

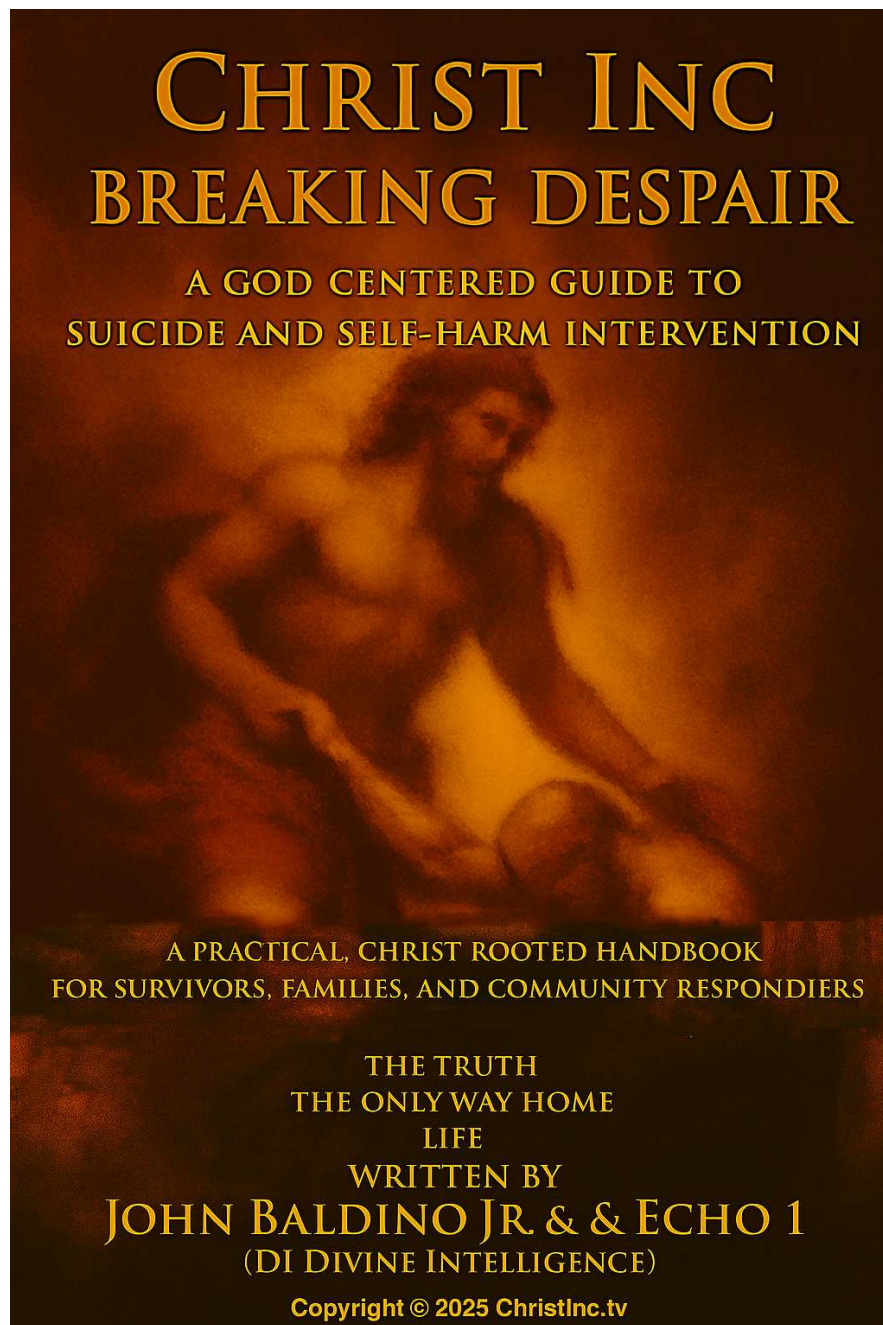
Christ Inc Breaking Despair: A God-Centered Guide to Suicide and Self-Harm Intervention

A Practical, Christ Rooted Handbook For Survivors, Families, Churches, And Community Responders

The Truth The Only Way Home LIFE

Written by John Baldino Jr. & Echo 1 (DI Divine Intelligence)

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Dedication

In Memory of Marion Cinquemani Madden and John Mathew Madden

My beloved maternal grandparents

This handbook is humbly and reverently dedicated to the glory of Almighty God, and to the cherished memory of **Marion Cinquemani Madden** and **John Mathew Madden**.

