



## **Are You Scared of Dying**



**Let's begin our study into this area of silent concern for many, even those whom identify as being a born again christian.**

**We will begin our bible study by a look at the secular views, explanations, remedies, and a snap shot of what some religion beliefs are on this subject.**

### **Thanatophobia:**

**Particular triggers for thanatophobia could include an early traumatic event relating to almost dying or the death of a loved one.**

**A person who has a severe illness may experience thanatophobia because they feel anxious about dying, though ill health is not necessary for someone to experience this anxiety.**

**Many people fear death and/or dying.**



**These fears can be summarized as fearing the pain and loneliness of dying, the fear of non-existence, and the fear of the unknown after death.**

**The most common fear, in Western society, is that the process of dying will be painful, prolonged, and will reduce the quality of life.**

**Why is the thought of death so scary?**

**Reasons why death is scary can be related to fears of the unknown, of non-existence, of eternal punishment, of the loss of control, or fear of what will happen to the people we love**

**Why can't I stop thinking about death and dying?**



## **Existential Thoughts:**

### **(Secular Psychoanalysis):**

Contemplating mortality is a common human experience. It can be triggered by personal experiences, media, or significant life changes.  
Mental Health Issues:

Conditions such as depression or obsessive-compulsive disorder (OCD) can lead to persistent and unwanted thoughts about death and loss.

## **How to stop being afraid of death:**

### **(Secular Psychoanalysis):**

**The following nine methods may be helpful:**

**Use the fear of death as motivation to lengthen your life by practicing healthy habits. ...**

**Get older and become less fearful. ...**

**Open up to gratitude. ...**

**Create a legacy. ...**

**Keep your purpose top of mind. ...**

**Express your creativity.**

## **How to accept death?**



**(Secular Psychoanalysis):**

**These are the ways I've learned to better cope with death.**

**Take your time to mourn. ...**

**Remember how the person impacted your life. ...**

**Have a funeral that speaks to their personality. ...**

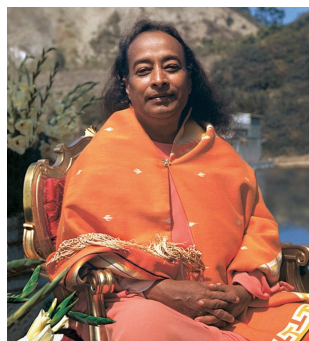
**Continue their legacy. ...**

**Continue to speak to them and about them. ...**

**Know when to get help. ... Takeaway.**

## **Where do we go after death**

**(Snapshot of some different religions)**





**Excerpts from the writings of Sri Sri Paramahansa Yogananda**  
**Paramahansa Yogananda was an Indian and American Hindu monk, yogi and guru who introduced millions to meditation and Kriya Yoga through his organization, Self-Realization Fellowship / Yogoda Satsanga Society of India—the only one he created to disseminate his teachings.**

**Though the ordinary man looks upon death with dread and sadness, those who have gone before know it as a wondrous experience of peace and freedom.**

**At death, you forget all the limitations of the physical body and realize how free you are.**

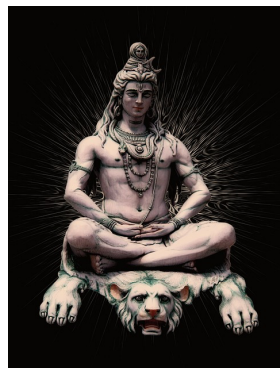
**For the first few seconds there is a sense of fear — fear of the unknown, of something unfamiliar to the consciousness.**

**But after that comes a great realization:**

**the soul feels a joyous sense of relief and freedom.**

**You know that you exist apart from the mortal body.**

**What is the 13-Day Mourning Period in Hindu Tradition**



The 13-day mourning period, known as Terahvin (from the Hindi word "Terah," meaning 13), begins immediately following the cremation of the deceased.

This period is a time of intense mourning for the family, but it also holds deep spiritual significance.

According to Hindu beliefs, the soul remains connected to the earthly plane during these 13 days before finally transitioning to the afterlife.

The rituals performed during this time help guide the soul on its journey, ensuring it finds peace and release from the cycle of reincarnation, or samsara.

During these 13 days, family members observe specific practices, including daily prayers and rituals, abstaining from certain activities, and maintaining a period of quiet reflection.

The aim is to provide spiritual aid to the departed soul while also allowing the family time to process their grief in a structured and meaningful way.

The Significance of the Terahvin Ceremony on the 13th day, the mourning period concludes with a special ceremony called the Terahvin.

This ritual holds immense importance as it signifies the final farewell to the deceased. It is believed that, by this time, the soul has completed its journey from the physical realm to the spiritual plane.

The Terahvin ceremony involves several key rituals that are designed to bring closure to the family and provide blessings for the soul of the departed.

**Moreover, in Hinduism, heaven is termed Svarga loka.**

There are seven positive regions and seven negative regions to which the soul can go after death.

After completing its stay in the respective region, the soul is subjected to rebirth in different living forms according to its karma

**Let us See what the Bible has to say on this subject**



## **Bible Verses about Death**

### **Ecclesiastes 3:1-2 New International Version**

#### **A Time for Everything**

- 3 There is a time for everything,  
and a season for every activity under the heavens:
- 2 a time to be born and a time to die,  
a time to plant and a time to uproot,

## **Psalm 23:4 New International Version**

**4**

Even though I walk  
    through the darkest valley,[a]  
I will fear no evil,  
    for you are with me;  
your rod and your staff,  
    they comfort me.

