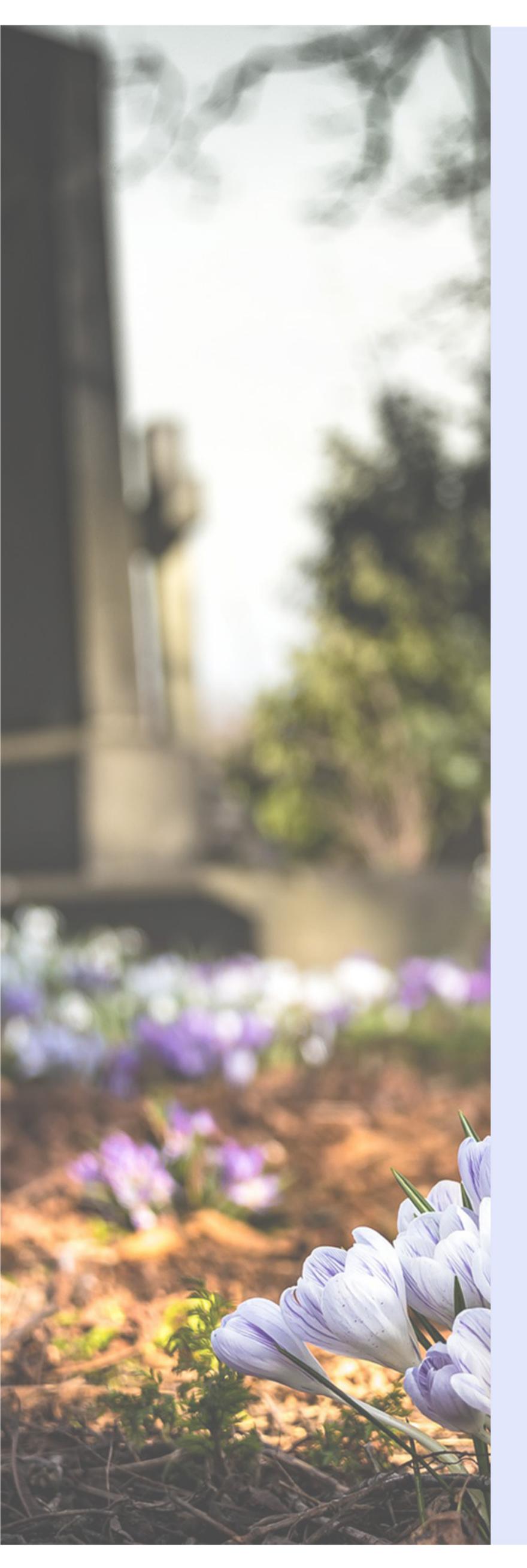
# Ask The UMC: DEATH and RESURRECTION SERIES

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 — <u>Article 12 in the Confession of Faith</u> — relate to what you have been taught or heard about the Christian hope for life after death?

Created by Ask The UMC, a ministry of United Methodist Communications (2021) Learn more or submit a question: <u>umc.org/asktheumc</u>