

DEALING WITH DEATH AND LOSS

October 3, 2021 1 Thessalonians 4:13-18 by Bob Branch

BIG IDEA: Understanding and processing our grief helps us grow into better humans—people who God is shaping to love like Jesus.

¹³ Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. ¹⁴ For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. ¹⁵ According to the Lord's word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep. ¹⁶ For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. ¹⁷ After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. ¹⁸ Therefore encourage one another with these words. **1 Thessalonians 4:13-18**

- You go immediately enter the **presence** of the Lord (heaven). (Luke 23:43)
- Those who've been bad, but still believe, enter the **in-between state** of Purgatory—a place of purging—until you're ready for heaven. (non-biblical; Catholic)
- Your soul goes into a stasis like state—**soul sleep**—and you rise at the resurrection. (1 Thess. 4)
- You go to **heaven** until God finishes human history and then back to a renewed earth for eternity. (Rev. 21)
- **Time is suspended**; when you open your eyes, you are with the Lord at the resurrection. (1 Thess. 4)

1. Think it through and be _____ of what comes after this life.
2. If you haven't thought it through, you'll likely grieve like those _____.
"Because God's children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could he die, and only by dying could he break the power of the devil, who had the power of death. Only in this way could he set free all who have lived their lives as slaves to the fear of dying."
Hebrews 2:14-15 NLT
3. You _____ like a redeemed human—like a Christian with Hope. (John 11:35)

Kubler-Ross 5-Stage Grief Model (DIAGRAM)

- **Denial:** Avoidance, Confusion, Elation, Shock, Fear
 - **Anger:** Frustration, Irritation, Anxiety
 - **Bargaining:** Overwhelmed, Helplessness, Hostility, Flight
 - **Depression:** Struggling to find meaning, Reaching out to others, Telling one's story
 - **Acceptance:** Exploring options, New plan, Moving on
- "Enlarging Your Soul Thru Grief and Loss." --Peter Scazzero

INTO PRACTICE:

- ¹ Be _____ with God in your grief and loss.
- ² Be honest with _____.
- ³ Don't inflict Bible verses on those going through grief and loss, _____.
- ⁴ _____ death, dying and where you're going—with Hope.