



*Don't wait until I'm gone...*

I've never felt so broken, so lonely, so lost... my heart feels as if it's been ripped out of me, I'm hurting so bad, all because of my loss. *Can you understand this?*

I've written this small booklet to help all those who are in a similar situation; you feel as if you can't cope, so I want us to go through this together; can we support each other?

Oftentimes we don't say what we need to say and then it's too late. We all have regrets, let's not add to them.

### ***Don't wait until I'm gone...***

Death is so deep, so unsearchable to process and so final it seems. I'm sure we've all experienced, somewhere down the line, the death of a loved one. It broke our heart, 'smashed' the fragile world we were living in together. There doesn't seem to be the words to describe how we felt, how we feel now, and what we're going through each day.

How do we cope? Are you coping? ...or are you at breaking point?

Life's journey can be such an adventure, especially sharing it with the one you love, but if they are taken away, the adventure suddenly becomes the darkest loneliest place you've ever experienced.

It's at this time, that the best thing you can do, is cry out to God for help. ...**pour out your heart before him: God is a refuge for us.** Psalm 62v8. The Lord Jesus is the only person who really understands everything you are going through, so talk to Him. Start right now, asking Him to help you.

**What actually is death?** The Bible says ...**as her soul was in departing, (for she died)** Genesis 35v18. Death is when the soul departs and leaves the body. The soul is the real 'you'.

For some, death brings *relief*, and this can be in varying forms. Relief from unbearable physical pain, relief from restricted living and hospital appointments and treatment, relief from a long illness, relief from the pressures of life; family issues, financial pressures, fitting in and experiencing a sense of belonging, relief from daily sadness and struggles, even relief for those who may have looked after a relative for many years, day in, day out, or relief to see someone taken who could or had been causing fear and turmoil in one's life.

Death also brings with it, extremely difficult emotions to deal with and control, such as loneliness, brokenness, fear, and such an intense feeling of loss. If you've ever experienced the death of someone close, you can understand what I'm saying here; to lose the closest person to you, whether it's a family member or friend, is indescribable, and the saddest and greatest dread in life. Yet it happens to all of us. Death is inevitable, certain, something that seems to loom, and oftentimes occurs unexpectedly.

The love of your life... no-one can replace them, the longing you feel to be with them, to see them again, to hold them, to talk to them, and share life's experiences with them again... if only. The feeling of loss seems unbearable, but somehow, you get through each day, only to wake up the next morning with that split second of relief, until you realise again, what has happened, and it starts all over. You feel as if you are the only person on earth who is feeling the way you do. I get it, I've been there. Will it ever get easier you wonder?

It's been said, "You don't ever get over someone's death, you just learn to live with it." That's true.

If it's your lover and best friend who has died, that person you were so natural with, who understood you better than anyone else did, *how will you cope?* Is there anything you can do to help ease the immense pain you're going through?

When you were together, you would draw strength and courage from one another, but now they have been taken from you, you feel a loneliness like never before. Whatever happens, don't just shut yourself away and become a recluse, this is not the answer.

Of course, you're going to grieve, and you'll feel like breaking down in front of people, this is only natural, but you need to keep 'fighting on' and whatever happens, keep asking the Lord to give you the strength for each day. Never give up, never quit.

You loved so much the one in whom you could rely on and find security in, the one who was always there at the end of the day and first thing in the morning, the one who was by your side when things were going well, and life was so good, and the one who was there to wipe away a tear and bring hope when a difficult situation arose; the one with whom oftentimes words were not necessary, it was sufficient just to be together enjoying each others company... I understand how heart-breaking this loss is for you, and I want you to understand that things will improve and get a little easier, but you just need to take one day at a time. There is no easy fix, and you have a very tough road ahead of you, and God knows that and wants to help you through all the pain you are feeling, so talk to Him.

Death leaves us with memories, numerous of which are of happy times and experiences, special moments and seasons within our lives, but along with those happy and joyous memories, there comes regret. Another very powerful emotion we all experience. How many of us have lost a loved one unexpectedly, taken so quickly when everything appeared okay on the outside? How many of us have not made it to a bedside for those closing moments of life before that final breath was taken?

