Is Death the End?

Throughout the ages people have asked, “Is death the final end ... or is there something more?” From the ancient Egyptians to today, entire cultures, have established laws and created customs to accommodate their predominant views of death—even though their varied views are in stark contrast with each other.

Consider your own life. You will never face a more significant issue! The consequences of death make all other concerns pale in comparison. ...

“You will know the truth, and the truth will set you free.”
(John 8:32)

Questions about Heaven

“Is heaven a physical place?”

Yes. The Bible describes heaven as a place. Jesus said to the thief on the cross at the Crucifixion ... “Truly I tell you, today you will be with me in paradise” (Luke 23:43). This suggests a place.

“No longer will there be any curse.
The throne of God and of the Lamb
will be in the city,
and his servants will serve him.”
(Revelation 22:3)

“In heaven, will we have physical bodies?”

Yes. The Lord Jesus Christ will transform our lowly bodies to be like His glorious body. Our bodily resurrection rests on Christ’s bodily resurrection.

 “[The Lord Jesus Christ],
by the power that enables him to bring every thing under his control,
will transform our lowly bodies
so that they will be like his glorious body.”
(Philippians 3:21)

Questions and Answers

“My husband died this past year, and the closer it gets to the anniversary of his death, the more overwhelmed I feel. Is there anything I can do to keep from being consumed with sorrow?”

The anniversary of the death of a loved one will be a tender time for you, but there are ways you can remember him without feeling like you are drowning in a sea of sorrow. Plan ahead what you will do around the time of the anniversary and how you will honor his memory.

• Plan an evening or an outing with a special friend around the time of the anniversary.
• Go to a Christian seminar or workshop to help keep your focus on the Lord and on His healing Word.
• Attend a social event so that you will not be alone.
• Invite close family members or friends for a special meal together where you share light-hearted and loving memories.
• Give loved ones a special little remembrance in your husband’s honor (a poem, a picture, or a possession that belonged to him).
• Initiate a project in honor of his life.

“I heard a voice from heaven say, ‘Write this: Blessed are the dead who die in the Lord from now on.’ ‘Yes,’ says the Spirit, ‘they will rest from their labor, for their deeds follow them.’”
(Revelation 14:13)

Questions People Ask When Facing Death

• Does anyone really care? The Lord not only loves you, but is also able to meet every need that you face.

“The LORD is my shepherd; I shall not want. ... Even 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”
(Psalm 23:1–4 ESV).
• Will I be abandoned? The Lord has promised to never leave you nor forsake you. “The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged” (Deuteronomy 31:8).

• What is going to happen to me? The Lord is the author of every good and perfect gift. He has promised to care for you with the tenderness of a mother with her infant. “Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you” (Isaiah 49:15).

• What will happen to me after death? “Jesus said to her [Martha], ‘I am the resurrection and the life. The one who believes in me will live, even though they die’” (John 11:25).

God has promised ...

“My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you may also be where I am. You know the way to the place where I am going.” (John 14:2–4)

A Biblical Perspective of Death

Although we may see birth and death as a beginning and an end ... from a biblical perspective, death is truly another beginning—when the one who dies enters into eternity—to face either the judgment seat of Christ or the White Throne Judgment for unbelievers. The mortal shell is cast off and the soul is set free.

Death Is ...

• The separation of the spirit and soul from the present physical body (James 2:26)
• The inescapable grave for everyone (Psalm 89:48)
• The preordained end by God (Psalm 139:16)
• The doorway to your eternal destiny (Hebrews 9:27)
• The last enemy to be destroyed (1 Corinthians 15:26)
• The result of sin ... violating God’s will (Romans 5:12–13)

• The price Jesus paid to provide eternal life to all who place their confidence in Him (Romans 4:25)

• The positive state of being for every true Christian (1 Corinthians 15:54)

“I heard a loud voice from the throne saying, ‘Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.’” (Revelation 21:3–4)

How to First Respond When a Death Has Occurred

• Acknowledge the person’s loss immediately (a call or personal visit).
• Pray for family and friends (publicly and privately).
• Be affectionate (a warm hug or handshake).
• Adapt to the communication needs of the person (listen, laugh, cry, affirm feelings).
• Be genuine. (Don’t use pat responses.)
• Come ready to help with details.
  — Call family attorney.
  — Locate existing will.
  — Apply for death certificate. (Time varies, but it takes about six weeks to receive.)
  — Call insurance companies.
  — Locate all insurance policies and bank accounts.
  — Check existing retirement funds.
  — Contact Social Security office.

Key Verse to Memorize

“Jesus said to her, ‘I am the resurrection and the life. The one who believes in me will live, even though they die.’” (John 11:25)
Key Passage to Read
1 Corinthians chapter 15

The Five Stages of Sorrow

1. Denial ... avoiding the pain of reality (Job 8:20)
   “The test results are probably wrong. I’ll go to another doctor.”

2. Anger ... opening up honest emotions (Job 10:1)
   “God is not fair.”

3. Bargaining ... attempting to change reality (Job 13:20–21)
   “If I have enough faith, God will miraculously heal me.”

4. Depression ... feeling despair over the grief and loss (Job 7:16)
   “My life is over. I don’t want to live.”

5. Acceptance ... gaining a positive outlook on life (Job 42:5)
   Acceptance (not resignation) embraces God’s grace on a daily basis. This kind of acceptance allows you to move from being a “victim” of the illness to being a victorious, shining testimony to God’s sufficiency in a world that does not know Him.

How to Help Inside the Home

• Put a writing tablet at the front door to record all visitors, flowers, and gifts.
• Help organize a schedule to provide meals.
• Bring food in disposable serving dishes.
• Purchase disposable plates, cups, eating utensils, napkins, paper towels, plastic wrap, and trash bags.
• Do minor household chores and repairs.
• Take pets for walks.

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www.HopeForTheHeart.org

The information in this resource is intended as guidelines for healthy living.
Please consult qualified medical, legal, pastoral, and psychological professionals regarding individual concerns.

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