you’ve just never been pressed that far.

But we need to learn what Paul learned because he didn’t quit. Verse 9 says, “But we had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raiseth the dead.” This is victory over death, isn’t it? The devil will come and say, “You can’t handle this. This is too much for you. You’re not able to overcome it. You’re not able to deal with this.” A lot of times, you need to look up and say, “You know, you’re right. I can’t. I’m not enough, but I’m not alone. I have Somebody with me, and ‘greater is He that’s in me than he that is in the world’.” (1 John 4:4)

There was a time when Paul pressed the Lord about helping him concerning that thing that was oppressing and vexing him, and what did the Lord tell him? “My grace is sufficient for you.” When he got the revelation, he said, “When I’m weak, that’s when I’m strong. When I get to the place where I have no more, that’s when I tap into the Almighty; that’s when something comes up inside me that’s beyond me.” (2 Corinthians 12:9-10)

You’ll notice when people get ready to commit suicide, they keep saying things like, “I can’t. I can’t handle this. I can’t do this. I can’t go on.” No believer should talk like this when the scripture says, “**I can** do all things through Christ who strengthens me.” (Philippians 4:13) Don’t say, “I can’t.” Maybe in yourself you can’t, but through Him, Christ Jesus Who strengthens you, you can.

Paul went on to say in 2 Corinthians 1:9-10, “We had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raiseth the dead: Who delivered us...” This sounds like the 91st Psalm, doesn’t it? Did He deliver Paul? Was He with him? Did He protect him? Did He rescue him, help him, and honor him? “He delivered us from so great a death, and he doth deliver: in whom we trust that he will yet deliver us.” Don’t you like this? He delivered us. He delivers us. And from anything that happens in the future, He *will* deliver us. We’re going to make it. We’re not going to quit, we’re not going to give up, and we’re not going to say, “It’s hopeless. We’re helpless victims.” No, we’re not. When I’m weak, that’s when I’ll be strong. God will come up in me. His Spirit will quicken me. He will help me.

If you despair and pull the trigger or swallow the bottle of pills, then you take it out of God’s hands and don’t give Him any opportunity or time. You have no idea what you missed, or what you might have been able to do to help others in time to come. Friend, your victory is other people’s victory. When you overcome, it affects lives around you. Did you know that? But if you give up and quit, that will affect lives around you, too. You would not want to give up and quit

Do Yourself No Harm

and inspire three other people to commit suicide over the next ten years. They look at you and think, *Well, if they couldn't make it, I can't either, so I might as well check out too.*

You don't want to be that kind of inspiration. You want to be the inspiration of the man or woman who—no matter what—wouldn't quit. You held on to God, and He turned the situation around and showed you how He could save. Then year after year, when people ask you about it, you can stand up and say, "It never gets too bad for God to help you out. He will help you out of anything. I know I felt like it, but He brought me out. I'm so glad I didn't quit, because now I'm enjoying this, and I've been a part of that, and these last ten years we've accomplished this... Now I'm not just going in empty-handed. I have some fruit. I have some rewards in the next life."

I'm not quitting, how about you? I'm going to run my race, and I'm going to finish my course. That's what Paul said in 2 Timothy 4, years after all these ordeals had transpired. Paul had been shipwrecked, beaten, stoned, and betrayed. He saw some things, didn't he? But in 2 Timothy 4:5, he's telling Timothy, the young minister under him, "Watch thou in all things, endure afflictions, do the work of an evangelist, make full proof of thy ministry." Then in verse 6 he says, "I am now ready to be offered, and the time of my departure is at hand." They are boarding right now, and my flight is about to leave. He continues, "I have fought a good fight, **I have finished my course**, I have kept the faith." Glory to God. "Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them that love his appearing." (4:5-8) Would that be us?

Now God is a faith God. "Without faith it is impossible to please Him." (Hebrews 11:6) Is it "faith" if in desperation you quit, give up, don't try anymore, and you succumb? Or when you say, "I'm defeated, it's too late, it's over."? As soon as you get out of the body, guess Who you're going to see. Is He going to be pleased with you that you quit and didn't try? No. What pleases Him? Faith pleases Him.

This is so much better than being cut off in midlife, robbing yourself of the remainder of your years. If you have another 50 or 75 years to go, it will pass by quickly, like telephone poles on the highway when you are going a hundred miles an hour. The next thing you know, you're going to look up, and it's going to be time to go anyway. Why cut it short? These days are precious days that we have. Our time on earth is very precious. Isn't it so much better to stick it out through the pain, the anguish, the desperation, and the temptations to say, "No. I don't care. God has helped me before. He'll help me this time. He'll never leave me, and He'll never forsake me. I'm not going to take my own life. I'm not going to quit. I'm not going to give up. I'm going to give Him time to help me and show me."

And then you make it, and it gets better and better. You get free, and then something good happens. Then something even better than that happens. There are challenges, but you overcome them, too. There are tests, and it hurts, but you don't quit. Then something else good happens, and the next thing you know, you get up one morning and realize, "Glory to God. I'm done. The time of my departure is at hand, and I can honestly say, 'I'm finished. I don't feel like there is more I have to do. I have fought a good fight. I have run a good race. I have finished. I'm about to reach out and hit the ribbon. I'm finishing my race.'"

