

Home Group Notes
Week of May 17, 2026
Courageous: Fear of Death



This is the final study and discussion in our series that addresses fear and anxiety. While other causes of fear and anxiety are more immediate, “The Fear of Death” is ever lingering in our minds and emotions. Things that are outside of our control and knowledge are often the deepest and most troubling, and death and what follows feels very outside of our control. Three things are at the core of this fear: (1) the possibility of pain and suffering, (2) judgment for sin, and (3) that death is the end of all life or that judgment for sin could go on forever. All these are reasonable causes for fear.

Is there something we can do to change any of this? Is there anything or anyone who can “deliver all those who through fear of death” are “subject to a lifelong slavery?” (Hebrews 2:15) Let’s look at what God has revealed in Scripture. Begin by praying and asking the Spirit of God to reveal what you need to know and understand. Specifically, ask God to reveal His heart, His ways, and His provision.

Our search for truth and answers will be in three parts: (1) What is the root cause of death? (2) What did God do about death? (3) What changes “the fear of death” into “the hope (confidence) of eternal life?”

Read the following Scriptures and consider what is the root cause of death.

- Genesis 2:17; 3:17-19

- Romans 5:12

Read the following Scriptures and consider what God did about death.

- Romans 5:8

- Romans 6:23

- Hebrews 2:9-15

- 2 Corinthians 5:21

- 1 Peter 2:24

Read the following Scriptures and consider what changes “the fear of death” into “the hope (confidence) of eternal life.”

- John 5:24
- 1 John 5:12
- 1 Peter 3:18
- Titus 3:3-7

WHAT WOULD YOU SHARE?

Let’s say that your neighbor recently discovered that they have a fatal disease and have been told that they perhaps have six months to live and are quite fearful of death. How might we respond? What might we do? What might we ask? What might we share with this person? (Please write out your thoughts.)

DISCUSS TOGETHER

We have now looked at some common causes of fear and anxiety. What has been helpful to you? What is helpful to you about this week’s message and study?

Discuss the final question, “What would you share?” What can we do to be ready for when that time comes in a person’s life?

Hebrews 6:19 says that the hope of eternal salvation is “the anchor of our soul.” (See also 5:9) How is this true? How might this speak to our every fear and anxiety?

WE ARE BEGINNING OUR SUMMERTIME SOON.

This summer, we will be doing something NEW! On May 31, we are beginning a series on how we can “share” blessings with the people in our relational worlds. We will be using a book entitled, “B.L.E.S.S.:5 Everyday ways to love your neighbor and change the world.” Beginning the week of May 31, we are encouraging people to connect with 2-4 people to pray, discuss how we see God giving us opportunities, and what God is teaching us.

As we are entering a season when we may not all be together as frequently, let’s make every effort to pray, encourage, and build up another.