



## SERMON NOTES

### The Book of Acts

Stop! Don't Do It!

Pastor Carl Toti - June 1-2, 2019

*Acts 16:27-40 (NLT)*

*27 The jailer woke up to see the prison doors wide open. He assumed the prisoners had escaped, so he drew his sword to kill himself. 28 But Paul shouted to him, "Stop! Don't kill yourself! We are all here!" 29 The jailer called for lights and ran to the dungeon and fell down trembling before Paul and Silas. 30 Then he brought them out and asked, "Sirs, what must I do to be saved?" 31 They replied, "Believe in the Lord Jesus and you will be saved, along with everyone in your household." 32 And they shared the word of the Lord with him and with all who lived in his household. 33 Even at that hour of the night, the jailer cared for them and washed their wounds. Then he and everyone in his household were immediately baptized. 34 He brought them into his house and set a meal before them, and he and his entire household rejoiced because they all believed in God. 35 The next morning the city officials sent the police to tell the jailer, "Let those men go!" 36 So the jailer told Paul, "The city officials have said you and Silas are free to leave. Go in peace." 37 But Paul replied, "They have publicly beaten us without a trial and put us in prison—and we are Roman citizens. So now they want us to leave secretly? Certainly not! Let them come themselves to release us!" 38 When the police reported this, the city officials were alarmed to learn that Paul and Silas were Roman citizens. 39 So they came to the jail and apologized to them. Then they brought them out and begged them to leave the city. 40 When Paul and Silas left the prison, they returned to the home of Lydia. There they met with the believers and encouraged them once more. Then they left town.*

*Acts 16:28 (NLT)*

*But Paul shouted to him, "Stop! Don't kill yourself! We are all here!"*

Every day, approximately 123 Americans die by suicide. (CDC)

There is one death by suicide in the US every 12 minutes. (CDC)

Depression affects 20-25% of Americans ages 18+ in a given year. (CDC)

Suicide takes the lives of over 44,965 Americans every year. (CDC)

Seven Suicides in the Bible

1. Abimelech (Judges 9:54).
2. Samson (Judges 16:30).
3. Saul (1 Sam. 31:4).
4. Saul's armor-bearer (1 Sam 31:5).
5. Ahithophel (2 Sam. 17:23).
6. Zimri (1 Kings 16:18).
7. Judas (Matt. 27:5).

**MY LIFE ISN'T A \_\_\_\_\_ BECAUSE GOD CREATED IT**

*Job 33:4 (NCV)*

*4 The Spirit of God created me, and the breath of the Almighty gave me life.*

*Ephesians 2:10a (NJB)*

*10 We are God's work of art, created in Christ Jesus...*

*Psalms 139:14 (NKJV)*

*14 I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.*

**MY LIFE CAN BE \_\_\_\_\_ IF I GIVE GOD CONTROL OF IT**

*Job 25:2 (CEV)*

*2 God is the one to fear, because God is in control and rules the heavens.*

*Isaiah 61:3 (NKJV)*

*3 To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."*

**MY LIFE IS \_\_\_\_\_ LIVING BECAUSE GOD CAN CHANGE IT**

*2 Corinthians 5:17 (NKJV)*

*17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.*

*Jeremiah 35:15 (NLT)*

*15 Time after time I sent you prophets, who told you, "Turn from your wicked ways, and start doing things right. Stop worshiping other gods so that you might live in peace here in the land I have given to you and your ancestors." But you would not listen to me or obey me.*

1-800-273-TALK (8255)  
National Suicide Hotline

Answers:

- 1) Waste
- 2) Wonderful
- 3) Worth