

# **“I Am So Afraid—What If There Is No Heaven?”**

I am writing to you because I am very concerned and don't know where to turn for help. I am a Christian and have always felt I had a great deal of faith. I lost my father, my mother and an older sister over the years – and my faith sustained me during those traumatic times.

Recently our 38 year old daughter died quite suddenly. I am just overwhelmed with grief – and I believe the medications given her caused her sudden death. She had kidney problems – but her doctor was aware of that, and the med he gave her should not have been given to her because of her kidney problems.

Now I seem to have lost my faith completely. I cry and want so much to know she is OK and that she is not sad and lonely as we are here without her. I have begun to question if there really is a Heaven? I read recently that Heaven is something Christians invented to take away their fear of death. Is this true? I also read a book called *Embraced by the Light* by Betty Eadie, and it really upset me. She claimed to have had an out of body experience where she went to Heaven, and then she wrote a whole book about what heaven is like – and the different levels there, and how one may stay at a lower level, or advance to a higher level.

I am so afraid – what if there is no Heaven? Or if there is, is my daughter sad and lonely because none of her family are there with her? I just don't know anymore what to believe. I try to pray – but find no peace. I am so afraid.

Dear \_\_\_\_\_,

I am so very, very sorry to hear of your tremendous loss. You must be in such shock you don't know how to “do life” at this

point.

As a mother who has also lost a daughter, I want to encourage you in how the Lord comforted me. Most especially, I am comforted by the truth of Psalm 139:16—"All the days ordained for me were written in Your book before one of them came to be."

\_\_\_\_\_, your daughter didn't live one day less than God intended for her to live from before the foundations of the earth. It FEELS like a premature death to us who are left behind, but no one is more powerful than God, and HE is the one who determines the length of our days. So even though it is hugely painful and grievous, and even though it's tempting to blame the medications, she died on the day God knew she would die and planned for her to die. Not a day sooner, and not a day later.

Secondly, Jesus said He came from heaven (John 6:51). It is a real place. If there is no heaven, then Jesus lied. If Jesus lied, then he was not the holy Son of God, and His death was meaningless. If His death was meaningless, then none of us have any hope. But our hope is REAL and TRUE! He died to make it possible for us to be united with God and reunited with our believing loved ones.

Paul said that to be absent from the body is to be present with the Lord (2 Cor. 5:6,8). If your daughter trusted Christ, she is immersed in a living sea of light and love and glory, worshiping the Lord Jesus and enjoying the freedom that comes from being released from this fallen, decaying world. When she "graduated" from your womb to your arms, did you ever worry that she was lonely for the comfort of the dark, warm place inside you? I bet not! <smile> She was in a far, far better place when she was born. When people are in heaven, it's like graduating from the womb to our mother's arms only way, WAY better. Being with the Lord is so much better than this earth that we can't even begin to imagine it, any more than the pre-

born infant can imagine what it's like to be nestled in her mother's arms, to look in her eyes, to see a glorious sunset, to listen to a symphony. To eat ice cream! To love and love back. . . all those things cannot be imagined in the womb, but they await the baby, just as the joys of heaven await us if we have trusted Christ as our Savior.

I want to suggest to you that you read Joni Eareckson Tada's wonderful book *Heaven*, because it will make you much more familiar with heaven and it will greatly comfort your heart. Unlike Betty Eadie's book [\*Embraced by the Light\*](#), Joni's book is TRUE and based completely on the Bible.

I pray you will know the warmth of God's comfort in growing measure as you grieve the loss of your daughter. One of the things that makes heaven so real to me is knowing that my daughter and my parents are there. I pray the realness of heaven will grow for you as well.

In His grip,

Sue Bohlin

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