

Living and Dying

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Death is a natural, inevitable part of life, however accepting this reality in a healthy way can be difficult. Create a space where this topic can be openly discussed and in doing so, help your family to celebrate each day, learning to live life to the fullest.

For

Teen Family

Season

Fall

Needed

Computer, one copy of the Exploring Death worksheet, bowl, scissors

Prepare in Advance

Have each family member take the [Living to 100](#) life expectancy quiz. Cut apart questions on the Exploring Death worksheet and place in a bowl Prepare two YouTube videos for opening and closing prayer:

- [For Your Glory](#) (opening)
- [Everybody](#) (closing)

Activity Plan

1. Start your gathering by watching/listening to the YouTube video of the song For Your Glory based in part on Ecclesiastes 3:1-15. Afterwards say this prayer aloud:

God of all seasons, we thank you for the gift of experiences where we come to know you and the gift of life. In the words of Saint Francis, help us to "praise you for our death that makes our life real, the knowledge of loss that helps us to feel." Be with us during our time together as we discuss this difficult idea. Amen.

2. Pass around the bowl of questions, following the directions on the worksheet.
3. Invite family members to share their life expectancy results and their reactions to what they learned. Here are some other questions for discussion:
 - How did this quiz make you look at how you live your life in a different way?
 - What answers would you like to change?
 - How can you help each other live life to the fullest?
4. Close your time together by listening/watching the YouTube video "Everybody" by Ingrid Michaelson.



Exploring Death

Cut out each of these questions and place in a bowl. After a family member has answered their question, they can ask one other family member to answer the same question. That family member can either ask that same question of someone else or a new person can pick a new question. Continue to do this until all questions have been answered. *Some questions are purposefully silly to lighten up the topic. Feel free to add your own questions.

<p>When you think of dying, what are some feelings that you experience?</p>	<p>If you have experienced the loss of a loved one, how did you cope with that loss (ie. through crying, being angry, talking to someone, praying, etc.)</p>	<p>Would you rather die by drowning in pudding or being eaten by a polar bear?</p>
<p>If you knew you had one more day to live, what would you do with your time?</p>	<p>Would you rather live forever or have superhero powers but die when you're 50?</p>	<p>If you could, would you like to know when you're going to die? Why?</p>
<p>In what ways can acknowledging our own mortality help us to live a fuller, happier life?</p>	<p><i>What are three things you would want to be remembered for after your death? Are you on the right track so far?</i></p>	<p>How do you picture life after death?</p>
<p>What's one thing you'd like to start doing to help you live each day as a gift?</p>	<p>Name one person you would like to meet who is deceased and why.</p>	<p>WHAT WOULD YOUR FUNERAL LOOK LIKE? WHAT KIND OF MUSIC WOULD YOU WANT PLAYED? WHO WOULD BE THERE? WHAT WOULD BE DONE WITH YOUR BODY, ETC.?</p>

