










Understanding What Happens When We Die



Explore biblical truths about life after death to find hope, clarity, and comfort in God's promises for eternity.



Table of contents

<u>Introduction</u>	3
<u>Day 1:  Death Is Not the End</u>	4
<u>Day 2:  The Soul's Eternal Destiny</u>	10
<u>Day 3:  The Body's Resurrection Promise</u>	16
<u>Day 4:  Heaven: Our Eternal Home</u>	22
<u>Day 5:  The Hope of Resurrection for All</u>	28
<u>Day 6:  Comfort in Grief and Loss</u>	34
<u>Day 7:  Living Humbly in Light of Eternity</u>	40



Introduction

Life's deepest mystery often centers on what happens after death. Many wonder, *Is there an afterlife? What does the Bible say?* This 7-day study will guide you through God's Word to uncover the Bible's clear answers about death and eternity.

Throughout Scripture, death is described not as an end but a doorway to something beyond our earthly existence. Yet, its nature and what follows can raise questions and emotions from fear to hope.

As we open the Bible each day, we'll discover God's compassionate design for His creation, the promise of resurrection through Jesus Christ, and the hope of eternal life with Him. These truths offer peace amid uncertainty and assurance that death does not have the final word.

Whether you are grieving, curious, skeptical, or seeking spiritual clarity, this study invites you to **reflect deeply on Scripture** and ask your sincerest questions. Let God's Word illuminate your path, reminding you of His love, justice, and the eternal hope reserved for those who trust in Him.

Join this journey with an open heart and mind, and may the Holy Spirit guide you to a profound understanding of life beyond death.





Day 1: Death Is Not the End



Day 1: ☐ Death Is Not the End

Your Verse

John 11:25-26 – Jesus said, "I am the resurrection and the life. The one who believes in me will live, even though they die;"

Supporting Scriptures

- *1 Corinthians 15:54 – "Death has been swallowed up in victory."*
- *Revelation 21:4 – "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."*



Day 1: ☐ Death Is Not the End

Devotional: Jesus Offers Eternal Life Beyond Death

Death is often viewed as the ultimate end, but Jesus provides a radically hopeful perspective. In John 11, Jesus tells Martha that He is 'the resurrection and the life,' promising that those who trust in Him will live forever, even after death.

This promise means death does not hold power over believers; it is a passage to eternal life with God. The Apostle Paul later confirms this victory in 1 Corinthians, declaring that death is swallowed up in victory—meaning Christ's resurrection defeated death's sting.

Revelation offers a glorious vision of a future without death or pain, reminding us that God's eternal kingdom is a place of perfect peace and joy for His people. This hope reassures us that death is not a final separation but a transition to a fuller life in God's presence.

As you reflect today, embrace this promise of eternal life assured by Jesus. It is the foundation of Christian hope and comfort in facing death.



Day 1: ☐ Death Is Not the End

Reflect and Apply

1. How does knowing Jesus is the resurrection affect your view of death?

2. In what ways does the promise of no more pain and sorrow impact your daily life?

3. What fears about death do you feel God is inviting you to surrender?



Day 1: ☐ Death Is Not the End


Journaling Prompts

1. Write about a time when the hope of eternal life comforted you.

2. Describe what 'victory over death' means personally to you.

3. List ways you can live differently knowing death isn't the final chapter.



Day 1:  Death Is Not the End

Prayer for Today

Father, thank You for the hope we have through Jesus Christ, our resurrection and life. Help me to hold tightly to the promise that death is not the end but a new beginning with You. *Strengthen my faith* and calm my fears about death with Your peace that surpasses all understanding. May Your comforting presence fill me today and always. Amen. 🙏 ✨ ❤️





Day 2: The Soul's Eternal Destiny



Your Verse

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

Supporting Scriptures

- *Matthew 10:28 - "Do not be afraid of those who kill the body but cannot kill the soul."*
- *Luke 23:43 - "Jesus answered him, 'Truly I tell you, today you will be with me in paradise.'"*



Devotional: The Soul Lives On Beyond Physical Death

While our bodies return to dust at death, the soul—the spiritual essence of who we are—continues. Ecclesiastes reminds us that the spirit returns to God, our Creator, highlighting our eternal connection with Him.

Jesus emphasizes the soul's significance, reassuring us not to fear those who can harm the body but not the soul. This underscores the soul's eternal destination as far more important than earthly life.

In Luke, the repentant thief's words reveal the immediate transition of the soul to paradise after death when a person is in Christ. This encourages believers with the hope of immediate presence with Jesus after death, affirming a conscious, glorious continuation.

Understanding this spiritual reality urges us to prepare our souls today and live in relationship with God, knowing our true life transcends our earthly body.



