

Longevity Part IV: Overcoming the Fear of Death

Living a long, fulfilling life isn't just about God's will - it's also about our choices, mindset, and faith. Just as other people were involved in bringing us into this world, we have significant influence over how long we stay in it. Understanding this truth can transform how we approach life, death, and everything in between.

Why Do We Fear Death?

Many people live in denial about dying because they're afraid of it. You see this at funerals - people with shocked expressions, almost unable to comprehend what happened. This happens because we don't think about death very much, and when we're afraid of something, we naturally try to push it out of our minds.

But here's the problem: when we fear death, we make ourselves subject to bondage. Hebrews 2:14-15 tells us that Jesus came to "release those who through fear of death were all their lifetime subject to bondage." Sickness is bondage. Addiction is bondage. Strife is bondage. Fear of death opens the door to all these things.

What Does It Mean to Be "Living"?

Ecclesiastes 9:5 says "the living know that they will die, but the dead know nothing." Not everyone is truly living - many are just existing. To be spiritually alive means living from the inside out, not just being physically alive.

The living - those who are spiritually alive - aren't afraid of death. That's why they make Jesus the Lord of their life. They recognize they're going to die and want to make sure they're right with God. When you continue to realize you're going to die, you cling to Jesus because He is your connection to eternity.

How Jesus Conquered Death

Jesus said, "No one takes my life from me. I lay it down." This should be our attitude too. The Apostle Paul had this mindset when he said, "If I have committed anything deserving of

death, I do not object to dying. But if there is nothing in these things of which these men accuse me, no one can deliver me to them."

Hebrews 11 tells us that the great patriarchs of faith "all died in faith" - not in fear, not in the flesh, not by accident. They died in God's timing according to their faith. This is how we should approach death - in faith, not fear.

Why the Day of Death is Better Than Birth

Ecclesiastes 7:1 says "the day of death [is better] than the day of one's birth." When you were born, you came into a world guaranteed to have trials, tests, and tribulations. But when you die in faith in Jesus, you're going to a place with no tribulation, no pain, no crying, no division.

Babies come into the world crying, but we should go out smiling. Our best days aren't behind us - they're ahead of us in eternity.

Living Without Fear of Others

Isaiah 51:12 asks, "Who are you that you should be afraid of a man who will die and of the son of man who will be made like grass?" When you understand that everyone is going to die, it changes how you interact with people. You're not threatened by them because you know they're temporary.

This perspective helps you walk in love more easily. You have compassion for people because you see them as souls who will stand before God someday. It's easier to forgive when you remember that both you and the person who wronged you will face judgment.

Review Keys to Living Long

- **Have a Longevity Mentality**
Know God's standard of 120 years (Genesis 6:3) and live with that expectation.
- **Live with Vision**
Without vision, people perish. Live with purpose, taking ground for God's kingdom.
- **Watch Your Words and Eyes**
Life and death are in the power of the tongue. Don't speak evil or watch evil content.

- **Bless Your Food**
God promises to bless your bread and water and take sickness from you (Exodus 23:25).
- **Know Your Redemption**
Christ redeemed us from the curse of premature death and all sickness (Galatians 3:13).
- **Wait on the Lord**
Those who wait on the Lord renew their strength and have their youth renewed like eagles.
- **Die to Selfishness**
Live a surrendered life. "Not my will, but Your will be done" - these words empowered Jesus to overcome death.
- **Don't Be Troubled by Trouble**
Stress damages the body. Jesus said we'd have tribulation, but to be of good cheer because He's overcome the world.
- **Put Your Heart Into Life**
Don't just drift through life. Make the decision to want to be where you are and do what you're doing.
- **Walk in Love**
Many are weak and sickly because they're not walking in love. God is love, so when you operate in love, you operate in God.
- **The Importance of Joy and Enjoyment**
Ecclesiastes repeatedly tells us to eat, drink, and be merry. God wants us to enjoy life, enjoy our work, and enjoy our relationships. The joy of the Lord is our strength, and a merry heart does good like medicine.

Many people who lived over 100 years had one thing in common - they had merry hearts. They didn't stress about things. They loved people and loved life. They were lighthearted.

When you know you're going to die, you can lighten up because you know you're going up. Don't get so heavy about temporary things. Plan vacations, have fun, enjoy your family and spouse while you have them.

Life Application

This week, challenge yourself to live with eternity in mind while fully enjoying the present. Start each day remembering that this life is temporary but meaningful. Practice saying "I'm not done yet" instead of complaining about your circumstances.

Ask yourself these questions:

- Am I living in fear of death or in faith about eternity?
- How would my relationships change if I truly believed everyone around me is going to die someday?
- What would I do differently if I knew I had 120 years to serve God?
- Am I putting my heart into what I'm doing, or just going through the motions?
- When was the last time I truly enjoyed life and thanked God for it?

Remember, you have more control over how long you live than you might think. Live with purpose, walk in love, maintain joy, and trust that God wants you to live long and strong to accomplish everything He's put in your heart to do.

Quotes

1. "I will live and not die, and declare the works of the Lord."
2. "You have a lot to do with how long you live."
3. "God wants you thriving—not just surviving. He wants you healthy and strong."

4. "If our lives are cut short, then the work of God through us is cut short—and we don't want God's work cut short."
5. "How long you live isn't all on God. We have a part to play."
6. "You've got to develop a longevity mentality."
7. "Our words play a real part in the outcome of our lives."
8. "Christ has redeemed us from the curse of the law, and premature death is part of that curse."
9. "You'll live longer by living a surrendered life."
10. "Don't be troubled by trouble—because being troubled produces stress."
11. "Put your heart into where you are and into what you're doing."
12. "Walk in love."
13. "Don't be afraid of dying."
14. "The fear of death causes many people to live in denial about dying."
15. "When you stop fearing death, you realize death is a part of life."
16. "A person with true faith isn't in denial about dying. They know they will die—but they also believe it will be on their terms, not the devil's."
17. "No one takes my life from me. I lay it down."
18. "Dying in faith is not dying in fear, in the flesh, or by accident."
19. "The day of one's death is actually better than the day of their birth."
20. "Through the fear of death, people bring themselves into bondage."

Verses

1. Psalms 118:17
2. Genesis 6:3
3. Psalms 92:14
4. Proverbs 18:21
5. Exodus 23:25
6. Galatians 3:13
7. Deuteronomy 28
8. Isaiah 40:31
9. John 16:33
10. 1 Corinthians 11:30
11. Ecclesiastes 9:5
12. Ecclesiastes 7:1
13. Isaiah 51:12
14. Hebrews 2:14-15
15. Acts 25:11
16. Hebrews 11:13
17. Ecclesiastes 9:6
18. Ecclesiastes 9:7
19. Ecclesiastes 9:9
20. Ecclesiastes 9:10
21. Ecclesiastes 8:15
22. Ecclesiastes 5:18-20
23. Ecclesiastes 3:21-22
24. Ecclesiastes 3:12-13

Summary:

Living a long, fulfilling life involves both God's will and our personal choices, mindset, and faith. Many people fear death, which creates bondage in their lives, but Jesus came to free us from this fear. The spiritually alive aren't afraid of death because they trust in Jesus and understand that eternity awaits. When we stop fearing death, we can live more freely, love more deeply, and approach life with joy rather than anxiety. Practical keys to longevity include maintaining a vision for the future, speaking life-giving words, walking in love, and enjoying the life God has given us. Understanding that everyone will face death helps us treat others with compassion and live each day with eternal perspective while fully embracing the present moment.