How many of us have received the dreaded phone call informing us of an accident or fatality completely 'out of the blue?' No time to prepare, no last words spoken, no time for apologies or forgiveness, or for those words we so longed to say while alive, but never did.

We realise a chapter of our life has just closed. We are struck with regret that we could have, should have, tried harder.

Nothing can be done *after* death. It's irreversible. That's a sobering thought, and one that many carry to their own grave. Nothing can be spoken to put a situation right, nothing unfinished can be dealt with and closed, nothing can be uttered and heard. It's final. Isn't it interesting, almost strange, that at funerals we hear relatives, friends, colleagues, and neighbours give a short speech of how they felt about the person deceased. How that person had influenced them and been an important part, figure, or mentor in their life. How missed that person would be. How they appreciated their company... *yet never told them!*

We can also often hear of characteristics and find out things that we never personally knew about the person. The sacrifices they made, their upbringing, the unspoken difficulties and battles that person daily faced and the burdens carried. This makes us reflect on how we had impacted, for better or worse, that person's life. Much is said *after* death and sadly not before, when you could have told them how much you appreciated them at any time. Much is often revealed *after* death.

### ***Don't wait until I'm gone...***

It's too late then. If you have something to say to someone, ***say it now***; call them up, write them a letter, card, email, ***but do it now***. Tell them you love and care for them, thank them for what they have done for you; say sorry if you need to, but put things right while you have the time, do it now.

If you need forgiveness or need to forgive, seek it, and action it now. If you could help or assist someone, do it. If you could bear a burden and make someone's load lighter, bear it.

If you could talk to someone and be open about your 'death experience' and how it affected, and still affects your life, how you deal with the loneliness, emptiness, huge void that has been left, the regrets and the many other emotions you continue to experience, talk, share, bear your heart, open-up... talk to the Lord and tell Him everything, pour out your heart to Him.

If you still have time now, to reconcile... to be a friend to someone, open-up, make the first move, don't wait until it is too late. Be approachable, be willing, show kindness, love and compassion; get rid of your pride and bitterness, as time is passing by so quickly.

Describing friendships is quite something; often they can be rewarding, and cause emotions of happiness, joy, contentment, understanding and belonging; likewise, they can be frustrating, hurtful, inconsistent, hard work, tiresome and the list goes on. Whatever or wherever you fit in, you need friends. Do your part. Put the effort in. No-one should *go-it-alone* in life, no matter how they appear on the outside. We need each other. For any friendship to grow, blossom and develop, honesty must be at the

centre, while remembering to look at a situation from the other persons point of view. Learn to give in, to bend, to adjust and change.

### ***Don't wait until I'm gone...***

Today you have life, an incredible gift. You don't know how long you have left on this earth, none of us do. How you live is so important. What you say, how you say it, how you treat others, how you care or don't care, how you sacrifice, how you share, in whatever form that may be, how you respond to others, how you listen or don't listen, etc. etc. If you are in good health, have your faculties and are not in any way restricted or experiencing any difficulties at present, you are in a great state and should be very thankful.

Do not take your health for granted and try and be more considerate to those who daily battle with extreme pain, are immobile, struggle with debilitating health and a chronic disease. Consider, when you experience pain in some way, how long does it last for? Does it go away after an hour, a day? How would you cope if day in, day out, your pain never went away. Every task taking so much effort, so much bravery, so much determination. One task completed then on to the next.

Without knowing God, life is futile, pointless, worthless. God, our Creator, understands everything about us. He wants to help and guide us through life if we only let Him, but sadly most don't, therefore, when death comes, they face it alone, afraid of the unknown.

Do you know what the Bible says about life, death, and about you? Have you ever read a King James Bible? If not, get one as soon as you can and start reading from the book of John.

