



**FACING THE FUTURE  
AFTER LOSING  
YOUR MATE**

*(There's Life After Death)*

**Marlene Burling**

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*“I have come that they may have life; and that they may have it more abundantly”  
(John 10:10)*

If anyone says to you after you have lost your mate: “It’s going to be okay; in time you will get over it”—No, it’s not okay; No you aren’t going to get *over it*. Yes, it will get better, but it never will be the same; your whole life is different, and that’s what we have to live with. That’s reality!

**GOD GAVE US TEARS FOR A REASON!**

### I. THE SHOCK AND EMOTIONS

I don’t need to feel strong or self-sufficient and unemotional. But I can be strong even when I let myself GRIEVE.

### II. THE SUPPORT

Find those “HEALING PEOPLE”

H—ere They will make and take time for you.

E—mpathetic They will do their best to understand your feelings.

A—ccepting They won’t judge you or try to change you or tell you what to do or feel.

L—istening They will let you share your feelings again, again and again.

### III. THE SOVEREIGNTY OF GOD

God is in control of all things—that includes ALL things in our lives and part of that has to do with our MATES. He had us MARRIED at one point and now He has us SINGLE as widows. (Rom. 8:28)

We can’t view widowhood as something to be OVERCOME or as a PROBLEM to be solved.

Everything that God promised me while I was married, He still promises me.

In fact, there is so much scripture that tells us of **God’s care and concern for widows**.

**Ps. 146:9** “The Lord preserves the strangers; He relieves the fatherless and the widow.”

**Prov. 15:26** “The Lord will destroy the house of the proud: but He will establish the border of the widow.”

**Deut. 14:29; 24:19-21** give instruction to His people and how they were to care for the widows.

**I Pet. 5:7** “Casting all your care upon Him, for He cares for you.”

**Prov. 3:5, 6**—trusting God

**II Cor. 1:3-9**—God who comforts

The **KEY** to peace when we are flooded with grief is to **KEEP OUR MIND FIXED ON THE LORD.** Isa. 26:3, 4

**When we know who God really is and what He is like, we can have CONFIDENCE in His promises:**

Joshua 21:45 “Not one word of all his good promises that the LORD had made to the house of Israel had failed; or had not come to pass.”

Rom. 4:20-21 “...fully convinced that God was able to do what He had promised.”

We are in our Sovereign God’s hands. **TRUST HIM! TRUST HIS WORD!**

#### **IV. THE STRUGGLE WITH FEARS & QUESTIONS**

I may never be able to answer all the questions, but I can know God has been and is in control and nothing I could have done will change a thing. This will **FREE** me; from any **GUILT** I may have placed on myself.

Psalms 23 is a great psalm of comfort.

**The main thing we need to ask is “Who am I going to trust? Myself? My feelings? Or God? I DO NOT NEED TO FEAR!”**

Let God **HEAL** your broken heart and **FILL** your emptiness with Himself through His Word.

The Psalms are so comforting. Place **YOUR NAME** in the Scriptures and claim His promises for YOU.

Two important scriptures to remember:

Phil. 4:8 (THINK ON THINGS THAT ARE TRUE AND WHAT IS REAL)

II Cor. 10:4, 5 (BRING EVERY THOUGHT INTO CAPTIVITY...)

**DON'T LET SATAN PLAY GAMES WITH YOUR MIND.**

## V. THE STRENGTH I FOUND FROM THINGS I DID (suggestions for you) AND THINGS I'M STILL DOING

Curled up in husband's warm sweater in his lounge chair.  
Sit in his chair  
Some sleep on his side of the bed  
At dinner table sit in his chair, so I don't look at his "empty" chair.  
Had his wedding ring made into a heart necklace  
Journaling  
Walking  
Reading  
Writing

Loners are more **VULNERABLE** to Satan's attacks.  
Find **SOMETHING** to do and **PEOPLE** to be around.

