



Bible Study

Wednesday, December 10, 2025

"Dealing With Grief and Death During the Holidays"

The holidays are supposed to be a time of joy, peace, laughter, happiness, and celebration. However, for those who have lost loved ones, the emotions are not the same. In tonight's lesson we will focus on how to handle grief and death during the holidays.

I. The Stages of Grief

Everyone does not deal with grief the same:

- 1st Stage – Shock or numbness
- 2nd Stage – Emotional release
- 3rd Stage – Denial
- 4th Stage – Guilt
- 5th Stage – Anger
- 6th Stage – Acceptance

II. Three Biblical Realities About Death

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| 1. God has a plan. | <i>John 14:1a</i> |
| 2. God has a purpose. | <i>John 14:1b</i> |
| 3. God has a place. | <i>John 14:2-3</i> |

III. Burial or Cremation?

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| 1. Most Believers in the Old and New Testament were buried. | <i>Genesis 49:29-33</i> |
| 2. Jesus was buried because that was the custom of the Jews. | <i>John 19:40</i> |
| 3. Man was created from the dust of the ground and whether buried or cremated shall return to dust. | <i>Genesis 2:7, 3:19; Ecclesiastes 3:20</i> |
| 4. Nowhere in the Bible does God commands burial or condemns cremation. Burial or cremation comes down to a personal conviction. In the end, the decision is left up to the family of the deceased. | |

Brothers and sisters, because of the sin of Adam and Eve, all of us will face the reality of grief and death. I pray that this lesson will help you during this holiday season.