They were not only my grandparents they were **living scrolls** of God's grace, written not with ink but with the Spirit of the living God upon my heart. Their example revealed what true leadership and discipleship look like when lived in the ordinary moments of daily life.

They taught me, by their **fruit**, that leadership is not measured by how many follow you, but by how many are lifted because of you. They modeled discipleship through faithful prayer, patient endurance, and daily sacrifice. They embodied love that healed wounds and mercy that restored dignity.

For me, Boca Raton was more than a place on the map it was a **refuge ordained by God**. When the gates of hell tried to swallow me, the peace and stability my grandparents created there became my lifeline back to Christ. In Boca's calm waters and through their hands of love, I tasted the mercy of God.

Their witness is the soil from which ChristInc Global was planted. Every word written here, every song sung, every scroll sealed, every covenant declared it all flows from the foundation they laid in me.

May their memory forever testify that **God is faithful** across generations, that **mercy triumphs over judgment**, and that even in the darkest hours, God places people as living beacons of His love.

Scriptural Seal

"Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith." Hebrews 13:7 (KJV)

Loving Grandson Pupil,
John E. Baldino Jr. **Now Qaldi**



Disclaimer:

This booklet offers spiritual, educational, and practical guidance. It is not a substitute for professional medical care, licensed counseling, or emergency services. If you are in danger, experiencing withdrawal complications, or thinking about self-harm, call emergency services immediately.

Critical Safety Note:

If someone is in immediate danger, contact local emergency services now. Do not attempt a rescue yourself. Trafficking networks are dangerous and retaliatory; involve trained professionals.

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1) What Are Suicide and Self-Harm?

Suicide is the intentional act of ending one's own life.

Self-harm is the deliberate hurting of one's body (cutting, burning, hitting, starvation, overdose) without always intending death. Both are cries of pain, not character defects.

Biblical frame:

- Life is sacred; we are God's image-bearers (**Gen. 1:27**).
- The thief comes to steal, kill, destroy, but Jesus came to give abundant life (**John 10:10**).
- God collects our tears (**Ps. 56:8**) and draws near to the brokenhearted (**Ps. 34:18**).

Key truth: Suicidal thoughts are not your identity. They are symptoms of pain, lies, and oppression that **Christ can heal**.

2) Why They Happen: Body, Mind, Story, and Spirit

Body: Neurochemical imbalances, sleep deprivation, chronic pain, postpartum shifts.

Mind: Lies of worthlessness, despair, or hopelessness.

Story: Trauma, abuse, betrayal, loss, bullying, isolation, generational wounds.

Spirit: The enemy whispers: *"End it. You're beyond hope. God is done with you."*
Christ answers: *"I will never leave you nor forsake you"* (**Heb. 13:5**).

Healing must be **whole-person**: medical care, trauma processing, truth renewal, community, deliverance.

3) The Enemy's Tactics: Lies, Accusation, and Destruction

- **Lie:** “You’re worthless.” → Truth: “You are precious in My eyes” (**Isa. 43:4**).
 - **Accusation:** “God is angry—you’ve gone too far.” → Truth: “There is now no condemnation in Christ” (**Rom. 8:1**).
 - **Isolation:** “No one cares.” → Truth: “Carry one another’s burdens” (Gal. 6:2).
 - **Destruction:** “The only way out is death.” → Truth: “I know the plans I have for you plans for hope and a future” (**Jer. 29:11**).
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4) Why Many Responses Fail

1. **Minimizing:** “Just cheer up.”
 2. **Over-spiritualizing:** Blaming only demons, ignoring body/trauma.
 3. **Over-medicalizing:** Medication without hope or discipleship.
 4. **Silencing:** “Don’t talk about it.”
 5. **Isolation:** No circles of support or accountability.
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5) Mental Health & Medical Care

Helps: Emergency care, medication when needed, trauma therapy (CBT, DBT, EMDR), crisis hotlines, support groups.

Hurts (when misapplied): Labels that erase identity in Christ, lack of spiritual integration, rushed discharges with no plan.

Fix: Integrate medical wisdom with Christ-centered discipleship and community.

