

LIFE Meeting

Life and Death

October 17, 2018

1. Opening Prayer

Nyarok

2. Icebreaker: Handshake Murder

Allison

3. Large Group: Life

Nyarok

4. Small Groups:

5. Large Group: Video

6. Transition to Small Group

Ethan

7. Small Groups: Accepting Death

8. Closing Prayer

Maggie

- Next Meeting: November 7th- That's Prayer Too?
- Planning Meeting: Tuesday October 23, 2018
 - Food: Nyarok, Faith, Kaden, Maggie H.
- Hope Totes
- Pictures

Opening Prayer

"If I Die Young" - the Band Perry

<https://www.youtube.com/watch?v=Aw8W6hYGZ0E>

**If I die young bury me in satin
Lay me down on a bed of roses
Sink me in the river at dawn
Send me away with the words of a love
song**

Lord make me a rainbow, I'll shine down on
my mother
She'll know I'm safe with you when
She stands under my colours, oh and
Life ain't always what you think it oughta
be, no
Ain't even grey, but she buries her baby
The sharp knife of a short life,
Well, I've had just enough time

The sharp knife of a short life,
Well I've had just enough time

And I'll be wearing white when I come into
your kingdom
I'm as green as the ring on my little cold
finger
I've never known the lovin' of a man
But it sure felt nice when he was holding
my hand
There's a boy here in town says he'll love
me forever
Who would have thought forever could be
severed by

The sharp knife of a short life,
Well I've had just enough time

So put on your best boys and I'll wear my
pearls
What I never did is done

A penny for my thoughts, oh no I'll sell them
for a dollar
They're worth so much more after I'm a
goner
And maybe then you'll hear the words I
been singin'
Funny when you're dead how people start
listenin'

The ballad of a dove
Go with peace and love
Gather up your tears, keep 'em in your
pocket
Save 'em for a time when your really
gonna need 'em oh

The sharp knife of a short life,
Well I've had just enough time
So put on your best boys, and I'll wear my
pearls

In the lyrics, the main singer daydreams of an untimely death. Over the course of the song, the singer comes to the conclusion that, if she should "die young," she would be happy with the life she's lived, and she would hope for her loved ones to celebrate her, rather than mourn her passing. I think we should all draw inspiration from these lyrics. Instead of being sad and mournful of death, we should recognize the new life that comes with it and be able to celebrate the life that we have lived. For many people, thinking or talking about death is an uncomfortable experience. A lot of the time, conversations about what happens after death tend to focus, rather negatively, on endings. But for Christians, we can offer another, refreshing and even hope-giving perspective. While death will mark the end of many things for us, it also enables us to gain more than we ever could from our lives here on earth. Reminding ourselves that death actually leads to life and better comprehending what this actually means is a meaningful aspect of our journey in faith. Romans 14:8 says, "If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord."

Let us pray together as a Marianist family: May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen

Icebreaker: Handshake murder

- Everyone walks around shaking each other's hands
- There is one person that has already been picked (the murderer) that will lightly scratch the bottom of your palm
- If they do then you die (lay down)
- If you are killed by the murderer you have to walk around for 10 more seconds before dying
- You can guess who the murderer is by raising your hand, but if you're wrong you die
- At the end of the game if they haven't been guessed the murderer will be the last one standing

Large Group

Many times people tend to separate life and death into two completely separate things. When in fact they are interconnected. Many times people don't give "life" a second thought. We are doing it now, we wake up, go to school, do our afterschool activities, go home, go to bed and repeat the next day. The truth is we need to really think about how we live our life, not just go through the motions.

Video: Live life to the fullest

<https://www.youtube.com/watch?v=w7eP9rLDijk>

Names on Paper

There are so many people out there that truly attempt to live their life to the fullest. Think for a moment about someone (living or deceased) who is/was a good example of taking advantage of what life gives them every day. Write their name on a piece of paper and we will be praying for them in our small groups.

