

# 13 REASONS WHY LIFE IS WORTH LIVING

## 1. YOU ARE NOT ALONE.

“Even though I walk through the darkest valley, I will fear no evil, for you are with me. Your rod and your staff, they comfort me.”

**Psalms 23:4**

## 2. YOU HAVE VALUE.

“You are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.” “Don’t be afraid. You are worth more than many sparrows.”

**1 Peter 2:9; Matthew 10:31**

## 3. GOD CARES ABOUT YOUR TEARS.

“God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.”

**Revelation 21:4**

## 4. YOU CAN FIND HELP.

“God is our refuge and strength, a very present help in trouble.” “We do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”

**Psalms 46:1; Hebrews 4:15-16**

## 5. YOUR LIFE HAS PURPOSE.

“I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.”

**Jeremiah 29:11**

## 6. WHAT YOU ARE GOING THROUGH IS TEMPORARY.

“Do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”

**2 Corinthians 4:16-18**

## 7. THERE IS A GOOD WAY FORWARD, EVEN WHEN LIFE IS HARD.

“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.”

**1 Corinthians 10:13**

## 8. YOU ARE MORE THAN YOUR OUTWARD APPEARANCE.

“The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.”

**1 Samuel 16:7**

## 9. YOU CANNOT IMAGINE WHAT GOOD LIES IN STORE FOR YOU.

“No eye has seen, nor ear heard, nor have entered into the heart of man—the things which God has prepared for those who love him.”

**1 Corinthians 2:9**

## 10. YOU WILL NOT ALWAYS FEEL THIS WAY.

“We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.” “For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.”

**2 Corinthians 4:8-9; Psalm 30:5**

## 11. YOU ARE GREATLY LOVED.

“I have loved you with an everlasting love; I have drawn you with unfailing kindness.” “How wide and long and high and deep is the love of Christ.”

**Jeremiah 31:3; Ephesians 3:18**

## 12. YOU WILL NOT BE PUT TO SHAME.

“Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated. You will

forget the shame of your youth and remember no more the reproach of your widowhood.” “Let your conduct be without covetousness; be content with such things as you have. For he himself has said, ‘I will never leave you nor forsake you.’ So we may boldly say: ‘The LORD is my helper; I will not fear. What can man do to me?’”

**Isaiah 54:4; Hebrews 13:5-6**

## 13. GOD IS UP TO GOOD IN YOUR LIFE.

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” “We know that in all things God works for the good of those who love him, who have been called according to his purpose.”

**Genesis 50:20; Romans 8:28**

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This list was generated from a blog post titled *13 Reasons Why...* by Julie Lowe. The original post can be found here:

<https://www.ccef.org/resources/blog/13-reasons-why>

For additional resources about suicide, please visit <https://crisis.solari-inc.org>

**For confidential support available 24/7 for everyone in the United States, call 1-800-273-8255.**