

IF YOU'VE WONDERED...

“Will there be enough?”

After a person dies, you might wonder who will do the things that they used to do, or fulfill their responsibilities. If this person was a caregiver or provided resources for you and your family, this might be an even bigger concern. You might overhear others talking about funeral or burial costs, life insurance, loss of income, or other financial concerns you haven't had to think about before. You may wonder how other needs will be met or how you will be supported in other areas, such as thinking about who will teach you to drive, help you plan for college or find a job, or walk you through other new skills you are preparing to learn. It's normal to wonder how practical details will work out. You might also find yourself wondering about how your own role in the family might change, if you will need to contribute differently, or what needs or wants you can express to others. If you are aware that others are under stress, you might feel more hesitant about telling them what you need, or feel pressure to provide for yourself.

.....> What the Bible says:

The Bible tells us that God has more than enough to care for our needs and our family's needs. God is a loving Father who enjoys giving good gifts to His children. The Bible reminds us that we do not need to live in constant worry about what we will eat or drink or wear. If God feeds birds, even though they don't store up supplies, and if He makes the flowers grow beautifully, then we can trust God to take care of us who are much more valuable to God. God understands what we need even before we ask. When we feel worried, afraid, or overwhelmed, His Spirit is with us in those moments. And when we pray or cry out for help, we can trust that God hears us and is able to provide.

God often meets our needs through other people. The Bible encourages us to share with those who are need so that no one feels alone or forgotten. In church communities, God can use caring people to offer practical help, encouragement, or support. That way, anyone who has a need in the body of Christ can have their needs met, both practically and emotionally. It is okay to ask for help from others and it is okay to receive help when God places it on someone's heart to offer help at just the right time. Helping others is part of following Jesus. God invites us to treat others the way we would want to be treated so that we have a community where everyone has the care that is needed.

.....> What you could explore:

What are your specific concerns? When you feel worried, it's easy for that worry to feel vague and overwhelming. It can be helpful to clarify, to yourself and to others in your life, what problems you anticipate when you wonder about how you and your family will be cared for. Try making a list of what concerns you have, and consider talking with someone you trust about what is actually happening in these areas.

Who can help? Who in your life has offered to help you or your family, or who has already been helpful as you've navigated the loss of your person? Worry can make you feel alone, and remembering what resources you already have and people who have been present might calm some of your fears.

What is yours to do? When an important person dies, you might feel like you need to meet all your own needs, or solve new problems by yourself. Think about what things really are your responsibility (like your homework), what things you could be involved in helping with (like caring for younger siblings), and what things are not your responsibility (like figuring out life insurance paperwork). Talk to an adult you trust to get more insight into how you're thinking through this.

.....> What you could do:

- **Make an active plan.** With your parent, guardian, or other trusted adult in your life, create some action steps around the things you are worried about. Try organizing your concerns into things that need to be addressed now, and things that can wait.
- **Ask for help.** Look at the helpers you've identified, or think about people in your life who could be available in the areas you're worried about. Can your friend's mom talk to you about college? Can your coach give you a ride to practice? Often, after a death, people will say "let me know if I can do anything to help." Now may be the time to ask those who have offered to come through for you.
- **Pray for provision.** God knew what would happen to your person long before you did, and knows the care that you need now. Talk to Him about what you need, and look for how He is providing as you continue to navigate changes.

.....➤ Where you could look for more information:

✠ **Stories that describe God providing for the needs of people:**

Genesis 16, 21, 24, 28 • Exodus 16 and 17 • 1 Kings 17 • 2 Kings 4 and 7
• 2 Chronicles 32 • Nehemiah 9 • Job 42 • Matthew 14 and 17 • Acts 4 •
Revelation 19

✠ **Passages where God promises to meet needs:**

Deuteronomy 8 •
Psalm 23, 34, 37 • Isaiah 41, 58 • Jeremiah 29 • Matthew 6 • Luke 12 •
Philippians 4 • 2 Corinthians 9 • Revelation 2 and 3

✠ **Poems expressing gratitude for needs being met:**

Genesis 24
• Deuteronomy 32 • Psalm 65, 103, 107, 111, 136 • Proverbs 3 •
Ecclesiastes 3 and 5 • Lamentations 3 • Habakkuk 3 • Romans 1 and 7 •
2 Corinthians 9 • Ephesians 1 • Philippians 1 and 4 • Colossians 1 and 3
• 1 Thessalonians 2 • Revelation 4, 5, 7, 11, 15, 19

✠ **Encouragement for God's people to meet the needs of others:**

Deuteronomy 15 • Proverbs 19 • Isaiah 58 • Matthew 25 • Acts 2 •
James 2 • 1 John 3