

## A THEOLOGY OF

# DEATH

## PURPOSE, PREPARATION, AND HOPE

### WEEK FOUR: DEATH'S STING — GRIEF & MOURNING

It's difficult to grieve and mourn the deaths of loved ones in the midst of a culture that tells us the goal is to “move on” or “get over it.” Thankfully we see in the Scriptures that there is a distinct, hope-filled form of grieving that Christians can enter into because of what Jesus has accomplished on the cross. We do not grieve as those who have no hope, but we engage in living a lifestyle of grieving as we anticipate the day death's sting is finally vanquished when Christ returns.

### DISCUSSION QUESTIONS

1. Based on your own experience, would you say that your grieving tends to be more characterized by *denial* or by *despair*? How can the *hope* of your faith lead you to a more healthy, informed grieving?
2. What does it look like for you (individually) and us (as a community) to engage in a “lifestyle of grieving”? What does that even mean?
3. How does the tension that arises from the death of unbelieving loved ones shape you personally?
4. Why is it significant to you that even Jesus himself grieved (John 11)? Is it meaningful to be reminded that God the Father is also familiar with grief, having once lost his own Son to death?

### COMMIT TO MEMORY

<sup>56</sup> For sin is the sting that results in death, and the law gives sin its power.

<sup>57</sup> But thank God! He gives us victory over sin and death through our Lord Jesus Christ. — 1 Corinthians 15:56-57