

Death in שרה חיי

by David Reinhart

Sources to Understand the Timeline

Genesis 17:16-17

(16) I will bless her; indeed, I will give you a son by her. I will bless her so that she shall give rise to nations; rulers of peoples shall issue from her.”

(17) Abraham threw himself on his face and laughed, as he said to himself, “Can a child be born to a man a hundred years old, or can Sarah bear a child at ninety?”

בראשית י"ז:ט"ז-י"ז

(טז) ויברכתני אתה וגם נתת לי ממנה לך בן ויברכתיה והיתה לגוים מלכי עמים ממנה יהיו: (יז) ויפל אברהם על-פניו ויצחק ויאמר בלבו הלבן מאה-שנה יולד ואם-שנה הבת-תשעים שנה תלד:

Genesis 23:1-2

(1) Sarah’s lifetime—the span of Sarah’s life—came to one hundred and twenty-seven years. (2) Sarah died in Kiriath-arba—now Hebron—in the land of Canaan; and Abraham proceeded to mourn for Sarah and to bewail her.

בראשית כ"ג:א'-ב'

(א) ויהיו חיי שרה מאה שנה ועשרים שנה ושבע שנים שני חיי שרה: (ב) ותמת שרה בקריית ארבע הוא חברון בארץ כנען ויבא אברהם לספד לשרה ולבכתה:

Genesis 25:7-8

(7) This was the total span of Abraham’s life: one hundred and seventy-five years. (8) And Abraham breathed his last, dying at a good ripe age, old and contented; and he was gathered to his kin.

בראשית כ"ה:ז'-ח'

(ז) ואלה ימי שגיתני אברהם אשר-חי מאת שנה ושבעים שנה וחמש שנים: (ח) ויגוע וימת אברהם בשיבה טובה זקן ושבע ויאסף אל-עמיו:

Genesis 25:20

(20) Isaac was forty years old when he took to wife Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean.

בראשית כ"ה:כ'

(כ) ויהי יצחק בן-ארבעים שנה בקחתו את-רבקה בת-בתואל הארמי מפרן ארם אחות לבן הארמי לו לאשה:

Genesis 25:26

(26) Then his brother emerged, holding on to the heel of Esau; so they named him Jacob. Isaac was sixty years old when they were born.

בראשית כ"ה:כ"ו

(כו) וְאֶחָיו יָצָא אֹחִיו וַיִּדְוֶה אֶחְזֵת בְּעֵקֶב עָשׂוֹ וַיִּקְרָא שְׁמוֹ יַעֲקֹב וַיִּצְתַּק בְּוַדְשֵׁי שָׁנָה בְּלֻדָּת אֲתָם:

Grief, Mourning, and Ritual in Genesis

Genesis 24:67

(67) Isaac then brought her into the tent of his mother Sarah, and he took Rebekah as his wife. Isaac loved her, and thus found comfort after his mother's death.

בראשית כ"ד:ס"ז

(סז) וַיְבִאָהּ יִצְחָק הָאֵהָלָה שָׂרָה אִמּוֹ וַיִּקַּח אֶת־רֵבֶקָה וַתְּהִי־לוֹ לְאִשָּׁה וַיֵּאֱהָבָהּ וַיִּנְחַם יִצְחָק אֶת־רֵי אִמּוֹ: (פ)

Genesis 25:9-10

(9) His sons Isaac and Ishmael buried him in the cave of Machpelah, in the field of Ephron son of Zohar the Hittite, facing Mamre, (10) the field that Abraham had bought from the Hittites; there Abraham was buried, and Sarah his wife.

בראשית כ"ה:ט'-י'

(ט) וַיִּקְבְּרוּ אֹתוֹ יִצְחָק וְיִשְׁמָעֵאל בְּנָיו אֶל־מְעָרַת הַמַּכְפֵּלָה אֶל־שְׂדֵה עֶפְרָוֹן בֶּן־צִחֹר הַחִתִּי אֲשֶׁר עַל־פְּנֵי מַמְרֵה: (י) הַשְּׂדֵה אֲשֶׁר־קָנָה אַבְרָהָם מֵאֵת בְּנֵי־חֵת לְעֵמָה קִבֵּר אַבְרָהָם וְשָׂרָה אִשְׁתּוֹ:

Genesis 35:27-29

(27) And Jacob came to his father Isaac at Mamre, at Kiriath-arba—now Hebron—where Abraham and Isaac had sojourned. (28) Isaac was a hundred and eighty years old (29) when he breathed his last and died. He was gathered to his kin in ripe old age; and he was buried by his sons Esau and Jacob.

