

**Series:** On the Table  
**Title:** What happens 60 seconds after you die?  
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**Date:** Jan 8,10/11

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...it is appointed for people to die once—and after this, judgment... (Hebrews 9:27)

### **1. Exile is traded for home.**

In fact, we are confident, and we would prefer to be away from the body and at home with the Lord.  
(2 Corinthians 5:8)

### **2. A decaying body is traded for a perfect body.**

For we know that if our earthly tent we live in is destroyed, we have a building from God, an eternal dwelling in the heavens, not made with hands. Indeed, we groan in this tent, desiring to put on our heavenly dwelling...  
(2 Corinthians 5:1-2)

### **3. Labor is traded for rest.**

Then I heard a voice from heaven saying, "Write: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "so they will rest from their labors..." (Revelation 14:13)

"...The ground is cursed because of you. You will eat from it by means of painful labor all the days of your life."  
(Genesis 3:17)

### **4. Suffering is traded for glory.**

For I consider that the sufferings of this present time are not worth comparing with the glory that is going to be revealed to us. (Romans 8:18)

### **5. Knowing in part to knowing in full.**

For now we see only a reflection as in a mirror, but then face to face. Now I know in part, but then I will know fully, as I am fully known. (1 Corinthians 13:12)

#### *Reflection Question:*

How does knowing what Jesus did for you change the way you live now?