The next thing you know, you're out of your body, and when you meet Him, He will say, "Well, done; good job. You were faithful in a few things. I'm going to make you ruler over much. You didn't quit; you stayed with Me." (Matthew 25:21) All the pain and anguish of the earth will be like something that happened in three seconds, and you'll never think about it anymore. You'll have eternity to enjoy the fruits of your reward.

I want you to say this to see how it feels:

I have fought a good fight.
I finished my course.
I kept the faith, and I'm ready to go.

Isn't that the way to do it, after you've seen it all and done it all, and you're old? You're so old that the old people call you "old." Then you're out of here.

Why shouldn't you just end it? Why shouldn't you just take your own life? There are lots of reasons why, aren't there? The devil is a liar. It's never as hopeless as it seems to be, if you just give God time. You are on a course that you're supposed to finish. You need to do it. You need to go all the way.

Finally, why should you *not* commit suicide? Why should you *not* take your own life?

REASON #3

You are not your own.

In 1 Corinthians 6:19-20 in the Easy to Read Version, it says, "You should know that your body is a temple for the Holy Spirit that you received from God and that lives in you. You don't own yourselves. God paid a very high price to make you his. So honor God with your body."

Are you going to strangle it? Are you going to blow a hole in its head with a 44-Magnum? Are you going to take a bunch of pills? Are you going to cut its wrists? Whose body is it that you could be destroying? Whose is it? You might say, "Well, it's my body." Is it? Actually, it's been bought and paid for with a very high price, and before you do anything to it, you need to go to Him and tell Him that you're thinking about doing this to His body, and see what He says about it. Do you think He is ever going to give you permission to blow a hole in the head of His body? Or cut its wrists or any such thing? No. He's going to tell you, "No. Don't you dare do that to My body. I bought it. I paid for it. I'll heal it. I'll help it. I'll resurrect it. I'll transform it." But no, you don't have a right to do just anything that crosses your mind with it; it's not yours. It's His.

Don't you think that the phrase when He said, "**Do yourself no harm,**" would also include not cutting yourself, defacing yourself, maiming yourself, or hurting yourself with large quantities of drugs or other kinds of things that you know are damaging and hurting you?

It's not just your body—it's His. Do you believe it? So let's take care of His body and do what He says to do with it. Sanctify it to His service. If it's sanctified to His service, He has an obligation to maintain it. Did you know that? I count on that. I say, "Lord, now this body is in

Do Yourself No Harm

Your service. I'm counting on You to keep it up and keep it working until I run my whole race and finish my course." I say it frequently, "This body will serve me well as long as I need it." It will serve me well. God will keep it that way. You are not your own.

Before you leave this world, there are some vitally important things you need to do. Death is not the end. What we do in this life affects the next life.

First, are you born again? Please do not leave this place unsaved, dying in your sins. You need to know that you are saved and right with God. Second, have you finished your course? Do you know that you've done everything you're supposed to do? And third, realize you are not your own.

SALVATION PRAYER:

Father God, I believe in You.
I believe in your Son Jesus.
That He went to the cross
And paid for all my sins and failures.
That You have raised Him from the dead.
Jesus, I receive You and all You have done for me.
I confess You as Lord of my life.
I am not my own, but I belong to You.
As You help me, I will follow and serve You
All my days.

If you have contemplated suicide or you've attempted suicide, and you see the truth, just repent before the Lord. Nobody else has to hear it. Close your eyes and look up toward the Lord in your heart. Just tell Him, "Lord, I'm sorry. I repent for listening to the devil's lies. I repent for yielding to hopelessness and helplessness. You are greater than all. Nothing is too hard for You."

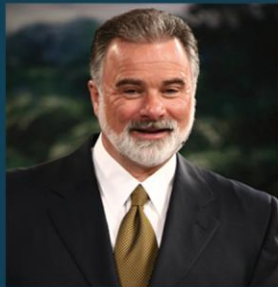
Say this out loud:

**By the grace of God, I will not quit.
By His strength in me, I won't give up.
When my strength is gone, and when I'm not enough, You are with me.
Your grace is sufficient for me.
And when I can't in myself, I can do all things through Christ Who strengthens me.
As You help me, I will fight the good fight.
I will keep the faith.
I will finish my course.
Hallelujah.**

DO YOURSELF NO HARM

Is there a word in the Bible for you when you feel helpless and hopeless—that nothing can be done, and suicide is the only way out? The Lord says, “Do yourself no harm.”

When the pain seems unbearable, give God some time—to help you, to get you out, and to show you what He can do. If you will, you can see miracles!



Keith Moore is the founder and president of Moore Life Ministries and Faith Life Church of both Branson, Missouri and Sarasota, Florida.

This book has been brought to you free of charge by the partners of Moore Life Ministries/Faith Life Church.



Moore Life Ministries
6009 Business Blvd
Sarasota, FL 34240
(941) 388-6961
www.moorelife.org

NO CHARGE - SEED



BK805F

ISBN: 978-1-940403-02-1