Connection Between Life and Death

"As falling leaves bid farewell to the branch they knew as home, they dance joyfully as they descend back to the earth, fluttering, twirling and swirling through the crisp mid-autumn air. I used to feel a pang of sadness this time of year as I watched life wither away into the bleakness of winter. Decomposing foliage disintegrating into oblivion and animals retreating for hibernation. That was until I studied the seasonal transition of a tree, and discovered its continuous cycle of death and rebirth. Every death signaled new beginnings and ensured the survival of the tree."

Like the leaves in the passage I just read, we as human beings encounter the same continuous cycle of death and rebirth. With every death comes a new life, and with every cry of new life another breath disappears. Through our faith in God, as Christians, we see beyond the basic secular view of death. While some may believe that our physical life here on earth is all we get, Christ teaches us that in death, we receive eternal life. No matter our religious standpoint, life continues after death and goes on for all of eternity. We live on through memories, through people, through our legacies. So, I believe it is safe to say that life and death are two sides of the same coin. Even after our physical bodies die and decompose, even after we lose all of our tangible belongings, even when the world itself falls to destruction, our souls live on forever. 1 John 2:17 says "The world and its desires pass away, but whoever does the will of God lives forever."

Transition to Small Group

- Throughout this meeting we would like you to reflect on the following questions. This is a silent activity and everyone should reflect on these questions silently.
 - Do you like what your life has become so far? *PAUSE*
 - What would you like to get out of this life? *PAUSE*
 - In what ways does death scare you? *PAUSE*

Small Group

Prayer

Have everyone sit in a circle and have them put their slip of paper with names on it in the bowl. Then pass the bowl around and make sure everyone one picks a name to say.

Ecclesiastes 5:18-20

- After looking at the way things are on this earth, here's what I've decided is the best way to live: Take care of yourself, have a good time, and make the most of whatever job you have for as long as God gives you life. And that's about it. That's the human lot. Yes, we should make the most of what God gives, both the bounty and the capacity to enjoy it, accepting what's given and delighting in the work. It's God's gift! God deals out joy in the present, the now. It's useless to brood over how long we might live.
- Heavenly Father, we ask you to help us make the most out of what we are given. We especially thank you for placing the following people in our lives...(have everyone read the name on their piece of paper).
- Throughout the rest of this meeting keep these people in your thoughts and prayers.

As your people let us joyfully proclaim: May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary Amen.

Small Group Questions about life

1. What is most important to you in your life?
2. Who do you appreciate most in your life and why?
3. What goals or aspirations do you have? Big? Small?
4. What do you think we as humans were put on this earth to do?
5. What do you think you were put on this earth to do?
6. Do you have a plan for the rest of your life? If not, how do you hope it will go?
7. What or who do you turn to when your life isn't going as planned?
8. How can you live your best life?
9. How can you help make other people's lives better?

Living your life to the fullest!

- Pass out papers to everyone have them answer
 - How do you see yourself in 10 years?
 - What would you like to accomplish in life?
 - What are some of your goals and aspirations?
 - How would you like to change the world?
- ****Items should be fruitful (personality wise type things) not things like skydiving****

Live Your Life to the Fullest!

How do you see yourself in 10 years?

What would you like to accomplish in life?

What are some of your goals and aspirations?

How would you like to change the world?

Large Group

Is there anything that you want to share from your small group?

Many times we have a negative view on death and dying, this video gives a perspective on death.

<https://www.youtube.com/watch?v=3nrM53X9dWc>

Transition to small group

Life is a wonderful gift God has given us. Life is a plan that God has made for each one of us. But, with that plan, there's a catch. With each gift, there's an expiration date. Which is death. And although none of us here are ready for death it is important to remember that both our life and death are for God. All that we do is overseen by God as Paul reminds us in his letter to the Romans: *For none of us lives to himself, and none of us dies to himself. For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, that he might be Lord both of the dead and of the living.*

As we move back into our small groups, think of how death would affect you and the other people in our lives as well.