Do you appreciate what you have in life, the daily benefits and blessings you experience and enjoy? Are you thankful to God for these, or do you just blame God when things go wrong? God gets blamed for all the 'bad things' in life, but never thanked for all the 'good things', how sad that is. When did you last thank God for all the good things you have experienced in life? *Makes you think doesn't it?*

Don't ever take anything or anyone for granted. Don't ever be ungrateful, and try your hardest not to be selfish, always thinking what you want and need, how you should be dealt with, how life should revolve around your desires. Learn to be content and don't be carnal in your daily living and thought life. We're not here for long. Prepare for eternity, for meeting the Lord. And if you have something to say, to profit, to make a difference, to put something right, to change a situation, to live out what the Bible says do it now.

### ***Don't wait until I'm gone....***

This is something I'm sure we can each address in our own lives, *while we have today*. We know death is so final, but of course we understand as a Christian, it is just a temporary parting... then *everlasting life* really begins.

Death, it's easy to 'say and write', but so incredibly painful and unexplainable to live with, however long or short that temporary parting may be. Hours seem like days, days like months and life just goes on... it can feel unbearable.

Everyone around us seeming joyous and experiencing good times, while we feel our life has been shattered, destroyed, 'finished'. It's at this point, if we haven't already, we need to turn to the Lord for help.

Keep talking to the Lord and sharing your heart with Him, tell Him everything; your disappointments, failures, pain, sorrow, struggles and uncertainties, and don't neglect to thank Him too; for always being there, for understanding, for listening, for His word and the comfort of the Scriptures (have you read them yet?) and for the peace and hope we have to walk through our earthly pilgrimage, before entering our eternal home where everything will be absolutely perfect. 1 Corinthians 15v26 – **The last enemy that shall be destroyed is death.** Thank you Lord Jesus.

If you are not a Christian, I would urge you to get saved, believe the Gospel, and ask Jesus Christ to forgive you of all your sins right now...

1 Corinthians 15v1-4 ...**I declare unto you the gospel which I preached unto you, which also ye have received, and wherein ye stand; For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures; And that he was buried, and that he rose again the third day according to the scriptures:**

Colossians 1v14 **In whom we have redemption through his blood, even the forgiveness of sins:**

Ephesians 2v8+9 **For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.**

Acts 16v30+31 **...what must I do to be saved? ...Believe on the Lord Jesus Christ, and thou shalt be saved...**

*Lastly...*

A lovely comforting verse of Scripture... **A father of the fatherless, and a judge of the widows, is God in his holy habitation. God setteth the solitary in families: he bringeth out those which are bound with chains: but the rebellious dwell in a dry land.** Psalm 68v5+6.

There is coming a time when ...**God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.** Revelation 21v4.

If you are struggling and would like to talk, or if you have any questions, please email me.

If you would like some further Christian literature, please contact the person who gave you this booklet, or contact myself, the author.

Just take one day at a time... and no matter what you are going through, talk to the Lord Jesus about it.

I hope this small booklet has brought some comfort and help to you in this very dark time in your life.

The best decision I ever made in life, was becoming a Christian. I now face everything in life with the Lord by my side. Why not have the same?

**If you have lost a baby or infant... (read Deuteronomy 1v39 as this explains the 'demarcation line')**

Know this... your child is in Heaven. David's son had died, and David said this... **But now he is dead, wherefore should I fast? can I bring him back again? I shall go to him, but he shall not return to me.** 2 Samuel 12v23. There is no greater comfort than to know your child is in Heaven waiting for you. The question is, will 'you' also go to Heaven?

Every baby and infant that dies goes straight into Heaven according to the Bible. For further study on this look up the following verses in a King James Bible (Matthew 19v14, Matthew 18v3+4, Luke 18v16+17, Romans 9v11, Romans 5v13, Romans 4v8+15, Deuteronomy 1v39, Genesis 8v21, Isaiah 7v16, 1 Kings 14v12+13).

If you are grieving the loss of your child, know this, God is looking after your child and waiting for you to re-join them if you so desire. Have you believed and trusted the Gospel? Are you on the right path to Heaven? Have you had your sins forgiven by Jesus Christ? If so, that day will be a day of rejoicing, especially when you see your child again, *plus*, all those loved ones who have gone on before you, who also trusted Jesus Christ for their sins forgiven.

Heaven is a place where there will be no more death, sorrow, crying or pain, ever again. Are you going? *It's your choice!*



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