

# **Immortal: How the Fear of Death Drives Us and What We Can Do About It**

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**Verses: Various**

**Date: 1-30-2022**

## **I. Although many won't admit it, everyone fears death**

Hebrews 2:14-15: Jesus "shared in our humanity so that by his death he might destroy him who holds the power of death—that is, the devil—and free those who all their lives were held in slavery by their fear of death."

## **II. People try to escape death by literally trying to live forever**

- Diet and exercise
- Bio-hacking
- Cryonics

## **III. People try to escape death by symbolically living forever**

- Procreation and adoption
- Creation
- Heroism
- Activism & making a difference
- Stardom and celebrity
- "Just spell my name right"
- Infamy

## **IV. Atheists try to escape death by ignoring it, redefining it, or rebranding it**

- I wouldn't want to live forever anyway
- Death is nothing
- Live in the present
- Your individual existence is a delusion

## **V. How the fear of death hurts us**

- Denial and distraction
- Meaninglessness
- Anxiety
- Jealousy
- Depression
- Drugs
- Neurosis and psychosis
- Suicide

## **VI. The answer to the fear of death: eternal life in Jesus**

John 3:16: "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

- Resurrection
- Perfection
- Resplendence
- Reunion
- Renown