## VI. THE SORTING AND PAPERWORK

(See separate sheet,

## VII. SUGGESTIONS FOR THE YOUNG WIDOW

Perhaps you will marry again, but remember:

**NO ONE** will take his place.

**TALK** about him, make a **MEMORY BOX**, talk about **HEAVEN**.

## VIII. SOURCES THAT HELPED ME

"The Unhindered Widow" Carol W. Cornish

"Loving God With All Your Mind" Elizabeth George

"Jesus Calling" Sarah Young

Booklets on Grieving by Kenneth C. Haugh (my pastor gave me these)

## IX. SEASONAL HOLIDAYS AND EVENTS

These obviously won't be the same again and can be very lonely days. Try to be with some family members or friends. Don't be afraid to talk about your husband. He was a major part of your life. Old traditions may still work for you; but you may find starting new ones helpful and comforting.

## X. SHARING EXPERIENCES (If we have time)

## XI. CLOSING

We don't face a hopeless end, because we have an **ENDLESS HOPE!**

**REMEMBER:** You can't grieve according to other people's EXPECTATIONS or time schedule.

Grieve a little at a time, day by day, for as **LONG** as it takes. Give yourself permission to grieve and **DON'T APOLOGIZE.**

**PERSEVERE/PRESS ON—keep on keeping on!** Phil. “I press toward the goal for the prize of the upward call of God in Christ Jesus.” **THERE IS NOTHING MORE IMPORTANT!**

**REMEMBER ALSO:** God has come to give us life **NOW** and to give it more abundantly. Trust Him, hold to Him. Claim all of his promises and **LIVE!**

### **A CHECK-OFF LIST OF THINGS TO TAKE CARE OF UPON THE DEATH OF YOUR SPOUSE**

Some of the following things need to be taken care of as soon as possible; other things aren't as urgent.

**JUST REMEMBER:** Don't pressure yourself, take your time, and don't be afraid to ask for help, or ask someone to be with you when you take care of these things. These are things I did when my husband passed away. You may have more or less. It is only meant to be helpful.

\_\_\_ Write all the thank you cards following the funeral (if you can get help, do so)

\_\_\_ You may need several copies of the death certificate

\_\_\_ Go to the Social Security Office as soon as possible to get your husband's amount of benefit (if applicable) instead of yours

\_\_\_ Locate ALL documents—deeds, stocks, bond certificates, investment accounts, checking and savings (An officer or financial adviser at the bank will be very helpful)  
Make name changes on all accounts (allow 2, 3 months to be processed)  
Update beneficiary designation

\_\_\_ Call on your Credit Card—get husband's name removed to prevent any possibility of fraud

\_\_\_ Get car registration in your name—make sure the title is in your name. Check at the auto bureau.

\_\_\_ Auto insurance needs to be in your name

\_\_\_ Pay funeral expenses

\_\_\_ Life insurance—what to do with insurance money (again, if applicable)—invest or \_\_\_?  
You may be asked to choose a lump sum payment or fixed payment over time.  
You can deposit it into an easily accessible interest-bearing account.

- \_\_\_ Your own life insurance—up-date beneficiaries
- \_\_\_ Make sure your health insurance is in order. You may also want to consider a long-term health care policy for yourself.
- \_\_\_ Make sure your own will is in order along with a health proxy, and power of attorney
- \_\_\_ Set up a budget
  - Determine income and expenses
  - Establish an emergency fund (work hard at this) 3-6 months of basic living expenses—put in a savings account)
- \_\_\_ Keep your checkbook balanced (**LEARN HOW TO DO IT IF YOU DON'T ALREADY KNOW HOW**)
- \_\_\_ Learn on-line banking (Not a must, but certainly helpful)
- \_\_\_ Filing paperwork and getting information for end of the year taxes
- \_\_\_ Take care of your car
  - Car inspection/oil change
  - Learn how to put in oil and windshield washer fluid
  - Keep check on tires
- \_\_\_ Packing up or giving away your loved one's clothing and other items (Have someone with you for emotional support—don't be in any hurry!)
- \_\_\_ **DON'T MAKE ANY MAJOR DECISIONS (MOVING ETC.) FOR A YEAR???**
- \_\_\_ What about your wedding ring? Some may decide not to wear it any more. That's your own choice. There is no right or wrong.

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