Small Group

1. How do you want to be remembered?
2. When you die, what is your final wish?
3. Why do you think God lets death happen?
4. How do you view life after death? How do you view heaven?
5. How would you spend the final days of your life?
6. Who would you spend your final days with? Family? Famous people?
7. If you were given a choice to have someone die with you, who would that be?
8. If you were to die tomorrow, would you want to know or not?
9. What are your thoughts on reincarnation?
10. If you were to die today, would you be content with how you lived your life?

Give everyone a piece of paper in order to write their own eulogy. A eulogy is a speech or piece of writing that praises someone or something highly, typically someone who has just died.

Headstone activity:

- How would you like to be remembered?
- Write words on the headstone you would want people to use to describe you
- Pass out the tiny headstones and when everyone is done, collect them and we will hang them on cross after the meeting
- Discuss/present eulogies (as they finish the headstone)?

Close with a spontaneous prayer in your small group.

Closing Prayer

Live Like We're Dying - Kris Allen

https://www.youtube.com/watch?v=tm8ZzOt_1bs

Sometimes we fall down and can't get back up
We're hiding behind skin that's too tough
How come we don't say I love you enough
'Til it's too late, it's not too late

Our hearts are hungry for a food that won't come
And we could make a feast from these crumbs
And we're all staring down the barrel of a gun
So if your life flashed before you, what would you wish you would've done

Yeah gotta start
Looking at the hands of the time we've been given here
This is all we got then we gotta start thinkin' it
Every second counts on a clock that's tickin'
Gotta live like we're dying oh

We only got 86 400 seconds in a day
To turn it all around or to throw it all away
Gotta tell 'em that we love 'em while we got the chance to say,
Gotta live like we're dying oh

Well if your plane fell out of the skies
Who would you call with your last goodbye
Should be so careful who we left out of our lives
So when we long for absolution, there'll be no one on the line

Yeah we gotta start lookin' at the hands of the time we've been given here
This all we got then we gotta start thinkin' it
Every second counts on a clock that's tickin'
Gotta live like we're dying oh

We only got 86 400 seconds in a day
To turn it all around or to throw it all away

Gotta tell 'em that we love 'em while we got the chance to say,
Gotta live like we're dying

Like we're dying oh
Like we're dying
Like we're dying oh
Like we're dying

We only got 86 400 seconds in a day
To turn it all around or to throw it all away
Gotta tell 'em that we love 'em while we got the chance to say,
Gotta live like we're dying oh

You never know a good thing until it's gone
You never see a crash until it's head on
Why we think we're right when we're dead wrong,
You never know a good thing 'til it's gone

Yeah we gotta start lookin' at the hands of the time we've been given here
This all we got and we gotta start thinkin' it
Every second counts on a clock that's tickin'
Gotta live like we're dying oh

We only got 86 400 seconds in a day
To turn it all around or to throw it all away
Gotta tell 'em that we love 'em while we got the chance to say,
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Like we're dying oh
Like we're dying
Like we're dying oh
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We only got 86 400 seconds in a day
To turn it all around or to throw it all away
Gotta tell 'em that we love 'em while we got the chance to say,
Gotta live like we're dying oh

Reflection :

What if you were to die tonight? this is a question to help you meditate on the quality of life you are currently choosing to live, reflecting on death can instruct us on how to live. We all know that one day will be our last yet we often live our lives as if they'll last forever. The only certain thing in life is that it has no certainty. Life and death are two sides of the same coin. Yet, we spend most of our time dealing with life and rejecting or denying somehow the natural aspect of death, probably because we might see it as a final end. Death is commonly related to pain, suffering, loss and uncertainty. We tend to get so caught up on life here on earth we forget about life after death. The word Heaven appears 550 times in the Bible. The first mention is Genesis 1:1, "God created the heavens and the earth" God is in Heaven. Our eternal resting place in the presence of God. It is the ultimate salvation, because when we have this everlasting union with God, all sin is gone. Here on earth we can reflect on death to help us truly live our lives to the fullest.