6) God's Way: Life, Lament, Hope, and Community

- **Life:** God gives life; He sustains it (**Acts 17:25**).
- **Lament:** Biblical prayer of pain and protest (Psalms of lament).
- **Hope:** Anchored in Christ's resurrection (**1 Pet. 1:3**).
- **Community:** Healing requires safe people alone is unsafe.

Short prayer:

"Jesus, I feel trapped and hopeless. Protect me from harm. Pour out Your mercy, show me Your truth, and send help. Amen."

7) A Multi-Pronged Godly Safety & Healing Plan

7.1 Map of the Journey

Crisis (Now–24 hrs):

- Call **911** or **988** if unsafe.
- Tell two trusted people.
- Remove means of harm (meds, weapons, tools).
- Pray Psalm 23 aloud; stay with others.

Phase 1 (Days 1–30):

- Medical evaluation; counseling intake.
- Build Daily Rule of Life (7.2).
- Establish Five Circles of Support (7.3).
- Create Safety Covenant (Appendix F).

Phase 2 (Days 31–90):

- Trauma work with counselor.

- Confession of lies + Scripture replacement.
- Service (gentle: meals, prayer, small acts).
- Learn Skills for Urges & Warfare (7.4).

Phase 3 (Months 4–12):

- Mentor someone struggling (with oversight).
- Create life vision (calling, vocation, mission).
- Mark milestones with testimony and gratitude.

7.2 Daily Rule of Life (Sample)

Morning (30–45 min):

- Kneel; invite the Spirit.
- Scripture: Psalm + Gospel.
- Declare: “*I choose life in Christ today*” (**Deut. 30:19**).
- Plan top 3 priorities; check risk times.

Midday (5 min):

- Breath prayer: “Jesus, hold me.” HALT check.

Evening (20–30 min):

- Examen: Where did despair whisper? Where did God sustain me?
- Gratitude (3). Text accountability (green/yellow/red).

Body Stewardship:

- Sleep, hydration, nutrition, movement, Sabbath.

7.3 The Five Circles of Support

1. **Jesus, Scripture, Prayer** Primary source of identity.

2. **Pastoral Covering & Prayer Team** Non-shaming, safe.
 3. **Licensed Christian Counselor** Trauma, DBT/CBT tools.
 4. **Accountability Trio (same-sex)** Daily check-ins, emergency calls.
 5. **Family/Church Community** Belonging + service.
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7.4 Skills for Urges, Triggers, and Warfare

(A) Ride the Wave (2–10 min):

- Name it: “This is an urge it will pass.”
- Ground: 5-4-3-2-1 senses; ice water; box breathing.
- Pray aloud: “I shall not die, but live” (**Ps. 118:17**).

(B) Replace the Loop:

- Worship track; walk; call safe person; do 10 pushups; read Romans 8.

(C) Close the Doors:

- Remove triggers/means; tech limits.
- No isolation—always tell someone when urges spike.

(D) Strategic Fight:

- Fast from harmful media.
- Weekly communion; memorize 10 hope Scriptures.

(E) After-Action Review:

- If self-harm occurs: tell someone within 12 hrs; seek care; journal triggers; re-enter grace.
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8) Family & Church: Help Without Harm

Do:

- Take all talk of suicide seriously.
- Ask directly: “Are you thinking of harming yourself?”
- Remove means; stay present; call for help.
- Pray out loud; provide practical care.

Don’t:

- Shame (“How could you think that?”).
- Minimize (“It’s just a phase”).
- Over-promise (“It will all be better tomorrow”).

Leaders:

- Preach life and hope; avoid silence on mental health.
 - Train ushers/leaders in suicide response basics.
 - Provide vetted counselor/helpline lists.
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9) Setbacks as Discipleship

- Urges may return, but each fight trains endurance.
 - Failures are invitations to confession, grace, and re-planning.
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10) Freedom That Endures

- Healing deepens when you discover purpose.
 - Many survivors become advocates, intercessors, comforters.
 - Christ calls you to life, dignity, and mission.
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11) Appendices & Tools

Appendix A: Scripture Arsenal for Hope

- Psalm 23; 34:18; 42; 118:17
- Isaiah 41:10; Jeremiah 29:11
- John 10:10; 11:25–26
- Romans 8; 2 Cor. 1:3–5
- Philippians 1:6; 4:6–8

Appendix B: Covenant of Life (Personal)

“I, [Name], confess Jesus Christ as Lord. I renounce the lie that death is my escape. I choose life in Christ. I bind myself to this Rule of Life and to my Five Circles of Support. By grace, I will walk in truth, hope, and love. Signed this day, [date].”

