



## OPENING PRAYER

## INTRODUCTION

In your experience how do people typically react to death?

Why discuss a topic that naturally makes people so uncomfortable?

**Psalm 90:2** Teach us to number our days aright, that we may gain a heart of wisdom.

**Ecclesiastes 7:2** Death is the destiny of every man; the living should take this to heart.

Why do people take some deaths harder than others?

## A BIBLICAL UNDERSTANDING OF DEATH

1.) What is the origin of death?

**Romans 5:12** Sin entered the world through one man, and death through sin, and in this way death came to all men, because all sinned.

2.) What is the cause of death?

**Ecclesiastes 12:7** The dust returns to the ground it came from, and the spirit returns to God who gave it.

**Luke 8:53-55** They laughed at [Jesus], knowing that [Jairus' daughter] was dead. But he took her by the hand and said, "My child, get up!" Her spirit returned, and at once she stood up.

3.) Who determines how and when this separation of body and soul will take place?

**Deuteronomy 32:39** "There is no god besides me. I put to death and I bring to life, I have wounded and I will heal, and no one can deliver out of my hand."

**Job 14:5** "Man's days are determined; you have decreed the number of his months and have set limits he cannot exceed."

**Acts 13:36** When David had served God's purpose in his own generation, he fell asleep.

**Psalms 116:15** Precious in the sight of the LORD is the death of his saints.

4.) What respectively happens to body and soul upon death?

**Ecclesiastes 12:7** The dust returns to the ground it came from, and the spirit returns to God who gave it.

**Genesis 3:19** "Dust you are and to dust you will return."

**Hebrews 9:27** Man is destined to die once, and after that face judgment.

**Luke 16:22-23** "The time came when the beggar [Lazarus] died and the angels carried him to Abraham's side. The rich man also died and was buried. In hell, where he was in torment, he looked up and saw Abraham far away, with Lazarus by his side."

5.) How will the separation of body and soul effected by death be resolved on Judgement Day?

**John 5:28-29** "A time is coming when all who are in their graves will hear his voice and come out—those who have done good will rise to live, and those who have done evil will rise to be condemned."

**Matthew 25:31-32, 46** "When the Son of Man comes in his glory... all the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. ...Then [the unbelievers on his left] will go away to eternal punishment, but the righteous to eternal life."

6.) Based on this review, what should be a Christian's attitude towards the death of a fellow-believer?

7.) How can we respond if the loved one is an unbeliever?

**Job 3:13,17-18** Now I would be lying down in peace; I would be asleep and at rest. ...There the wicked cease from turmoil, and there the weary are at rest. Captives also enjoy their ease; they no longer hear the slave driver's shout.

**Ecclesiastes 4:2** I declared that the dead, who had already died, are happier than the living, who are still alive.

**James 1:27** Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress.

**2 Corinthians 6:2** I tell you, now is the time of God's favor, now is the day of salvation.

## RESILIENCE IN THE DAYS AHEAD

- When you are lonely...

**Hebrews 13:5** God has said, “Never will I leave you; never will I forsake you.”

**Jeremiah 31:3** “I have loved you with an everlasting love.”

**Revelation 14:13** “Blessed are the dead who die in the Lord from now on.” “Yes,” says the Spirit, “they will rest from their labor.”

**2 Samuel 12:23** “I will go to him.”

- When afraid and overwhelmed...

**Psalms 68:5** A father to the fatherless, a defender of widows, is God in his holy dwelling.

**Isaiah 41:10** “Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

**Isaiah 40:28-29** “The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak.”

- When despairing or bitter...

**Psalms 30:5** Weeping may remain for a night, but rejoicing comes in the morning.

**Psalms 30:11** You turned my wailing into dancing; you removed my sackcloth and clothed me with joy.

**Job 7:7,16; 42:10,12,16-17** “My eyes will never see happiness again. ...Let me alone; my days have no meaning.” [...] The LORD made [Job] prosperous again and gave him twice as much as he had before. ...The LORD blessed the latter part of Job’s life more than the first. ...He saw his children and their children to the fourth generation. And so he died, old and full of years.

**Ruth 1:20-21; 4:16-17** “Don’t call me Naomi,” she told them. “Call me Mara, because the Almighty has made my life very bitter. I went away full, but the LORD has brought me back empty. Why call me Naomi? The LORD has afflicted me; the Almighty has brought misfortune upon me.” ...Then Naomi took the child [of Ruth and Boaz], laid him in her lap and cared for him. The women living there said, “Naomi has a son.” And they named him Obed. He was the father of Jesse, the father of David.

**Isaiah 51:11** They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.

Share any practical advice you’ve learned in dealing with loss.

**NEXT TIME: Resilience in the Face of Our Own Death**