

ETERNAL REST™

THE ART OF DYING WELL

About *Eternal Rest*

While mankind has many difficulties and struggles in this world, the chief among them is death. We try to hide from death, ignore it, avoid it, defy it, delay it, and even conquer it. All to no avail. Death remains with us, and it numbers our days. How do we understand and prepare for this reality we cannot escape?

Eternal Rest presents the Church's teaching about death and God's response to it with wisdom, truth, gentleness, and compassion so Catholics can think about and prepare for death in the light of Jesus Christ, the author of life.

"Christ turns the grave from a hole into a door. Death is no longer a pit, but a door into eternal life."

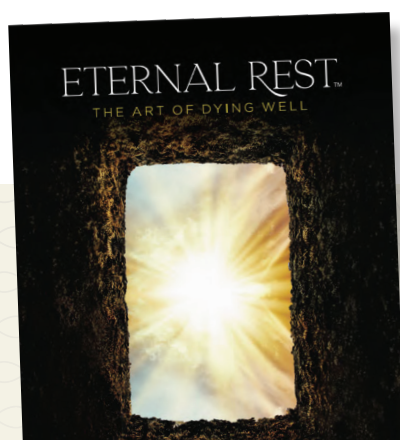
ETERNAL REST IS A FOUR-EPIISODE SERIES

Episode 1: The Story of Death (30 min)

Episode 2: The Afterlife (29 min)

Episode 3: The Hour of Our Death (33 min)

Episode 4: The Faithful Departed (32 min)



Catholic Market™

Buy your leader and participant guides at Catholic Market.

Watch Now! Only on FORMED®

Episode Synopsis

EPISODE 1: THE STORY OF DEATH

Where did death come from? What does death mean for the human person? Is it simply just part of life, or is it something else? In this first episode, we discuss the story of death and God's response to it: defeating death by dying and rising from the dead.

EPISODE 2: THE AFTERLIFE

What happens after the moment of our death? Once the soul has been separated from the body, then what? What are heaven, hell, and purgatory? What is the difference between the particular judgment and the general judgment? This episode looks at the truth about what awaits the human person on the other side of death.

EPISODE 3: THE HOUR OF OUR DEATH

The Sacrament of the Anointing of the Sick is one of the seven sacraments of the Church. But whom exactly is this sacrament for? What are its effects? In this episode, we discover the role of this sacramental anointing in the spiritual struggle during serious illness, in the final stages of our temporal life, and at the hour of our death.

EPISODE 4: THE FAITHFUL DEPARTED

What is left for the living to do after someone dies? In this episode, we talk about the final ways in which those still living on earth care for the body and soul of the dead. We discuss the work that remains for the living to do as we grieve the deceased, prepare for our own death, and examine the hope in which we live and die as Christians.

LITURGICAL CALENDAR SUGGESTIONS

Lent
All Souls Day
All Saints Day
October
November



How to Use *Eternal Rest* in Your Parish

- Parish-wide study or large group presentation
- Discipleship small groups
- Parish mission nights
- Grief and loss support groups and ministries
- Adult and Parent Faith Formation

Evangelization and Parish Outreach

- Intentionally ask Jesus in prayer, “Lord, who are you asking me to invite to watch this series with me?”
- Promote the parish mission or small group launch widely in your community. Brainstorm coffee shops, libraries, gyms, and rec centers that have community bulletin boards to post the pre-created flyer.
- Coordinate with local nursing homes, hospital chaplains, and prison ministries in your parish boundaries about how you can partner with them to run this series.
- Incorporate intercessory prayer into your small groups. Invite each person to mention the name of a person they know who is close to death or recently deceased and intercede for the repose of their souls.
- Teach your congregation and small group about the interconnectedness of the three states of the Church: the Church Militant, Penitent, and Triumphant. (CCC 954)

Watch.Formed.org/Eternal-Rest has 60+ videos of experts answering common questions about Catholic end-of-life medical care, funerals, legal documents, grief, and more. Find helpful answers from theology and medical experts to these questions and many more that your parishioners are wondering.

- What do we experience at the moment of death?
- Are ghosts real?
- Why does the Church prefer full burial rather than cremation?
- What do Catholics believe about suicide?
- Why is the Catholic Church opposed to euthanasia?
- How do I grieve a miscarriage?



Find ready-to-use materials at
leaders.formed.org to promote
Eternal Rest in your community.

VISIT US AT:

WATCH.FORMED.ORG/ETERNAL-REST

