



**Mike King-Minister**

## BIBLE TALK

Question: How can I best respond when death strikes my family or friends?

Answer: In time of death we must "have a faith that God is bigger than life!" I admire those who possess courage sufficient for enduring sorrow. This is a very appropriate question since our area has been tragically smitten by death. Consider the following exercises:

1. Express your emotions. Hiding them is not self-control. The Bible does not say for us to, "sorrow not," but it does say, "*Sorrow not as others who have no hope*" (I Thess. 4:13).
2. Seek the aid of your friends. Presence of friends helps (Acts 23:15).
3. Compel self to be with people for retreat into privacy is common, but association with others is critical (II Sam 12:19-23).
4. Express your feelings in words. Talking about it will help to accept it. If done at the outset of bereavement, stabilization comes sooner.
5. Avail yourself to spiritual resources. The Bible is your faith-building source. Prayer and peace of God are precious assets (Jas. 1:5). Get counseling if needed.
6. Don't brood over what might have been. Mary and Martha said, "*If you had been here my brother would not have died*" (Jn. 11:21, 32).
7. Actively pursue worthwhile tasks. Once the initial shock has been dealt with, get busy on other things (Phil 3:13).
8. Make careful and thoughtful decisions. Be prayerful and avoid hasty decisions, for which you will later be sorry.
9. Increase your trust in God. God rules over all and, truly does make all things work together for good (Rom. 8:28).

*For inquiries or free Bible study by mail, contact:*



***New Albany Church of Christ***  
*P.O. Box 148, 511 Hwy 15 S ~ New Albany, MS 38652*  
*nacoc.org ~ 662-534-4649 ~ [bibletalk.mlk@gmail.com](mailto:bibletalk.mlk@gmail.com)*

