

# FAITH & DEATH

Faith can be a source of comfort or disappointment after a loved one dies. Some mourners lean into their faith while others question the belief system they've adopted or been raised with. Some places of worship support mourners while others offer little or nothing to support the grief journey.

## CASES TO PONDER

A mother who lost her 4-year-old son said, "I consider myself doubly blessed that in addition to my relationship with my husband growing stronger in the aftermath of our son's death, so has my relationship with God."

A father who lost his 1-year-old son said, "What was the point if God was to take my child? How can someone I've prayed to for most of my life, someone I trusted to always guide me and help me, take my firstborn?"

A sister who lost her 21-year-old brother to suicide said, "Prior to my brother's death I considered myself a person of faith. I have since lost my connection to faith, as the questions about where my brother has gone haven't been answered."

"My faith has never wavered. If anything, the accident has strengthened my faith even further and has provided an incredible source of comfort that I'm grateful for."

A husband who lost his 36-year-old wife said, "My view of what I saw Christians do and say has changed me. I wasn't prepared for losing seventy percent of our friends. When I went to church, they couldn't look me in the eye."

A mother who lost her 5-year-old daughter said, "I despised the saying 'bad things happen to good people.' It was a feeble attempt made by others to console and comfort me. Yet it never did. There was no reason, no plan for her to die. It just happened. Did God do it? Was I being punished for things in my past? Was I a bad parent? Where was God in this?"

**ANSWER THE FOLLOWING QUESTION**

**Without judgment, how has your faith been impacted by the death of your loved one? Has it been a source of comfort or disappointment?**

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