

Thoughts on Grief

Session 7 – Separation and Unity

Separation hurts. Just listen as young ones undergo separation from their parents

After death we can no longer see our loved ones, at least not in person, and we can no longer touch them or feel their touch, at least not yet.

What we have once enjoyed and deeply loved we can never lose, for all that we love deeply becomes a part of us.
(Hellen Keller)

What, for you, helps bridge that gap of separation?

For Abraham, Ishmael, Isaac, and Jacob we are told that when they died they were gathered to their people.

Abraham breathed his last and died in a good old age, and full of years, and was gathered to his people. (Genesis 25:8 ESV)

These are the years of the life of Ishmael: 137 years. He breathed his last and died, and was gathered to his people (Genesis 25:17 ESV)

And Isaac breathed his last, and he died and was gathered to his people, old and full of days. And his sons Esau and Jacob buried him. (Genesis 35:29 ESV)

When Jacob finished commanding his sons, he drew up his feet into the bed and breathed his last and was gathered to his people. (Genesis 49:33 ESV)

How does the thought of being reunited encourage you?

After a loved one has died, the thought often comes around “What if I die?” What questions or concerns do you have regarding this? (practical or spiritual)