

# "Death of a Loved One" Genesis 23

Have you lost someone that you dearly love? Why did the Holy Spirit devote a whole chapter to this part of life? With the Fall in the Garden, we all die, and everyone we love will die. Here is your Pastor's Counsel.

- 1.** Face the \_\_\_\_\_. **V.1-2** - Things are \_\_\_\_\_ now.
  - A. Every wonderful relationship is \_\_\_\_\_ from GOD. **James 1:17**  
These people are \_\_\_\_\_ to you for a season. Hold these treasures loosely, for we all will die. GOD alone has \_\_\_\_\_ over our time on Earth. Be grateful for any amount of time with loved ones.
  - B. You don't want to live on this \_\_\_\_\_ forever; and you don't want your loved ones to either. There is a better \_\_\_\_\_ waiting.  
Ps. 116:15, John 14:1-6
  - C. The loss of a loved one at first doesn't \_\_\_\_\_; and \_\_\_\_\_ soon enters the picture (which is a good thing).
  - D. Shock (\_\_\_\_\_) allows us to operate for a short time, to get needed things done. Grief seems to set in about \_\_\_\_\_ later.
  
- 2.** Grief is \_\_\_\_\_ because grieving brings healing. **V.2** You don't recover from the loss of a loved one, until you \_\_\_\_\_ your grief. Talk about your loss. Say how you feel. Don't \_\_\_\_\_ through these days. Abraham took time to weep and mourn fully.
  - A. Grief means that you \_\_\_\_\_, and that you had something of value. You don't get over the \_\_\_\_\_, until you express that loss.
  - B. We have a \_\_\_\_\_, that possesses emotions. Denial doesn't help anything. **2 Samuel 12:23** Grief expressed releases emotions (internal \_\_\_\_\_) that should not to be bottled up. If you don't grieve, you will \_\_\_\_\_, and not heal.
  - C. Don't \_\_\_\_\_ for tears, or for bouts of sadness. GOD gave us tear ducts and voice boxes to express our pain and sorrow. **Mt. 5:4**
  - D. Strengthen your \_\_\_\_\_ in GOD. Cry out to HIM with your loss.  
Prov. 18:10, Ps. 147:3, Ps. 34:18, Rom. 8:28
  - E. The process of grief can take \_\_\_\_\_ or more. Don't \_\_\_\_\_ yourself. Don't get trapped in spiraling despondency, that seems unending. Talk to somebody. Talk to your \_\_\_\_\_.
  - F. Really be careful about entering another \_\_\_\_\_ too quickly. When you are grieving you are \_\_\_\_\_, therefore you will not make good decisions.
  
- 3.** \_\_\_\_\_ thoughtfully. **V. 3-19** (It's dumb not to plan)

- A. Abraham \_\_\_\_\_ about where he wanted Sarah to be buried. He bought the cave of \_\_\_\_\_, which became a memorial for the whole family. (the first memorial in Scripture)
- B. Please have a current \_\_\_\_\_, and a \_\_\_\_\_ (who makes health care decisions, should you become incapacitated).
- C. \_\_\_\_\_ insurance is a wise choice to help provide for a young family in the event of your passing. Determine who will raise your \_\_\_\_\_ in the event of a joint death.

**4. Communicate clearly your \_\_\_\_\_. Genesis 49:28-33**

- A. Make a \_\_\_\_\_, which details what you want.
- B. Plan your own memorial \_\_\_\_\_: who you want to speak, a list of pallbearers, special songs, passages, where you wish to be buried.
- C. Give clear instructions about the \_\_\_\_\_ of assets, wills, insurance policies, deeds, etc. (do not make your loved ones hunt!!!)

**5. \_\_\_\_\_ on a life well-lived is important. V.20**

- A. A service, a burial, and a time of gathering are statements \_\_\_\_\_.
- B. Abraham purchased ground where his family would be buried, and be a \_\_\_\_\_ for generations.
- C. Offering hope in CHRIST, sharing the \_\_\_\_\_, lifting up their godly example, should be a celebration of GOD's goodness, and an inspiration for those left behind. **2 Tim. 4:7-8**

**6. Forgive and release your \_\_\_\_\_ loved one from the hurt, disappointment, and \_\_\_\_\_ they possibly brought to your life.**

- A. You will \_\_\_\_\_ and be free if you do not let anger and bitterness go. **Mt. 18:21-35**
- B. Forgive them \_\_\_\_\_, aloud, and as an act of your will. It has nothing to do with them \_\_\_\_\_ it, or validating what they did.
- C. Do this \_\_\_\_\_ until the pain leaves. This means that you have finally released them from their sin against you. **Mt. 6:15**

**7. \_\_\_\_\_ helping people.**

- A. JESUS has you on this planet for \_\_\_\_\_. HE has not yet called you Home. So get out of the house, and help someone.
- B. In the next chapter, Abraham realized that he had to do all he could to help \_\_\_\_\_, find a good wife. **Gen. 24**
- C. Serving others keeps you from being so \_\_\_\_\_, and will help you get out of the trap of debilitating grief.

