

YOUR LAST 24

Preparing for the Inevitable

Journal Questions

By Kendall R. Keeler

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FIRST EDITION



Part 1 - Sunset

Hour 1

Death is Uncomfortable

Think of a time when the reality of death caused instability in your life. How would *you* describe this feeling of discomfort?

Hour 2

Seeking Hope

How do *you* respond to the phrase “life should be easy”? Describe a time when you overcame an “unbeatable” challenge.

Hour 3

Necessity of Suffering

Have you ever been afraid to allow a loved one to experience suffering, even though looking back you know it was necessary? What would the results have been if you had attempted to prevent their suffering?

Hour 4 The Gift of Pain

When have you experienced pain as a gift?

Hour 5

Temporary Separation

Describe a time when absence truly made your heart grow fonder.

Hour 6

Living Without Purpose

Do you believe God is necessary for a just world? If not, who do you trust to keep you and everyone else accountable?

Hour 7

Desiring Justice

When have *you* experienced the need for a temporary separation? How do *you* respond to the idea that true justice requires separation (i.e. some type of death)?

Hour 8

Discovering Purpose

How does it make *you* feel to know you have been given the freedom to choose?

Hour 9

Consequences

What do *you* imagine would be the results of present-day access to the Tree-of-Life?

Hour 10

Dangerous Living

How do *you* respond to the idea that death is necessary?

Hour 11

The Curse of Death

Describe a tragic time when you recall the consequence of death was communicated but ignored. Why do you believe that the reality of death became a necessary result?

Hour 12

The Necessity of Death

What is dangerous about viewing death as an enemy? What is *your* preferred analogy for death (coach, parent, alarm clock)?

Part 2 - Sunrise

Acceptance: Death is Necessary

Have *you* ever felt forsaken by God? If so, have you talked to him about it? Go ahead. He can handle it.

Hour 13

The Necessity of Separation

Doesn't it seem that people are more likely to pray when facing death? What is it about death that destroys self-sufficiency?

Hour 14

Our Greatest Need

When do you most recognize your need for God?

Hour 15

Death Gives Perspective

Think of a time when the reality of death brought perspective in either your life or the life of someone you know. How would *you* describe the ways that death brings perspective on life?

Hour 16

Death Raises Important Questions

Who is asking the questions that are controlling your decisions? What are the questions about death that *you* should be asking?

Hour 17

Evaluate Your Questions

What makes *Why* questions impractical? Practice converting some of your *Why* questions to *What* questions.

Hour 18

One Powerful Question

Is it true that you have been avoiding the topic of death? If so, what kind of daily question would help *you* courageously face your inevitable death?

Hour 19

Avoiding Regrets

Do you feel the tension between the polarities of planning for the future and enjoying the blessing of each day? If so, what percentage (that today is your last day) will alert, but not panic you? Refine *your* Last 24 question with this percentage in mind.

Hour 20

Personal Experience

What questions come to your mind when planning for your future death? What death-related question will be the coach in *your* life?

Hour 21

Who Do We Follow?

When pondering a person whose life and death were significantly influential, who first comes to *your* mind?

Hour 22

Invited to Follow

Do you need the power of resurrection in *your* life? Write your response to Jesus' invitation to "come out" of your grave.

Hour 23

Carrying the Burden

How do *you* respond to the phrase “whoever would save his life will lose it, but whoever loses his life for my sake will save it”?

Hour 24

Final Breath

Listen for a moment to your breathing. Open your mouth and breathe in. Do you hear the word “Yah”? Breathe out. Do you hear the word “Weh”? Could this be the signature sound of your designer? ⁽²³⁾ From your first breath to your last, he is with you. Write a prayer in response to this reminder that God will “never leave you nor forsake you” (Hebrews 13:5). He will be with you... whenever you experience *your* Last 24.

About the Author



Kendall R. Keeler started his writing career through rhythmic rhymes and music lyrics in the 1990's. He recruited his older brother and some friends to record an eclectic album of rap, spoken word, pop, and R&B. In the 2000's as a youth pastor Kendall wrote sermons and Bible studies. Then when his career changed directions, he continued writing articles for organizational newsletters and several summer Bible school curriculums. Kendall also dabbled in writing and recording some dramatic devotionals for kids on the Lancaster radio station WJTL. Kendall's passion for writing this series of books sprang from the daily pondering of his Last 24 question. He wonders what will spring into your life when you courageously ask yours.

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