

Mourning the Loss of a Loved One

I. The reality of death.

1. Death is a reality that we must all face (**Ecc 8:8**).
 - A. No man has control over the day of his death.
 - B. There is no getting out of it - "there is no discharge in that war".
2. God alone determines the length of our lives (**Job 14:1-5**).
 - A. Our days are determined by God.
 - B. He has set bounds on them that can't be passed (**Job 14:5**).
 - C. The days that we spend here on earth are few and full of trouble (**Job 14:1**).
3. Our life is short like a vapor (**Jam 4:14; Job 7:7; Psa 78:39; Psa 89:47-48; Psa 144:4; Psa 103:15-16**).
4. Since our time here is short we should pray to God to help us recognize it and to know how frail we are (**Psa 39:4-5**).
 - A. Our lives are usually between 70-80 years and they are full of labor and sorrow (**Psa 90:10**).
 - B. We should be asking God to teach us to number our days that we may spend the time we have left applying our hearts to wisdom (**Psa 90:12**).
 - C. No matter what age we are, we should try to redeem the time (buy it back) (**Col 4:5; Eph 5:16**).
 - D. Have you wasted all or part of your life until now?
 - E. Then make up for it in the time you have left (**Pro 19:20**).
5. When our time is up our spirit departs and our body dies (**Ecc 8:8 c/w Ecc 3:20-21 c/w Ecc 12:7**).
 - A. Our spirit will only go to one of two places: heaven or hell (**Luk 16:19-23**).
 - i. The judgment to come is a sobering thought (**Act 24:25**)
 - ii. "Men stumble over the truth from time to time, but most pick themselves up and hurry off as if nothing happened." – Winston Churchill
 - iii. Therefore we persuade men (**2Co 5:8-11**).
 - B. For the believer, his spirit goes back to the presence of God Who gave it (**Ecc 12:7; 2Co 5:8**).
 - i. To depart and be with Christ is FAR BETTER than to be here on earth (**Phi 1:21-23**).
 - ii. For this reason a Christian shouldn't fear death (**1Co 15:55**).
 - iii. Jesus Christ has delivered us from the fear of death by destroying it (**Heb 2:14-15**).
 - iv. Therefore we shouldn't count our lives dear unto ourselves (**Act 20:24**).
 - v. Just as Paul was, we should be ready to die (**2Ti 4:6-8**).

II. It is good and normal to mourn the loss of a loved one.

1. There is a time to mourn (**Ecc 3:2-4**).
 - A. Jesus did (**Joh 11:33-36**).
 - B. Men have been doing it from antiquity (**Ecc 12:5**).
 - C. It's better to go to a funeral than a party (**Ecc 7:2-4**).
 - D. It's the fool who lives in denial and can't face reality and mourn.

2. Though mourning is good and necessary, we shouldn't mourn like others who have no hope **(1Th 4:13)**.
 - A. We believe that Jesus will return and resurrect the dead and we will see our loved ones again **(1Th 4:14-18)**.
 - B. Even if *we* don't know if a loved one is one of God's elect, *God knows* **(2Ti 2:18-19)**.
 - C. Jesus knows His sheep and gives them eternal life which can't be lost **(Joh 10:27-28)**.
 - D. If a person is one of God's elect, nothing will separate them from the love of God which is in Jesus Christ **(Rom 8:38-39)**.
3. God comforts them that are of a broken heart **(Psa 34:18-19)**.
 - A. Jesus was sent to bind up the brokenhearted, comfort them that mourn, and to give them joy for mourning **(Isa 61:1-3)**.
 - B. Weeping will endure for a while, but not forever **(Psa 30:5, 11-12)**.