

# Thoughts on Grief

## Session 5 – Cause of Death, Offer of Life

Hopefully you have been reassured that God hears and God cares. Today we'll look at how God also acts.

Looking at Genesis, we see some people lived a very long time, yet they still died.

The days of Adam after he fathered Seth were 800 years; and he had other sons and daughters. Thus all the days that Adam lived were 930 years, and he died. When Seth had lived 105 years, he fathered Enosh. Seth lived after he fathered Enosh 807 years and had other sons and daughters. Thus all the days of Seth were 912 years, and he died.  
(Genesis 5:4-8 ESV)

Though we may try, we cannot avoid death forever. We often talk about the cause of death on an earthly level, yet the ultimate cause of death is sin.

Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned ... For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.  
(Romans 5:12, 6:23 ESV)

The world tries to hide or dismiss death, yet death points to our need for God. It is God that provides a way out.

Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. (Romans 5:18 ESV)

Through Jesus' life, death, and resurrection we have an opportunity to live eternally. He came to provide something much better than this world could ever offer.