

Remembering Those Who Have Died

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November 1 is All Saints Day. Take time to remember people you care about who have died.

For

Teen Family

Season

Fall

Needed

Bible, What I Miss Most worksheet (see last page), pens or pencils



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Prepare in Advance

Mark your Bible to Psalm 147:3 and Matthew 5:4.

Make a copy of the What I Miss Most worksheet for each family member.

Activity Plan

1. Say this prayer aloud to begin:

God, we remember those who have died and who meant so much to us. Be with us as we recall how their lives touched ours and celebrate the relationships we had with them. Amen.

2. Ask someone to read aloud Psalm 147:3 from your Bible (or see the text below). Then have another person read aloud Matthew 5:4. Discuss: When have you felt brokenhearted? How did God work through other people to “bind up your wounds” or comfort you?

Psalm 147:3 He heals the brokenhearted and binds up their wounds.

Matthew 5:4 Blessed are those who mourn, for they shall be comforted.

3. Give each person a copy of the What I Miss Most worksheet and a pen or pencil. Play some music you all like as you work individually to complete your worksheets.
4. Ask family members to take turns telling about what they wrote on the worksheet. Ask follow-up questions, like:
 - How often do you think about this person?
 - What reminds you of this person?
 - How do you feel about this person now? Do you feel sad? Grateful? Another feeling?

Note: Be sensitive to each person’s memory. Family members may have different experiences of the same person. Honor what each one remembers, and celebrate his or her relationship with the person. Also, depending on how recently the person died, this activity may uncover intense feelings. This is normal and okay. Don’t rush someone’s grieving process.

5. Talk with each person about how to commemorate the person he or she wrote about on the worksheet. For example, you might have a picture of the person at your dinner table on All Saints Day or light a candle in his or her memory. If there’s a gravestone marker, you may want to visit it. Do what each person would find most meaningful.
6. If you’re looking for rituals to celebrate the lives of your loved ones, consider checking out the book [*Remembering Well: Rituals for Celebrating Life and Mourning Death*](#) by Sarah York.



What I Miss Most

1. Take a moment to recall family members, neighbors, or friends who have died. Which person do you miss the most today? Why?
2. In what ways did this person touch your life? What did he or she do or say that meant a lot to you?
3. What do you remember most clearly about this person? (Was it something he or she wore, the way he or she talked, or something this person did?)
4. What did you learn from this person?
5. If you could have another conversation with this person, what would you like to say?

