

Picking Up The Pieces:

Life After Death

John 11:11-35

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- 11** These things He said, and after that He said to them, "Our friend Lazarus sleeps, but I go that I may wake him up."
- 12** Then His disciples said, "Lord, if he sleeps he will get well."

13 However, Jesus spoke of his death, but they thought that He was speaking about taking rest in sleep.

14 Then Jesus said to them plainly, "Lazarus is dead.

15 And I am glad for your sakes that I was not there, that you may believe. Nevertheless let us go to him.”

16 Then Thomas, who is called the Twin, said to his fellow disciples, “Let us also go, that we may die with Him.”

17 So when Jesus came, He found that he had already been in the tomb four days. **18** Now Bethany was near Jerusalem, about two miles away. **19** And many of the Jews had joined the women around Martha and Mary, to comfort them concerning their brother.

20 Now Martha, as soon as she heard that Jesus was coming, went and met Him, but Mary was sitting in the house. **21** Now Martha said to Jesus, "Lord, if You had been here, my brother would not have died. **22** But even now I know that whatever You ask of God, God will give You."

23 Jesus said to her, "Your brother will rise again."

24 Martha said to Him, "I know that he will rise again in the resurrection at the last day."

25 Jesus said to her, "I am the resurrection and the life. He who believes in Me, though he may die, he shall live.

26 And whoever lives and believes in Me shall never die. Do you believe this?"

27 She said to Him, "Yes, Lord, I believe that You are the Christ, the Son of God, who is to come into the world."

²⁸ And when she had said these things, she went her way and secretly called Mary her sister, saying, "The Teacher has come and is calling for you." ²⁹ As soon as she heard *that*, she arose quickly and came to Him.

³⁰ Now Jesus had not yet come into the town, but was in the place where Martha met Him. ³¹ Then the Jews who were with her in the house, and comforting her, when they saw that Mary rose up quickly and went out, followed her, saying, "She is going to the tomb to weep there."

³² Then, when Mary came where Jesus was, and saw Him, she fell down at His feet, saying to Him, "Lord, if You had been here, my brother would not have died."

³³ Therefore, when Jesus saw her weeping, and the Jews who came with her weeping, He groaned in the spirit and was troubled.

34 And He said, "Where have you
laid him?"

They said to Him, "Lord, come
and see."

35 Jesus wept.

Death and grieving are
inescapable realities of
growing older

Three Forms of Loss

- ✓ Within our generation
 - ✓ Parental / Familial
 - ✓ Children

Different Personalities

- Doers: Activity / Avoidance
- Feelers: Connectivity / No closure
- Thinkers: Process / Isolation

Every Situation Is Unique

- 1) Type of relationship
- 2) The circumstances
around their death

Truths about Grief

- There is no best or better way to grieve the loss of a loved one
- Grief can be crippling or paralyzing

Truths about Grief

- Grief is not something you just get over
- You have to find a **PLACE** for grief

Position the loss

Listen to God's truth

Accept the journey

Connect with help

Embrace the future

Position the loss in your life

- ✓ Identify your emotions
 - ✓ See life as a larger picture
- ✓ Be at peace with God's role in your loss

Common emotions to receiving the news of death

- ✓ Disorientation & Confusion
 - ✓ Shock & Disbelief
 - ✓ Disillusionment
- ✓ Conflicting Emotions
 - ✓ Anger

Psalm 23:4

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4 Yea, though I walk through the
valley of the shadow of death,
I will fear no evil;
For You *are* with me;
Your rod and Your staff, they
comfort me.

Listen to God's Truth

I've been abandoned or betrayed

I am somehow responsible

Someone else must be at fault

God isn't who I thought He was

Accept the journey

Life is a journey filled with the
question “why”

Isaiah 55:8,9

Isaiah 55: 8, 9

⁸ “ For My thoughts *are* not your thoughts, nor *are* your ways My ways,” says the LORD. ⁹ “ For *as* the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.

God grant me the serenity
to accept the things I cannot
change;
courage to change the things I
can;
and wisdom to know the
difference.

Living one day at a time

Enjoying one moment at a time;
accepting hardships as the pathway
to peace;

Taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all
things right if I surrender to His
will;

that I may be reasonably happy in
this life and supremely happy with
Him in the next

Connect with help

Many people choose to remain isolated during their grieving:

I'm a private person, nobody understands or can help me, it won't do any good, I'm ok, I can make it by myself

God created us for and calls us into community

Genesis 2:18

I Cor. 12:12-27

Ecclesiastes 4:9-12

“One Another”

Genesis 2:18

18 And the LORD God said, "*It is not good that man should be alone; I will make him a helper comparable to him.*"

I Cor. 12:12-27

12 For as the body is one and has many members, but all the members of that one body, being many, are one body, so also *is* Christ. **13** For by one Spirit we were all baptized into one body—whether Jews or Greeks, whether slaves or free—and have all been made to drink into one Spirit.

14 For in fact the body is not one member but many.

15 If the foot should say, "Because I am not a hand, I am not of the body," is it therefore not of the body?

¹⁶ And if the ear should say,
“Because I am not an eye, I am not
of the body,” is it therefore not of
the body?

¹⁷ If the whole body *were* an eye,
where *would be* the hearing? If the
whole *were* hearing, where *would*
be the smelling?

18 But now God has set the members, each one of them, in the body just as He pleased.

19 And if they *were* all one member, where *would* the body *be*?

20 But now indeed *there are* many members, yet one body.

21 And the eye cannot say to the hand, "I have no need of you"; nor again the head to the feet, "I have no need of you."

22 No, much rather, those members of the body which seem to be weaker are necessary.

²³ And those *members* of the body which we think to be less honorable, on these we bestow greater honor; and our unpresentable *parts* have greater modesty,

²⁴ but our presentable *parts* have no need. But God composed the body, having given greater honor to that *part* which lacks it,

²⁵ that there should be no schism in the body, but *that* the members should have the same care for one another. ²⁶ And if one member suffers, all the members suffer with *it*; or if one member is honored, all the members rejoice with *it*.

²⁷ Now you are the body of Christ, and members individually.

Ecclesiastes 4:9-12

⁹ Two *are* better than one,
Because they have a good reward
for their labor.

¹⁰ For if they fall, one will lift up
his companion.

But woe to him *who is* alone
when he falls,
For *he has* no one to help him up.

11 Again, if two lie down together, they will keep warm;
But how can one be warm
alone?

12 Though one may be overpowered by another, two can withstand him.
And a threefold cord is not quickly broken.

The Ministry of Presence

Embrace the future

God wants and empowers you to keep living your life. He has a future for you.

Jeremiah 29:11; II Cor. 4:16-18;
I John 3:1-3

Jeremiah 29:11

11 For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

II Cor. 4:16-18

¹⁶ Therefore we do not lose heart. Even though our outward man is perishing, yet the inward *man* is being renewed day by day. ¹⁷ For our light affliction, which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory,

18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen *are* temporary, but the things which are not seen *are* eternal.

I John 3:1-3

¹ Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him.

² Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is.

³ And everyone who has this hope in Him purifies himself, just as He is pure.

