

HUSH

In a letter written to Jean Baptiste Le Roy dated November 13, 1789, Ben Franklin writes, "Our new Constitution is now established, and has an appearance that promises permanency; but in this world nothing can be said to be certain, except death and taxes."¹ Death is the one certain thing that each one of us must experience in this life. As we heard from Hebrews 9:27, "And as it is appointed unto men once to die, but after this the judgment."² Death crosses all political persuasions, ethnicity, social economic status, gender, sexual ideology, age, physical disability, religious philosophy, color, etc. Death does not discriminate. Amen.



When someone dies, our heart goes out to those who have lost their loved one. In some cases, the magnitude of the death is relative to the relationship or closeness of the deceased. Mother, Father, Sister, Brother, Husband, Wife, etc. To paint a picture we read in John 11:21 where Martha says to Jesus, "**Lord, if thou hadst been here, my brother had not died.**" I'm sure Martha was extremely sad with the dead of her brother. The closer in

proximity to the deceased, the greater the emotional effects may cause a reaction from those who are left behind. Can I talk about this for just a moment? I might be here for a while, today. We do not plan to wear your patience, but we have purposed, planned, and prepared for you a thought to consider the next time death is near.

I submit to you a brief list of the top ten things that you should NOT say to a loved one who has just experienced loss. Why should you care about this list? David Pogue, writer for the New York Times asked his readers these questions: "Do you laugh when someone's grocery bag bursts? Have you shouted at puppies?" My questions would be, "Did help that older person who fell in the store or sidewalk? Or did you just smile to hold in the laughter?" David concludes that, "if you answered yes to any of these, then you may have Empathy Deficit Disorder." I know as saints we do not have empathy deficit disorder because we have a father who taught us what to say.

DO NOT SAY THESE THINGS:

10. I know how you feel.
9. Let me know if I can do anything...
8. How did they die?
7. It was (his/her) time to go
6. You have to be strong for _____
5. How are you doing?
4. At least they're not suffering...
3. Now you can look for another spouse _____
2. Everything will be okay...
1. You will get over it...

THINGS TO SAY:

1. Praying for you during this time
2. I will pay for the funeral
3. Dinner should arrive in X hours
4. I am sorry for your loss
5. Give a hug instead of speaking
6. Saying nothing, just be with them
7. I love you very much

I have shared a short list of things for your consideration in the future. Apostle Evans put it best, "Encourage and not Inquire". You might ask, "Pastor Tim, where is this coming from?" The answer to the question comes from the teaching of my mother, "If you don't have something good to say, then don't say it at all." My core text comes from

CORE TEXT: I have heard many such things: miserable comforters are ye all. **Job 16:2 KJV**

In this difficult time in Job's life, his friends provided NO comfort. His servants were slain, children murdered, livestock destroyed, and he ended up with a medical condition. Job's friends needed to HUSH! Miserable comforters are ye all, Job said. When you don't know what to say, sometimes its best to just HUSH. 1 Thessalians 4:11 KJV says, **"And that ye study to be quiet, and to do your own business."** HUSH

HUSH is an acronym that stands for:

H – Halt or Hesitate James 1:19 KJV (slow to speak), James 1:26 KJV, James 3:1-2 KJV, Proverbs 10:19, Proverbs 13:3, Proverbs 15:2, Proverbs 17:27, Eccl 5:2-3

U – Understand (knowledge of or familiarity with) Psalm 119:169 KJV, Proverbs 1:5 KJV, Proverbs 2:11 KJV, 1 Corinthians 14:20 KJV.

S – Seasoned with Salt? Colossians 4:6 KJV, Matthew 5:13 KJV, Ephesians 4:29 KJV

H – Healthy Healing vs Hurtful Huh? Ecclesiastes 5:3 KJV, Proverbs 25:11 KJV

This message was inspired during events in my life around January 15, 2010. This is when I learned that every "condolence" call does not usher in the spirit of heathy healing, mostly hurt, and huh was my reaction to most. I like how Dr. Naomi Rachel Remen puts it, "The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet." Friends, we cannot go out into the rain and expect to return dry. The scriptures put it another way, "he rains on the just as well as the unjust". When you don't know what to say, just HUSH.

Sometimes, or even most of the time, your presence is good enough. Love is an emotion that can be felt through a warm embrace, a smile, or even a rub on the back. We can provide support during difficult times, we just need to know HOW to support and what supportive statement look like. When in doubt, HUSH it out. Halt, Understand, Seasoned, and Health Healing words is our focus. HUSH.

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