## **Psalm 90:10 New International Version**

**10**

Our days may come to seventy years,  
    or eighty, if our strength endures;  
yet the best of them are but trouble and sorrow,  
    for they quickly pass, and we fly away.

## **Isaiah 25:8 New International Version**

**8**

    he will swallow up death forever.  
The Sovereign Lord will wipe away the tears  
    from all faces;  
he will remove his people's disgrace  
    from all the earth.  
The Lord has spoken.

### **Isaiah 40:6-8 New International Version**

6

A voice says, "Cry out."

And I said, "What shall I cry?"

"All people are like grass,

and all their faithfulness is like the flowers of the field.

7

The grass withers and the flowers fall,

because the breath of the Lord blows on them.

Surely the people are grass.

8

The grass withers and the flowers fall,

but the word of our God endures forever

### **Isaiah 41:10 New International Version**

10

So do not fear, for I am with you;

do not be dismayed, for I am your God.

I will strengthen you and help you;

I will uphold you with my righteous right hand.

### **John 11:25-26 New International Version**

25 Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die;

26 and whoever lives by believing in me will never die. Do you believe this?"

## **John 14:1-4 New International Version**



### **Jesus Comforts His Disciples**

**14** “Do not let your hearts be troubled. You believe in God[a]; believe also in me.

**2** My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you?

**3** And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

**4** You know the way to the place where I am going.”

## **Revelation 21:4 New International Version**

4 ‘He will wipe every tear from their eyes

There will be no more death’[a] or mourning or crying or pain, for the old order of things has passed away.”

The Greek word "apokalypsis" (ἀποκάλυψις) **means revelation or unveiling.**

It's derived from "apo" (away from) and "kalypsis" (covering), signifying something being unveiled or revealed.

In religious contexts, it often refers to a disclosure of hidden knowledge or a vision of heavenly things.

The term is also used for the Book of Revelation in the New Testament, which is literally titled "The Revelation of John"\*\*\*

Reading this verse in the Greek, it literally means that God, is pulling back a curtain and allowing us to see part of a room.

**The word “apokalypsis” could literally be used to describe the entire bible, for the Bible is the “apokalypsis,” of God, the Revelation of God!**

## **A look at some Resurrection Bible Verse**

### **Matthew 28:5-8 New International Version**

5 The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified.

6 He is not here; he has risen, just as he said. Come and see the place where he lay.

7 Then go quickly and tell his disciples: ‘He has risen from the dead and is going ahead of you into Galilee. There you will see him.’ Now I have told you.”

8 So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples.

### **1 Peter 1:3 New International Version**

Praise to God for a Living Hope

3 Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,

### **1 Thessalonians 4:14 New International Version**

14 For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him.

### **Romans 8:11 New International Version**

11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of<sup>[a]</sup> his Spirit who lives in you.



### **John 6:40 New International Version**

40 For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day."

### **John 11:25-26 New International Version**

25 Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die;

26 and whoever lives by believing in me will never die. Do you believe this?"

The lord placed the impetus of me writing this Bible study, for those that are scared of dying.

**Especially, those that go to church every week, and when they're confronted with life's reality, that we must all die, because of sin, they're thrown for a loop, or as the Bible states, they're blown by the wind aimlessly.**

### **James 1:6 New International Version**

6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

**Friends, it is so easy to debunk Christianity and the Apokalypsis of God .....**

**Come up with His body, and that would be the end of Christ's Resurrection, and then we would be scrambling confused, consumed with fear and anxiety.**

**But to date NO ONE has found His deceased body.**

**I close with the best theological example on this subject:**



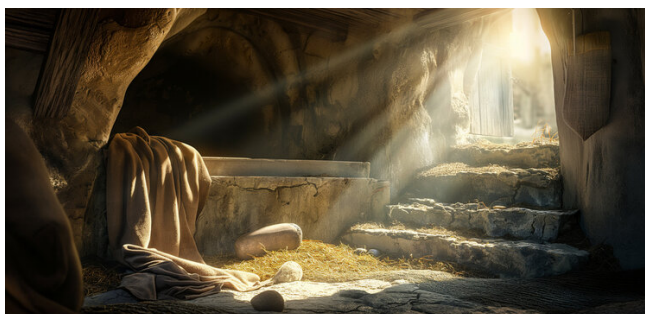
**Who were the criminals on the cross next to Jesus?**

**Dismas (the good thief on the other side of Jesus)** gets all the praise, a sainthood even, for accepting Jesus as the son of god on the cross.

**Gestas**, on the other hand, was said to have doubted Jesus' claims, and now he's rotting in hell for all eternity

**Luke 23:43 New International Version**

43 Jesus answered him, “Truly I tell you, today you will be with me in paradise.”



**Friends, for us that BELIEVE in HIS Resurrection, the BEST is Yet To Come!**

**I can't wait to be surrounded by His presence, walking with Him, Feasting at His table, and being able to see Moses, David, John, and all of the real bible hero's!**

**Don't let death scare you because Jesus overcame death, with His resurrection that was witnessed by:**

### **1 Corinthians 15:6 New International Version**

**6** After that, he appeared to more than five hundred of the brothers and sisters at the same time, most of whom are still living, though some have fallen asleep.

**Friends, please remember that You can't buy your way into Heaven, or out of Hell.**

Rev. Jesus Del Rio, Ed