Reflect and Apply

1. What does it mean to you that your spirit returns to God after death?

2. How does the concept of the soul's eternal nature influence your daily choices?

3. In what ways does Jesus' promise to the thief give you hope about death?



Journaling Prompts

1. Reflect on your understanding of your soul's purpose and destiny.

2. Write a prayer asking God to help you live with eternal perspective.

3. Describe how this truth changes your attitude toward death and life.



Day 2: 🕊️ The Soul's Eternal Destiny

Prayer for Today

Lord, thank You for making my soul eternal and for Your promise to receive it when I depart this life. Teach me to value my spiritual life above all else and to walk daily in Your presence. Help me to surrender my fears and embrace the hope of paradise with You. Guide my soul to rest fully in Your love. Amen. 🌿





Day 3: The Body's Resurrection Promise



Day 3: 🍌 The Body's Resurrection Promise

Your Verse

1 Corinthians 15:42-44 - "So will it be with the resurrection of the dead. The body that is sown is perishable, it is raised imperishable... it is raised a spiritual body."

Supporting Scriptures

- *John 5:28-29 - "All who are in their graves will hear his voice and come out—those who have done good to the resurrection of life."*
- *Philippians 3:20-21 - "...our bodies will be transformed to be like His glorious body."*



Day 3: 🍷 The Body's Resurrection Promise

Devotional: God Will Raise Our Bodies in New Glory

Death involves the decay of our physical bodies, but God promises a **miraculous resurrection**. Paul explains that our perishable bodies will be raised imperishable and transformed into spiritual bodies, fully alive and glorified.

Jesus taught that those who have trusted Him will hear His voice and rise from the dead to eternal life, highlighting the physical nature of resurrection beyond just a spiritual existence.

Paul reminds believers that our citizenship is in heaven, and we eagerly await the transformation of our bodies to be like Jesus' glorious body, free from suffering and death.

This doctrine comforts us by ensuring that death is not a permanent loss of identity but a promise of renewed life—body and soul reunited in perfection.



Day 3: 🍌 The Body's Resurrection Promise

Reflect and Apply

1. How does the promise of a resurrected body shape your hope for the future?

2. What fears or doubts do you have about physical resurrection?

3. How can the reality of a glorified body encourage you to persevere today?



Day 3: 🍌 The Body's Resurrection Promise

Journaling Prompts

1. Write about your expectations for the resurrection as a believer.

2. Describe how you think your glorified body might feel or look.

3. Journal how the hope of resurrection impacts your attitude toward illness or aging.



Day 3: 🥚 The Body's Resurrection Promise

Prayer for Today

Gracious God, thank You for the promise that my body will be raised and transformed. Help me to fix my eyes on the hope of the resurrection and to live in a way that honors this truth. Strengthen my faith to believe in Your power over death and decay. Prepare me for eternal life renewed and glorified with You. Amen. 🙏❤️🌟





Day 4: Heaven: Our Eternal Home



Day 4: 🏠 Heaven: Our Eternal Home

Your Verse

John 14:2-3 - "My Father's house has many rooms... I am going there to prepare a place for you."

Supporting Scriptures

- *Revelation 22:5 - "They will reign forever and ever."*
- *2 Corinthians 5:1 - "Our earthly tent is destroyed, and we have a building from God, an eternal house in heaven."*



Devotional: Jesus Prepares a Glorious Home for Believers

Heaven is described as a real dwelling place of unimaginable beauty where **believers will live eternally with God**. Jesus comforts His followers with the assurance that He is preparing a place for them in His Father's house, emphasizing personal and relational reunion.

Paul teaches that our earthly body is like a temporary tent, but God has prepared an eternal house in heaven—our ultimate residence beyond this life.

Revelation promises eternal reign with Christ, highlighting heaven as a place free from suffering, full of joy, where God's presence fills everything.

This eternal hope invites us to fix our minds on God's kingdom, knowing that the struggles and losses here are temporary. Heaven is our true home, the end of our journey, filled with peace and communion with God forever.



Reflect and Apply

1. What feelings arise as you think about heaven being your eternal home?

2. How does Jesus preparing a place for you influence your relationship with Him?

3. In what ways can you live now with a heavenly perspective?



Journaling Prompts

1. Describe your vision of heaven based on Scripture.

2. Write about what it means to you that Jesus is preparing a place for you.

3. Reflect on how knowing you have a home in heaven affects your current challenges.



Day 4: 🌅 Heaven: Our Eternal Home

Prayer for Today

Lord Jesus, thank You for preparing a magnificent home for me in heaven. Help me to live in hope and anticipation of that day. May Your promise shape my heart and actions, turning my focus from earthly troubles to eternal joy with You. Keep me faithful as I await our glorious reunion. Amen. ✨ 🏠 🙏





Day 5: 🕯️ The Hope of Resurrection for All



Day 5: 📖 The Hope of Resurrection for All

Your Verse

Acts 24:15 - "There will be a resurrection of both the righteous and the wicked."

