

# Thanatophobia



The fear of death

## Hebrews 2

“<sup>14</sup> since then the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil; <sup>15</sup> and might deliver those who through **fear of death** were subject to slavery all their lives.”

## 1 John 4:18

“There is no fear in love, but perfect **love casts out fear**,”

***Death is what we fear  
& love is what we seek.***

## Where are we going?

1. Character and Christianity
2. Character and the image of God
3. Character and the Body of Christ
4. Challenges that shape and show character.
  1. Vision - direction & expectations
  2. **Fear - faith**
  3. Relationships - community
  4. Conflict - differences
  5. Change - growth
  6. Success & Failure - stress
  7. Private life - the heart

1.

## The origin & nature of fear

*Genesis 3:8-13*

## Genesis 2

“<sup>16</sup> The Lord God commanded the man, saying, “From any tree of the garden you may eat freely; <sup>17</sup> but from the tree of the knowledge of good and evil you shall not eat, for **in the day that you eat from it you will surely die.**”

**Death is the absence of life.**

**Sensual**

Separation  
from body

**Social**

Separation  
from others

**Spiritual**

Separation  
from God

***Hell***  
***is isolation from life***  
***(eternal death).***

*Jeremiah 2:13*

“For My people have committed two evils: They have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns, that can hold no water.”

*Genesis 3*

“<sup>8</sup> They heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. <sup>9</sup> Then the Lord God called to the man, and said to him, “Where are you?” <sup>10</sup> He said, “I heard the sound of You in the garden, and I was **afraid** because I was **naked**; so I **hid** myself.””

**Death signs**

- **fear, vulnerability,**  
and **self-defensive strategies.**

*Too many things  
can go wrong  
for me to feel  
safe when I am  
left alone in life.*



*Genesis 3*

“<sup>11</sup> And He said, “Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?” <sup>12</sup> The man said, “The woman whom You gave to be with me, she gave me from the tree, and I ate.” <sup>13</sup> Then the Lord God said to the woman, “What is this you have done?” And the woman said, “The serpent deceived me, and I ate.””

**Our defensive strategies** further isolate us from God and each other.

**Fear sabotages  
our lives, ministries, & blessings.**

*Matthew 25*

“<sup>24</sup> And the one also who had received the one talent came up and said, ‘Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you scattered no seed. <sup>25</sup> And **I was afraid, and went away and hid your talent** in the ground; see, you have what is yours.’ <sup>26</sup> But his master answered and said to him, ‘You wicked, lazy slave, . . . <sup>29</sup> For to everyone who has shall more be given, and he shall have an abundance; but from the one who does not have, even what he does have shall be taken away.’”

*Some signs of anxiety and fear*

- ✓ **Need to control** - minimize the unknowns
- ✓ **Need for closure** - get it settled ASAP
- ✓ **Black and white** - gray areas are unsettled
- ✓ **Resisting change** - low risk tolerance
- ✓ **Worry / whine** - things will or have gone bad
- ✓ **Conspiracies** - organized doom
- ✓ **Low creativity** - avoid risk of failure
- ✓ **Cup is half full** - bad things will happen
- ✓ **Social withdrawal** - depression, illness

## 2. A Christian response to fear

*Genesis 3:8-13*

### *How does Christ free us from fear?*

*Ephesians 1*

“<sup>18</sup> . . . what are the riches of the glory of His **inheritance** in the saints, <sup>19</sup> and what is the surpassing greatness of His **power** toward us who believe.”

“inheritance”

“power”

heaven	earth
eternal life	<b>abundant life</b>
we are “in Christ”	Christ is “in us” (not in the circumstances)

*Psalm 23:4*

“Even though I walk  
through the valley  
of the shadow of death,  
***I will fear no evil,  
for you are with me;***  
your rod and your staff,  
they comfort me.”

*Matthew 14:27*

“Take courage,  
it is I;  
***do not be  
afraid.***”

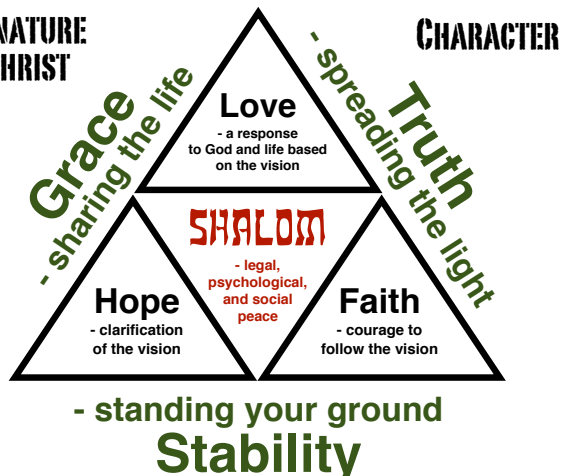
**Sensing the presence of Christ in (with) us  
is the source of our courage  
in the face of fear.**

“I learned that courage was not the  
absence of fear, but the triumph over  
it. The brave man is not he who does  
not feel afraid, but he who conquers  
that fear.”

**Nelson Mandela**

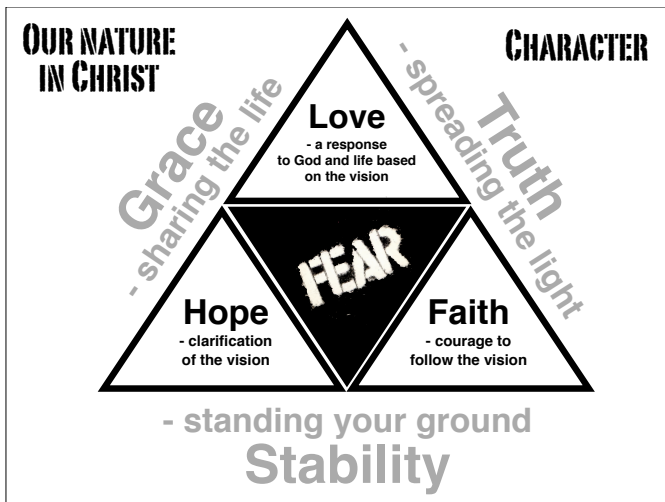
*Anxiety (fear) is a dis-ease of soul  
that comes when the pressure of a  
fallen world meets the posture of an  
insecure life.*

**OUR NATURE  
IN CHRIST**



**THE DARK SIDE  
DEATH**





**Christian character**  
is built on and expressed through  
**the managing of fear**  
  
**with living hope,  
courageous faith,  
& loving community.**

- Application***
- ✓ Treat fear as an opportunity.
  - ✓ Prepare yourself for anxious moments.
  - ✓ Be accountable to people who understand.
  - ✓ Picture Jesus with you in times of fear.