

# death

## introduction

The call came around 6 p.m. The 13 year old sensed that something was wrong right away. The bad news: Her grandmother had just been killed in a car accident. The other driver had swerved to miss an animal and hit her grandma's car instead.

Things like this happen every day. But it doesn't make it any easier to deal with. Tomorrow's front page news could involve someone close to one of us. How do we deal with the loss of friends and loved ones?

## message

Mourning the loss of a loved one is never easy. Millions of people have survived the death of a loved one. Here's what the 13 year old, mentioned in the story, did to cope with the sudden death of her grandmother. Maybe her response will help you better understand death and dying.

1. She cried a lot. Her parents encouraged her to do so. Whether you are a guy or girl, it's OK to cry. Releasing your feelings is important.
2. She thought about her grandmother. For instance, she remembered that the last time she saw her they made cookies together.
3. She talked about her grandmother. A lot of times we don't know what to say to people who have lost a loved one. Sometimes the best thing to do is to talk about the loved one. If your friend is the one in mourning, don't force a conversation. Let the person talk and follow his/her lead.
4. She went to the funeral and graveside services. She also visited the home of her grandmother. These activities helped her accept the reality of her grandma's death and allowed her to say goodbye.
5. She did not try to forget her grandmother. She missed her terribly, and it took time to get through the grieving process. When you lose a loved one, it is OK to take a year or even longer to mourn. It's OK to miss your friend or loved ones.
6. Finally, she knew she would one day see her grandmother in heaven. Her grandmother had a personal relationship with Jesus Christ. What a great assurance she had!

## salvation appeal

Losing a friend or loved one is difficult. Do you have the assurance that you would go to heaven if you were to die today? Those without Christ at the point of death will spend an eternity in hell. That's a bold statement isn't it? It's true. Today, accept Christ's forgiveness and allow him to be Savior of your life. Be sure that you will go to heaven when you die (Romans 3:23, 6:23).

## challenge

If you have ever lost a loved one, you probably understand better than anyone about the mourning process. Perhaps you have a friend that needs your help right now. Approach your friend with understanding and compassion. Remember what we talked about today and learn from the experience of this 13-year-old girl.

