

Phobia

“Fear of Death”

How Can I Alleviate My Dread of Death?

1. By worrying less about my physical body & more about my spiritual development.
 - **2 Cor. 4:16-17:** *“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”*
2. By focusing more on the invisible realm & less on the visible world.
 - **2 Cor. 4:18-5:1-5:** *“So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. ¹Now we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands. ²Meanwhile we groan, longing to be clothed with our heavenly dwelling, ³because when we are clothed, we will not be found naked. ⁴For while we are in this tent, we groan and are burdened, because we do not wish to be unclothed but to be clothed with our heavenly dwelling, so that what is mortal may be swallowed up by life. ⁵Now it is God who has made us for this very purpose and has given us the Spirit as a deposit, guaranteeing what is to come.”*
3. By pleasing God in all I do as I prepare to leave home & to go home.
 - **2 Cor. 5:6-10:** *“Therefore we are always confident and know that as long as we are at home in the body we are away from the Lord. ⁷We live by faith, not by sight. ⁸We are confident, I say, and would prefer to be away from the body and at home with the Lord. ⁹So we make it our goal to please him, whether we are at home in the body or away from it. ¹⁰For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad.”*

How Can I Help Others With Their Death Phobia?

1. By persuading them to abandon self & become eternal change agents, seeing the potential in everyone as new creations of God.
 - **2 Cor. 5:11a, 14-19:** *“Since, then, we know what it is to fear the Lord, we try to persuade men. ¹⁴For Christ's love compels us, because we are convinced that one died for all, and therefore all died. ¹⁵And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again. ¹⁶So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. ¹⁷Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! ¹⁸All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: ¹⁹that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation.”*