

# Ask The UMC: DEATH and RESURRECTION SERIES

*Questions for individual or small group reflection*



## **At the Time of Death**

- What has someone said to you that was helpful when a loved one died? What was not helpful?
- How have you found strength, survived, or struggled with faith after a loved one's death, especially if it was early or unexpected?

## **Preparing to Honor and Remember Loved Ones**

- What have been your experiences working with funeral homes or preparing for a funeral?
- What informed or informs your decisions about organ donation, cremation, and other choices for the funeral and burial, interment, or other ways to honor the body of your loved one?
- If you made final arrangements at a time well before death, how was that for you? If you have been involved in pre-planned and at the time of need planning, what was different about those experiences? Which would you recommend to others?
- How have you planned or discussed with your loved ones their wishes for funeral services?

## **Honoring Loved Ones**

- What have been the traditions of your people in the time between death and the funeral service?
- How does your church community gather around those who have lost a loved one?

## **Support for the Grieving**

- What does your church community have in place for continuing care and support for the bereaved after the funeral?
- What have you experienced that helped you during a time of mourning? What scriptures have been especially helpful?
- What have you learned about your own responses to the loss of loved ones over time?
- Many find significant moments in life — such as birthdays, wedding anniversaries, holidays — to be more intense times of remembrance and grief, especially during the first year after a loved ones' death. What have you found helpful at those times? In what ways has your congregation or your culture addressed the anniversary of the deaths of loved ones?

## **Foundations in Faith**

- How does the Church's doctrinal statement about judgment and life in the age to come — **Article 12 in the Confession of Faith** — relate to what you have been taught or heard about the Christian hope for life after death?