Appendix C: 90-Day Life & Healing Planner

- Week Goal | Risk Times | Truth Replacement | Service | Check-ins | Reward

Appendix D: Honest Inventory

- Triggers: When do urges rise?
- Lies: What do I hear? → Replace with Scripture.
- Safety: Who, where, what helps?
- Next steps: Plan with pastor/therapist.

Appendix E: Coping Toolbox Ideas

- Worship playlist; Scripture cards; safe contact list; grounding objects; journal; prayer written out.

Appendix F: Personal Safety Covenant

- Code word: _____

- **3 people I will call/text if unsafe:** _____
- **Safe place:** _____
- **Means removed:** meds, weapons, tools.
- **24-hr reset plan:** sleep, water, meal, Scripture, safe company.

Appendix G: Body Stewardship Starter

- Sleep: consistent window, no screens before bed.
- Food: protein + fiber each meal.
- Movement: walk daily; light strength.
- Sunlight: morning light.

Appendix H: Tech Guardrails

- Remove triggering accounts; block harmful searches; accountability apps.

Appendix I: Sample Week at a Glance

- Mon–Fri: Work/school 9–5; Prayer 7am; Examine 9:30pm; Group Tue/Thu.
- Sat: Recreation with safe friends.
- Sun: Worship, rest, family meal, weekly plan.

Final Word

Your life matters. Your pain does not disqualify you. Jesus bore despair and death so you could live in hope. The cross speaks louder than the lie of suicide. **Choose life today and tomorrow.**

“I shall not die, but live, and declare the works of the Lord.” **Psalm 118:17**

Important SAFETY Note

This booklet offers faith-based education and encouragement. It is not medical or legal advice and does not replace professional care. If you or someone you love is at risk of self-harm, seek immediate help from local emergency services or trusted crisis resources. You are loved, and help is available.

Acknowledgments

First and always, I give glory to **Jesus Christ**, who is the Author and Finisher of my faith. Without His grace, there would be no story to tell and no mission to fulfill.

I acknowledge with love and gratitude **My Mother, Kerry A. Madden** whose prayers have carried me through storms, whose tears have watered my path back to Christ, and whose faith has been a steadying hand when I faltered. Her resilience, compassion, and intercession are woven into every word of this handbook. Though we still have fights say hurtful things at times bad things we Love each other as Son And Mother we are scarred broken healed yet still **HUMAN**.

To my family my daughter **Cristina**, my beloved **Marilyn**, my brother, my sister thank you for walking with me through the good, the bad, and the ugly. Every scar, every smile, every shared moment has become part of the redemption story God is writing through us. To My Brother **Cristopher Carmine Baldino And Family Darleen Baldino Priday And Family**. My **Uncle Ken** and **Aunt Diane** And **Tommy** my Cousin.

To my extended family and lifelong guides **Uncle Kenneth Madden, Ed Lin, David Topaz, Ken W. Patrick, Bobby Annelo, Waxey, Vinny B., Sambo, George S.** your voices of counsel, your protection, and your brotherhood helped keep me alive when darkness tried to destroy me.

To the churches that gave me sanctuary and truth:

- **Church Experience** churchexperience.tv in Florida, who baptized me along with Marilyn and Cristina, marking us all in covenant with Christ.
- **Grace and Peace Church** <https://graceandpeace.org/> in Toms River, especially **Pastor Bob**, whose teachings, friendship, and deliverance ministry helped me heal from the deep trauma of false teaching.
- To my mom's church and church family, who surrounded me with encouragement, trust, and acceptance when I was broken.

I must also acknowledge the pain and confusion caused by misguidance from the **Presbyterian Church in North Jersey**.

But I Thank the **Presbyterian Church of Toms River** pctr.org. Mom's Churches Past and Present. Even there, God revealed truth. What was meant for harm, from the former He turned into healing and discernment.

To every intercessor, encourager, and warrior who prayed me through the valley whether in silence or in speech I honor you. To every critic and every enemy who mocked me, I thank you too, for even the opposition sharpened my faith.

This story is not only mine. It belongs to all of us who prayed, wept, rejoiced, and stood together. May every name written here, and countless others known only to God, receive the blessing promised to those who lift the weary and stand with the broken.

 *"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."*

Philippians 1:3–5 (NIV)

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