

A. You were created for **community**.
“And the LORD God said, “It is not good that man should be alone; I will make him a helper comparable to him.” Genesis 2:18

B. People in pain need a church **family**.
*“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.”*
I Corinthians 12:25-26

V. REACH OUT TO OTHERS

“who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.”
II Corinthians 1:4

God comforts you not just to make you **comfortable**, but to make you a **comforter**.

A. **Pray** for others
“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;...”
I Samuel 12:23a

B. **Serve** others
“Bear one another’s burdens, and so fulfill the law of Christ.”
Galatians 6:2

WHEN YOU DIE WHICH DOOR WILL YOU ENTER?

“9 I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture.

10 The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”
John 10:9-10

AFTERLIFE ~ WHAT HAPPENS WHEN YOU DIE?

Finding Hope And Healing From Grief

Pastor Steve Reynolds

INTRODUCTION

A. The afterlife is a reality. People are designed by God to live somewhere forever. Put another way, death is not the end. Death is the entrance into a brand new realm of existence.

This of course raises a lot of questions. Questions like:

What is it like?
Will I see my family and friends?
How do I get there?
What must I do now to prepare?

We will answer these questions and many more!!

B. The Bible describes death and the afterlife as an appointment. Hebrews 9:27 says, *“And as it is appointed for men to die once, but after this the judgment,”*. Each person will die by appointment. People may be late for a lot of things, but this is one appointment that everyone will be on time for.

C. There is a lot of confusion about the afterlife. It’s ok to be wrong about a lot of things, but don’t be wrong about the afterlife. Come and get clarity on the truth about the afterlife as you learn about:

Oct 9	Is There Life After Life?
Oct 16	What Is Heaven?
Oct 23	What Is Heaven Like?
Oct 30	What Is Hell?
Nov 6	What Is Hell Like?
TODAY	Finding Hope And Healing From Grief
Nov 20	Receiving Rewards
Nov 27	Live Now For Eternity

D. **TEXT:** I Thessalonians 4:13 (Pew Bible/Pg. 1159/
New Testament)

HOW TO FIND HOPE AND HEALING FROM GRIEF

I. **RELY** ON GOD

“Do not let your hearts be troubled. You believe in God; believe also in me.” John 14:1

A. Believe in God as the **creator**.

“The Spirit of God has made me, And the breath of the Almighty gives me life.” Job 33:4

B. Believe in God as the **controller**.

*“1 To everything there is a season, A time for every purpose under heaven:
2 A time to be born, And a time to die; ...”*
Ecclesiastes 3:1-2a

C. Believe in God as the **comforter**.

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our tribulation, ...”
II Corinthians 1:3-4a

II. **RELEASE** YOUR GRIEF

“Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah” Psalm 62:8

A. What **not** to do with your feelings:

- Don't **resist** them.
- Don't **rehearse** them.
- Don't **reduce** them.
- Don't **repress** them.

B. What to do with your feelings: **Release** them.

“Jesus wept.”

John 11:35

- Jesus cried because his **friend** Lazarus had died.
- Jesus cried for the **family** of Lazarus, his sisters Mary and Martha.
- Jesus also cried because He Himself would soon face death.

III. **RESIST** BITTERNESS

*“21 Now Martha said to Jesus, “Lord, if You had been here, my brother would not have died.
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.”* John 11:21, 32

A. **Accept** what you cannot change.

*“11 Not that I speak in regard to need, for I have learned in whatever state I am, to be content:
12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.
13 I can do all things through Christ who strengthens me.”* Philippians 4:11-13

B. Get **better**, not bitter.

“But He knows the way that I take; When He has tested me, I shall come forth as gold.” Job 23:10

“...Weeping may endure for a night, But joy comes in the morning.” Psalm 30:5b

IV. **RECEIVE** HELP FROM OTHERS

“so we, being many, are one body in Christ, and individually members of one another.” Romans 12:5