

*The purpose of the first paragraph is to reveal stats and quotes from mainstream sources about the growing struggles teens may have regarding each topic. The purpose of the second paragraph is to reveal God's perspective by seeing what the Bible says regarding each topic and how we can receive help and guidance in our life's purpose through a relationship with Jesus.*

# DEATH

Statistics show 10 out of 10 people die (you're welcome... for blowing your mind). Death is what all humans will face, but rarely talk about. The death rate for people ages 10-19 has shot up 12% between 2013 and 2016, and suicide up 56% from 2007-2016<sup>13</sup>. The top three causes of death among people ages 15-24 are accidents, suicide and homicide<sup>143</sup>. Why do people die? How do we deal with it? What happens after?

The Bible says because we all sin, we all die (Rom. 5:12). God conquered death through Jesus dying (Heb. 2:14-15) as a perfect human (2 Cor. 5:21) and raising to life (1 Cor. 15:4). Now Jesus offers forgiveness of sin and eternal life after death (John 11:25) if we believe in Him (John 3:16) and live for Him (Matt. 16:24-25). We live and die once in this life (Heb. 9:27), with no reincarnation (Ps. 78:39), but a move to the next life either in eternal punishment and suffering (Hell) or life and blessing (Heaven) (Matt. 25:46), determined by our belief if the God of the Bible really is God and Savior through Jesus. Anyone who believes gets forgiveness of sins (Rom. 10:9) and eternal life in heaven (Rev. 21:4).

## BIBLE VERSES TO CONSIDER

Romans 5:12 “Therefore, just as sin entered the world through one man, and death through sin, and in this way, death came to all people, because all sinned.”

Hebrews 2:14-15 “Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil—and free those who all their lives were held in slavery by their fear of death.”

2 Corinthians 5:21 “God made him who had no sin to be sin[a] for us, so that in him we might become the righteousness of God.”

1 Corinthians 15:3-8 "For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Cephas, and then to the Twelve. After that, he appeared to more than five hundred of the brothers and sisters at the same time, most of whom are still living, though some have fallen asleep. Then he appeared to James, then to all the apostles, and last of all he appeared to me also, as to one abnormally born."

Ecclesiastes 9:5 "For the living know that they will die, but the dead know nothing; they have no further reward, and even their name is forgotten."

Ecclesiastes 12:7 "and the dust returns to the ground it came from, and the spirit returns to God who gave it."

Romans 2:7 "To those who by persistence in doing good seek glory, honor and immortality, he will give eternal life."

Romans 3:23 "For all have sinned and fall short of the glory of God."

Romans 6:23 "For the wages of sin is death, but the gift of God is eternal life in[a] Christ Jesus our Lord."

1 Corinthians 15:53-56 "For the perishable must clothe itself with the imperishable, and the mortal with immortality. When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: "Death has been swallowed up in victory. "Where, O death, is your victory? Where, O death, is your sting?" The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ."

John 11:25 "Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die."

John 3:16 "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Matthew 16:24-25 "Then Jesus said to his disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life[f] will lose it, but whoever loses their life for me will find it.'"

Hebrews 9:27 "Just as people are destined to die once, and after that to face judgment,"

Psalms 78:39 "He (God) remembered that they were but flesh, a passing breeze that does not return"

Matthew 25:46 (Jesus) "Then they will go away to eternal punishment, but the righteous to eternal life."

Romans 10:9 "If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."

Revelation 21:4 “He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

1 Thessalonians 4:16 “For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first.”

John 5:28-29 “Do not be amazed at this, for a time is coming when all who are in their graves will hear his voice and come out—those who have done what is good will rise to live, and those who have done what is evil will rise to be condemned.”

John 14:1-3 “Do not let your hearts be troubled. You believe in God; believe also in me. My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.”

Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

Ezekiel 18:20 "The one who sins is the one who will die."

Hosea 13:14 "I will deliver this people from the power of the grave; I will redeem them from death."

1 Thessalonians 4:13-14 "Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him."

Romans 8:38-39 "For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

Matthew 10:28 "Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell."

Romans 14:8 "If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord."

Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

1 Corinthians 15:26 "The last enemy to be destroyed is death."

1 Corinthians 15:20-22 "But Christ has indeed been raised from the dead, the first fruits of those who have fallen asleep. For since death came through a man, the resurrection of the dead comes also through a man. For as in Adam all die, so in Christ all will be made alive."



2 Corinthians 4:17-18 "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

2 Corinthians 5:8 "We are confident, I say, and would prefer to be away from the body and at home with the Lord."

James 4:14 "What is your life? You are a mist that appears for a little while and then vanishes."

2 Timothy 1:10 "but it has now been revealed through the appearing of our Savior, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel."

Revelation 1:18 (Jesus) "I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades."

Revelation 20:15 "Anyone whose name was not found written in the book of life was thrown into the lake of fire."

John 3:36 "Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on them."

2 Peter 2:4-9 "For if God did not spare angels when they sinned, but sent them to hell, putting them in chains of darkness to be held for judgment; if he did not spare the ancient world when he brought the flood on its ungodly people, but protected Noah, a preacher of righteousness, and seven others; if he condemned the cities of Sodom and Gomorrah by burning them to ashes, and made them an example of what is going to happen to the ungodly; and if he rescued Lot, a righteous man, who was distressed by the depraved conduct of the lawless (for that righteous man, living among them day after day, was tormented in his righteous soul by the lawless deeds he saw and heard)— if this is so, then the Lord knows how to rescue the godly from trials and to hold the unrighteous for punishment on the day of judgment."

Proverbs 14:32 "When calamity comes, the wicked are brought down, but even in death the righteous seek refuge in God."

## STATS & QUOTES TO CONSIDER

There has been a significant rise in accidental deaths, homicides and suicides among young people across the United States, and experts are calling it a wake-up call.

The total death rate for 10- to 19-year-olds in the United States declined 33% between 1999 and 2013 but then suddenly soared 12% between 2013 and 2016, according to a new report from the National Center for Health Statistics at the US Centers for Disease Control and Prevention (PDF).

This rise in deaths is attributable to injury-related deaths, such as traffic accident fatalities, drug overdoses, homicides and suicides, as opposed to illness, such as cancer or heart disease.

In general, the leading causes of death among adolescents ages 15 to 19 in the United States are unintentional injuries such as car crash-related injuries, followed by suicide and homicide, according to the CDC.

The data showed that suicide rates among 10- to 19-year-olds declined by 15% between 1999 and 2007, dropping from 4.6 per 100,000 to 3.9 per 100,000. Then the rate increased by 56%, going up to 6.1 in 2016.

"This should not be happening and bucks the trend that we as a country have experienced in the past several decades. We should be worried about this," said Weiser, who's also an associate professor of surgery at Stanford University School of Medicine.

The top three causes of death among people ages 15 to 24 are accidents, suicide and homicide (2019).

When we talk about death – we talk it about it in a historical sense. We discuss the second world war and the tragic waste of human life, or we teach about the death beliefs of the Egyptians, but we don't tell them what it was like when their grandfather passed away in a hospice, or what it was like when the boy from our class at school was killed by a truck while motorcycle riding. We don't tell them what we think might happen after

we die, we don't tell them how we feel about it. We treat death like a terrible contagion. Almost as though we are risking the lives of our young if we talk about it – and I mean really talk about it – with them.

It's one of the few things that every single one of us face, and we often ignore it.

Numbness, shock, and disbelief - Especially when death is sudden or unexpected. These feelings provide a protective response that shields us from dealing with overwhelming emotions until we can face them. Our words are often "I don't believe it," or "it can't be true."

Anger, frustration, and rage - It is common to feel angry with God, the doctor, the person who died, or ourselves. We may blame God for allowing the person to die. We may blame the doctor for not helping the person to get well. We may blame the person for smoking or driving too fast. We almost always blame ourselves for all the "if only" and "what ifs" we can think of. Teens may say things like, "God is not real" or "Life is not fair."

How do teenagers understand death? ANSWER:

- Teenagers understand death with a personal and long-term view.
- They may want to talk to their friends more than to their parents.
- They understand more on their own, so adults are validating information rather than giving it.
- They understand their lives in the context of others', so they will want to leave a legacy and plan for their own deaths.