Supporting Scriptures

- *Daniel 12:2 - "Multitudes who sleep in the dust of the earth will awake... some to everlasting life, others to shame and everlasting contempt."*
- *2 Thessalonians 1:7-9 - "...He will punish those who do not know God and do not obey the gospel of our Lord Jesus."*



Devotional: Resurrection Brings Judgment and Hope

God's Word teaches that **resurrection is a reality for everyone, both the righteous and the wicked**. This universal resurrection involves judgment, where eternal destinies are confirmed.

Daniel foretells a resurrection to everlasting life for those aligned with God and to everlasting shame for those who reject Him. This points to the serious consequences attached to our earthly choices.

Paul also explains that those who reject the gospel face eternal separation from God, highlighting the urgency to respond to His offer of salvation.

While resurrection shows the hope for believers, it also serves as a sober reminder of the reality of judgment. It invites all to consider their standing with God today.



Reflect and Apply

1. How does knowing that everyone will be resurrected and judged affect your view of life?

2. What does God's justice mean to you personally?

3. How can this truth motivate you to share the gospel with others?



Journaling Prompts

1. Write about your feelings regarding resurrection and final judgment.

2. Reflect on your personal response to God's justice and mercy.

3. Journal ways you can live intentionally in light of eternal consequences.



Day 5: 🕊 The Hope of Resurrection for All

Prayer for Today

Father, thank You for Your justice and the hope of resurrection. Help me to live holy and faithful, embracing Your mercy and sharing it with others. Stir in me urgency to proclaim Your gospel and trust Your righteous judgment. Keep my heart aligned with You until the day of resurrection. Amen. ⚖️ 🙏 🔥





Day 6: ✨ Comfort in Grief and Loss



Your Verse

2 Corinthians 1:3-4 - "God comforts us in all our troubles so that we can comfort others."

Supporting Scriptures

- *Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
- *Matthew 5:4 - "Blessed are those who mourn, for they will be comforted."*



Day 6: ✨ Comfort in Grief and Loss

Devotional: God Provides Comfort Amid Death's Pain

Facing death often brings deep grief and pain, but God promises comfort to **all who mourn**. Paul reminds us that God is the ultimate source of all comfort, and He equips us to comfort others through our own experiences.

The Psalmist assures us that God is near to the brokenhearted, attentively rescuing those crushed by sorrow. Jesus declares that mourning brings blessings, as God's comfort is poured upon those who grieve.

This divine comfort does not erase pain but sustains us, offering peace and hope that transcends circumstances. It encourages us to lean into God's presence and allow Him to heal our wounds over time.

As we trust God's loving consolation, we can also extend compassion and hope to others journeying through loss.



Reflect and Apply

1. How have you experienced God's comfort in times of grief?

2. In what ways can your grief deepen your empathy for others?

3. How might you invite God's comfort into your current struggles?



Journaling Prompts

1. Write about a moment when God's comfort was evident to you.

2. Reflect on how grief has transformed your faith or understanding of God.

3. Journal a prayer asking God to use your pain to help others.



Day 6: ✨ Comfort in Grief and Loss

Prayer for Today

Lord, You are the God of all comfort—thank You for being close in my pain. Please heal my broken heart and help me to feel Your gentle peace today. Teach me to share Your comfort with others who mourn, becoming an instrument of Your love. Embrace all who grieve with Your tender care. Amen.





Day 7: 🔥 Living Humbly in Light of Eternity



Day 7: 🔥 Living Humbly in Light of Eternity

Your Verse

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

Supporting Scriptures

- *Psalm 39:4-5 - "You have made my days a few handbreadths... My life is but a breath."*
- *Colossians 3:2 - "Set your hearts on things above, not on earthly things."*



Devotional: Embrace Eternity and Live with Purpose Today

Scripture repeatedly reminds us of life's brevity and the importance of living with eternity in mind. James likens our existence to a mist that quickly disappears, emphasizing the fleeting nature of human life.

David's Psalms echo this, reflecting on the shortness of our days and the fragility of life like a breath.

In contrast, Paul urges believers to set their hearts on eternal realities rather than temporary earthly things, encouraging a life marked by purposeful faith, humility, and hope.

Knowing that life is short motivates us to cherish each moment, invest in what lasts, and live humbly before our Creator. As we conclude this study, may this truth cultivate a heart that seeks God first and treasures the promised eternity.



Reflect and Apply

1. How does the brevity of life influence your daily priorities?

2. In what ways can you set your heart more fully on eternal things?

3. What practical steps will you take to live humbly before God?



Journaling Prompts

1. Write a reflection on what it means to live 'like a mist.'

2. List ways you can focus more on God and less on worldly distractions.

3. Journal a plan to live intentionally with eternity in view.



Day 7: 🔥 Living Humbly in Light of Eternity

Prayer for Today

Heavenly Father, remind me daily of the fleeting nature of life. Help me to live with humility and purpose, fixating my heart on Your eternal kingdom. Teach me to invest in what truly matters and to walk faithfully with You until that glorious day. May my life reflect Your glory in all I do. Amen. 🌊🙏❤️





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