

# YOUR LAST BREATH



1. Who is one person you've lost who was special to you?
2. Put an arrow by the five most common responses you think teenagers have when a loved one dies.

Shock  
Denial  
Hurt  
Confusion  
Fear  
Numbness

Relief  
Depression  
Anger  
Acceptance  
Guilt  
Sadness

Regret  
Helplessness  
Loneliness  
Emptiness

3. What do you think—T (true) or F (false)?
  - Teenagers don't have to worry much about death.
  - Teenagers distance themselves from the elderly because old people are so close to death.
  - Most people aren't prepared to die.
  - People who have a purpose in life have less fear of death.
  - Teenagers have difficulty talking about death.
  - Death is a natural part of the life cycle.
  - God lets some people die for no reason.
  - Young people shouldn't die before older people.
  - Death sometimes freaks me out.
  - The media makes too big a deal about dying.
  - Dying naturally is the same as committing suicide.

4. If you could ask God one question about dying, what would it be?

5. Read the following Bible verses to find out God's perspective on death.

Psalm 16:10      Isaiah 57:1, 2      2 Corinthians 5:6-10  
 Psalm 49:10-19      1 Corinthians 15:54-57      Hebrews 2:14, 15