

The Last Time

By Chip Borgstadt

Spring brings hope for new life, but it is also a time to prepare for endings: seeds die in the ground to bring forth the new. Annual springtime conversations on our final days is an affirmation of faith and a gift of love to family and friends.

For

Adult / Couple

Season

Spring

Needed

Bible, willingness to talk about death.

Prepare in Advance

Consider friends and family members' recent losses as you find a neutral time to talk about your hopes and expectations concerning death.



Activity Plan

1. Begin with prayer.

Gracious God, teach us to number our days so that we might live fully in each of them. Amen.

2. With friends and/or loved ones, play a guessing game where you draw various expressions we use to avoid saying "death." They might include "bought the farm," "kicked the bucket," and so on. Discuss how these phrases are an expression of our feelings about death.
3. From your Bible, read Ecclesiastes 3:1-8 (or see last page). Which activities happen more than once? Which happen only once? For which can a person prepare? Which are most often experienced best just as they happen? Are there any a person might want to accomplish alone?
4. Focus on verse 2, "a time to die." "Dying well" has been a tradition of the church, a practice that prepares us for our own end. Considering our own death allows us to identify and engage in activities that are faith driven. Describe what you believe "dying well" would be like.
5. Make a list of things that describe "dying well" which a person would want to experience. How might that person prepare for those things to be in place?
6. Hold your calendar or to-do list and pray that what you do will reflect your faith and allow you to die well when your time comes. This practice can be done weekly to help provide balance in your activities.

Additional Optional Activity

7. Watch the video of Tim McGraw singing [Live Like You Were Dying](#). Discuss the things that you would do if you knew that you had a terminal illness. Then discuss what difference it makes knowing that you will probably be dying soon. How might we always live like we are dying so that when the time comes we can die well?

Everything Has Its Time

Ecclesiastes 3: 1-8

For everything there is a season, and a time for every matter under heaven:

2 a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;

3 a time to kill, and a time to heal;
a time to break down, and a time to build up;

4 a time to weep, and a time to laugh;
a time to mourn, and a time to dance;

5 a time to throw away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;

6 a time to seek, and a time to lose;
a time to keep, and a time to throw away;

7 a time to tear, and a time to sew;
a time to keep silence, and a time to speak;

8 a time to love, and a time to hate;
a time for war, and a time for peace.