בראשית ל"ה:כ"ז-כ"ט

(כז) וַיָּבֹא יַעֲקֹב אֶל־יִצְחָק אָבִיו מִמְרֵה קִרְיַת הָאַרְבַּע הַיְּהוּדִית אֲשֶׁר־גָּר־שָׁם אַבְרָהָם וַיִּצְחָק: (כח) וַיְהִי יָמָיו יִצְחָק מֵאֵת שָׁנָה וּשְׁמֹנִים שָׁנָה: (כט) וַיִּגָּוַע יִצְחָק וַיָּמָת וַיִּאָּסֶף אֶל־עַמּוּיֹו זָקֵן וְשָׁבַע יָמָיִם וַיִּקְבְּרוּ אֹתוֹ עָשׂוֹ וַיַּעֲקֹב בְּנָיו: (פ)

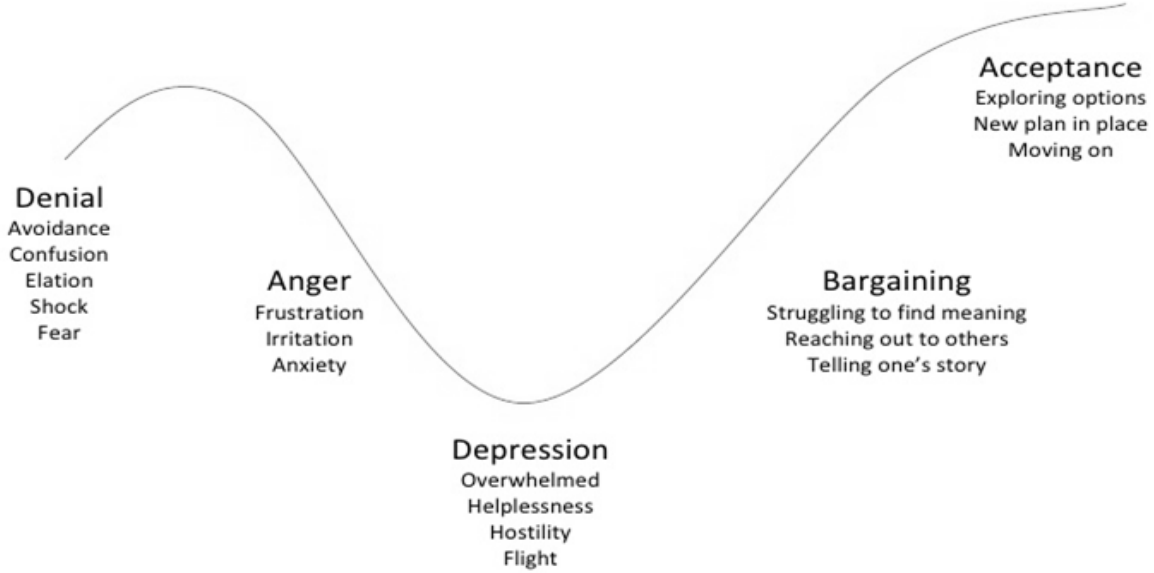
Genesis 35:8

(8) Deborah, Rebekah's nurse, died, and was buried under the oak below Bethel; so it was named Allon-bacuth.

בראשית ל"ה:ח'

