

By Eric Farmer, November 10, 2024

#### 1. LIFE

Teach us to number our days, that we may gain a heart of wisdom. Psalm 90:12 NIV

### 2. AND DEATH

It is better to go to a house of mourning than to go to a house of feasting, for death is the destiny of everyone; the living should take this to heart.

# Ecclesiastes 7:2 NIV

"Remember to keep death before your eyes daily" - St. Benedict

"When you see how much time you have left, you tend to do more with the time you have now." – extracted from "Don't miss it – Parent every week like it counts"

#### 3. AND LIFE AGAIN

The world and its desires pass away, but whoever does the will of God lives forever. 1 John 2:17 NIV

### **Existential Needs**

Cosmic security → E	Beyond the grave	$\bigcirc$ $\rightarrow$ Heaven $\rightarrow$	Goodness	
life $ ightarrow$ To be loved		$\rightarrow$ To be forgiven		

## **REFLECTION QUESTIONS**

- 1. How can you examine this week if there is a misalignment between what you believe about life and death, and how you are living in the day-to-day?
- 2. Which truths of Scripture do you need to meditate on this week to give you the purpose or comfort you need when thinking about this weighty topic?