

# Suicidal Thoughts

By Father John Catoir JCD, 5/15/18

When you have a little time, please visit my website [JohnCatoir.com](http://JohnCatoir.com), and scroll down past the white cross, then click on the left side under my portrait and view my VIDEO interview on the topic of Spiritual Joy. It has a section on suicidal thoughts, that has helped a lot of people.

One lady who was overwhelmed with despair at first didn't want to have anything to do with a priest. She was lost at the bottom of a pit and saw no way out. Nevertheless, there was a way out. She found out slowly that safety, freedom, and happiness were all waiting for her as soon as she discovered the escape hatch. A new life and a new love was just around the corner. She prayed and received the grace to reverse her thinking. In time she lived to discover great peace and happiness.

Once she decided to spend a little time with this Video of mine, she gradually came to understand that all the good things of life can be regained, once you open your eyes to the Love of God, and exercise a little patience.

I explain how to clear your mind of self-sabotage. If you've read my columns over the years, you'll recognize my line of reasoning. First, I lay the groundwork for joy to begin the liberation process. Slowly the suicidal thoughts begin to lose their power. Remember, I ran a drug and alcohol rehab for a few years, and I know what I'm talking about.

This two-pronged strategy begins with the pursuit of spiritual joy, and proceeds with the rejection of deadly, self-destructive thoughts. One of the first things you need to grasp is the fact that you are not your thoughts. You are the observer of your thoughts. More precisely, you can reject the phony belief that you have no choice. You really want liberation, not death. Suicide is permanent and it has eternal

consequences. You have been deceived. It's no solution; only a knee jerk reaction. Delete suicide from your mind.

You are destined for happiness, here and hereafter. With God's help, happiness can be yours once again. It takes an act of the will to persevere in praying for God's grace to enable you to change your direction. Millions of desperate souls have done it successfully over the centuries, and so can you.

I explain the process of renewal in my video. I promise it will lead you to a happier life. Keep mind, if you do decide to take your life you'll be putting a blight on the conscience of everyone who ever cared about you, especially your parents and relatives living and dead. Also, you'll be setting a terrible example for your children and grandchildren. Let your final act be one of heroism not despair.

"Don't be afraid," said the Lord." Those words appear 365 times in the Bible. It means that you have the power to banish needless anxiety. Jesus would never have promised to be your strength and your joy if He didn't intend to follow through. You have the power to imagine yourself as a hero or heroine.

You can choose to be Joan of Arc or the Angel Gabriel. Be a winner for all eternity. Just around the corner of the dark tunnel you might be in, there's an underground railway ready to whisk you away to freedom, refreshment and healing. Believe the Lord Jesus who said, "Fear is useless, what you need is trust."-Luke 8:50.