

# What is . . .

This week, take note of what you experience or observe as “life” and “death.”

For some people, life is just a matter of your heart beating and your lungs breathing. Let’s refer to that as “existence.” Jesus claims to be the source of life, and even resurrection life (see John 11:25 and John 10:10).

Do the same thing comparing death as no longer having a heartbeat or breathing compared to separation from God (see 1 John 5:11-13 for eternal life vs. no life/death).

This week when or where I’ve experienced or observed:

EXISTENCE

**LIFE**

**DEATH AS SLEEP**

DEATH AS SEPARATION FROM GOD