

## **Life and Death**

If you discovered that you were going to die tomorrow, would you do anything different today? But why change? An old Aboriginal once said “if you always do what you’ve always done, you’ll always get what you’ve always got”.

There is an often-used quote that says “nothing is certain but death and taxes”. Although it would appear that for some, taxes are optional, many people spend the entirety of their life avoiding death.

Of course, at one level this is a perfectly natural and sensible thing to do. Yet at another level, where it is a denial of the ultimate reality of ones own death, it is a futile exercise. For it doesn’t matter what strategies we employ, we all die.

A well published psychologist once said “life is difficult – only when we accept this fact can we move beyond it”. You see it actually takes much more effort to avoid the problems of life, running from them, than it does to face them and move through them. This very same principal applies to life and death matters.

We could spend our whole life ignoring, avoiding or running from the reality of death, or we could face it and accept the certainty of our own death and live today reconciled with the fact that one day will be our last.

But how do we do this?

Jesus, the historical figure from which Christianity has come, made some remarkable statements about himself. He claimed to be life. “I am the way, the truth, and the life, no one comes to the Father but by me”. He also claimed that our response to him in this life would determine his Father’s response to us in the next life.

Christianity claims the authority to say these things on the basis that Jesus died, but three days later rose from the dead. This is what Easter is all about. God, through Jesus, has conquered death once and for all.

For those who receive Jesus and believe in him, God gives the right to be called His children. God’s children can live this life free from the fear of death and that is true freedom.

While the process of dying might be terrible, for a believer, death is actually a new beginning – eternal life with God and everything good. While you may not die tomorrow, today is definitely the day to get your future sorted. If you put Jesus in charge of your life, and put your hope for a future in him, you’ll be sweet.

St Thomas’ Ministry Team.