

2015 Lenten Study

Living Fully in the Shadow of Death
By Susan Zonnebelt-Smeenge & Robert C. DeVries

Syllabus

Section One: Daylight, Death Yet Unseen

February 25th—Read pages 17-34

Death is a part of life
Society's reluctance to face the reality of death
Assessing your life to this point
Evaluating your past and present relationships
What kind of relationship can you have with yourself?
Planning for your death
Planning for your legal and financial needs
Planning your memorial or funeral service and disposition of your body
What do you think about the dying process, death, and the afterlife?

Also, complete days 1-7 of Christian Meditations, p. 47-69 (one per day)

March 4th—Read pages 34-46

What is dying like emotionally?
How do children think about death?
If I were to die, what would happen then?

Also, complete days 8-14 of Christian Meditations, p. 70-86, 134-141 (one per day)

March 11th—Special Program—No Study. Please continue with the daily devotions:

Days 15-21 of Christian Meditations, p. 142-163(one per day).

Section Two: Dusk, The Knock at the Door

March 18th—Read Part One: *What do you do when the news isn't good?* pages 89-103

What's going on here? Understanding the diagnosis.
Isn't there hope? Looking at the positive and negative aspects
Learning more about the diagnosis
Who will go through this with me?

How do I manage my life's goals, values, and priorities?

As a family member: to tell or not to tell the diagnosis to your seriously ill loved one

Also, complete days 15-21 of Christian Meditations, p.164-172, 207-221(one per day).

March 25th—*Read Part Two: Summarizing your life—What do I need to attend to?*
pages 105-132

Money, property, and legal issues

Planning for my dying and funeral

How do I talk about the tough stuff?

Also, complete days 29-35 of Christian Meditations, p. 222-244 (one per day)

Section Three: Midnight, The Day has Ended

April 1st—*Read pages 173-188 (top)*

Walking the final leg

The difference between dusk and midnight

One last chance to make final arrangements

Getting the emotional support you need when you need it: visits from others

Will your family actually provide for your care?

Who do I want with me during my final days?

Also, complete days 36-40 of Christian Meditations, p. 245-261

April 8th—*Spring Break, No Wednesday Night Activities*

April 15th—*Read pages 188-205*

Communicating in these last months, weeks, and days

Now it's time for life closure: letting go and dying a "good" death

For loved ones: The aftermath of letting go

The physical aspects of dying: the last few weeks and days

Will I suffer? Pain and symptom management

The bedside vigil

A light, a person's image, or some other visualization from "beyond"

Recognizing when your loved one has died

The funeral staff comes to take the body—then what?

What happens to those left behind? Introducing the grief journey