

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?