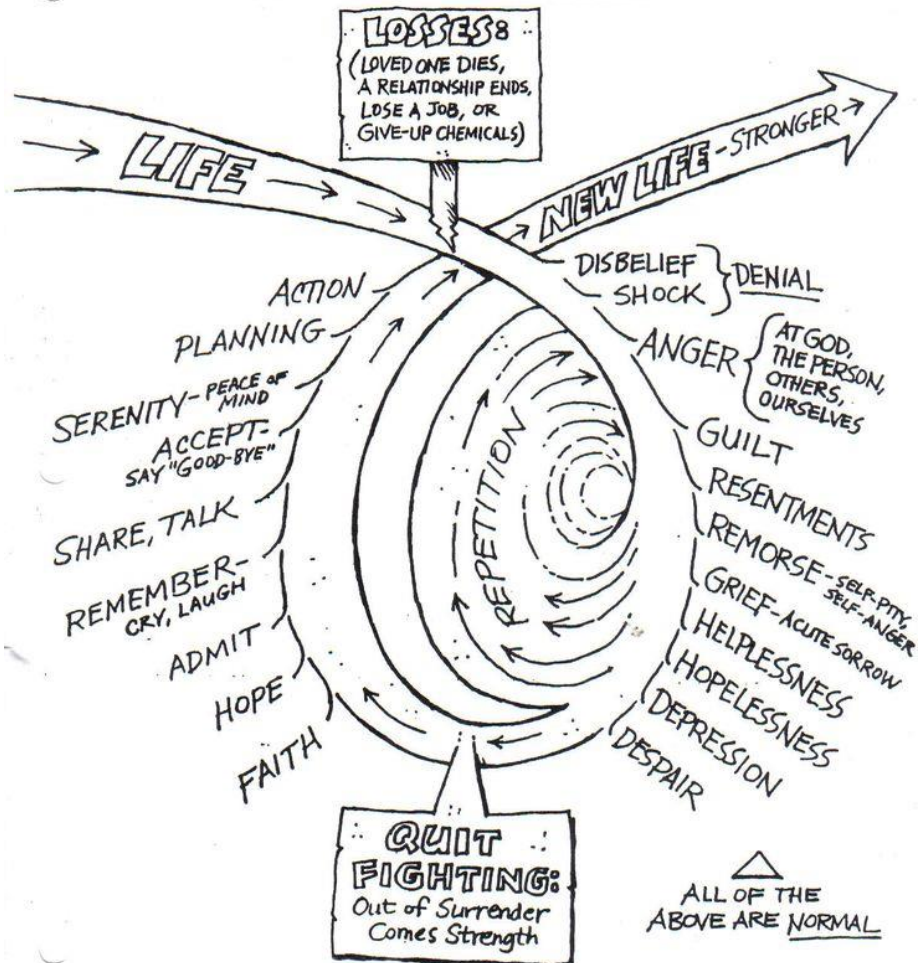
(ח) וַתָּמָת דְּבִרָה מִיַּנְקַת רֵבֶקָה וַתִּקְבֹּר וַתִּמַּח לְבֵית־אֵל תַּמַּח הָאֵלֹוֹן וַיִּקְרָא שְׁמוֹ אֵלֹוֹן בְּכוּת: (פ)

Kubler-Ross 5 Stages of Grief



The Loss Cycle

The Normal Cycle for All Losses...



DENIAL - ANGER - DEPRESSION - ACCEPTANCE - RECONSTRUCTION
(BARGAINING TAKES PLACE ALL ALONG)

Worden's 4 Tasks of Mourning

(<https://therapychanges.com/blog/2015/05/review-wordens-four-tasks-of-grieving/>)

Task #1: To accept the reality of the loss

This task involves coming to terms with the end of the person's life. It is not uncommon to experience shock or disbelief following a loss, or feel as if you are living in a dream or surreal reality. Your mind can easily pretend that the death didn't really happen in an attempt to avoid the pain. You might continually expect your loved one to walk through the door, or be on the other end of the phone when it rings. You might keep telling yourself that this has to be a nightmare that you'll soon wake up from.

To many, "acceptance" often implies agreement or approval. To others, "acceptance" may imply severing ties to the past. Acceptance doesn't have to mean any of this. Rather, in the case of losing a loved one, acceptance may simply mark the moment we are ready to begin our journey of healing.

Task #2: To work through the pain and grief

Grief naturally is accompanied by a wide range of intense emotions such as sadness, longing, emptiness, loneliness, anger, numbness, anger, anxiety, and confusion. The prescription for grief is to grieve. There is no way to "get around" grief; we have to be willing to go through it in order to get to the other side.

The grieving process can cause complete exhaustion, sore muscles, loss of appetite, and difficulty focusing and making decisions. It is important that you are patient with yourself and allow all of these feelings to wash over you in order to process them.

Task #3: To adjust to a new environment

Gradually, (or in some cases quickly), you will start to resume our normal routine. Students will have to go back to school, and adults will have to either go back to work or continue to engage in community activities. Over time you may come to realize the different roles that your loved one performed – either external or internal. Adjusting to an environment without the deceased can mean different things to different people depending on the relationship of the person who has died, as well as the roles that are impacted by the loss. The task of readjustment happens over an extended period of time, and can require internal adjustments, external adjustments and spiritual adjustments.

Task #4: To find and enduring connection with the deceased while moving forward with life

This task includes finding an appropriate, ongoing connection in our emotional lives with the person who has died, while allowing us to continue living. Like the other tasks, this can mean varying things to each one of us. But, it often means allowing for thoughts and memories, while simultaneously engaging in the activities that are meaningful to us and that bring us pleasure. This may even include new activities, people or new relationships.

In some ways, not accomplishing this task is to not live. It is important to remember that life did not stop when the person died, and that it is important for us to continue to live our lives with a sense of purpose and meaning. This task continues to be a goal to strive for – perhaps for the rest of one's life – and, as such, your connection to your loved one may continue to change as you change and grow.