

The death of a relative, or close friend as well as being a great loss, raises many questions. We hope here to help you with some which you may be asking yourself...

### ***What is Death?***

It is part of life, the end of all we know and of the security we have, but the beginning of something new. (Compare it with birth - the end of the security of the womb and the beginning of something greater.) It is a transition, a radical change in relationship.

### ***Why?***

Age, sickness or accident may cause a physical death, which comes to all in time. Death is a mystery, we do not know why some die young, and others not - it is in God's plan for us, even though we do not understand. One thing is certain - it is not a punishment.

### ***What about one's body?***

We recognise each other through our bodies, they clothe the real person. After death the physical body is of no more use and our person is re-clothed to continue in the new life. The physical body has to be disposed of - it is consumed or it decays, whilst the person it clothed lives on with God, deepening and extending relationships formed in this life on earth.

### ***Where is the one I knew and loved?***

When a person dies God has not finished making them into the unique, glorious person they are going to be; so they live on, growing into the fullness of what God wants them to be.

### ***Am I still known and loved?***

Yes. Relationships formed in this life will grow and deepen we will continue to be loved, cared about and prayed for.

### ***Can we communicate?***

Yes, but it is unkind to them and dangerous for us to try to seek communication with them. We can commend them to God and leave them in His care. If we try to communicate we can disturb their rest, delay their growth and possibly disturb our own peace and fall into danger. They can seek to communicate with us, if so, we should receive their communication gratefully, and release them.

### ***Can I pray for them?***

Yes, certainly. We can entrust them to God, pray for their continued growth and for their peace with God, and can believe that they will pray for us. Supremely at the Eucharist everything is united and offered to God, and we are all united together in Christ.

### ***Shall we meet again?***

Yes - death is a transition - a one way

door. The person continues through death and we shall meet, and know, love, and be loved afresh.

### ***What about guilt?***

After a death many people feel guilty. Face this and take it to God. Ask for his healing and for the healing of your relationships with the person who has died. You can ask for his forgiveness, and often you also need to forgive.

### ***How much ought I to grieve?***

As much and as long as you need. It varies from person to person. Grief comes and goes, so do not feel guilty when this happens. Talk to God, tell him of your loss and grief, and any other feelings you may have, asking for his healing and help in overcoming any difficulties. Remember, Jesus wept at the grave of a friend.

## **PRAYERS**

### ***For those who mourn.***

Almighty God, Father of all mercies and giver of all comfort: deal graciously, we pray, with those who mourn, that casting all their care on you, they may know the consolation of your love; through Jesus Christ our Lord. Amen.

### ***For those who have died.***

Father of all, by whose mercy and grace your saints remain in everlasting light and peace: we remember with thanksgiving those whom we love but see no longer; and we pray that in them your perfect will may be fulfilled; through Jesus Christ our Lord. Amen.

### ***For ourselves.***

O Lord, support us all the day long of this troublous life, until the shades lengthen, and the evening comes, and the busy world is hushed, the fever of life is over, and our work is done. Then, Lord, in your mercy grant us safe lodging, a holy rest, and peace at the last; through Jesus Christ our Lord. Amen.

## ***A Scripture:***

God will show us the path of life; in his presence is the fullness of joy; and at his right hand there is pleasure for evermore.

*Psalm 16.11.*

**FOR  
YOUR  
COMFORT  
AND  
HELP**

*death and those we love*

Some  
questions  
answered.

The Parish of West Byfleet.