

Thanatophobia

Facing the Fear of Death as a Christian

Reflections Reflections WhatsApp post, 20 March 2024

Thanatophobia can be bad enough, and needs to be addressed as a mental disorder. For Christians, death should not cause anxiety, as Jesus has told us, in no uncertain terms. It needs to be understood as a doorway, a transition from a physical form to a spiritual existence. One should be able to discuss death as casually as birthdays and anniversaries. If we cannot, Easter holds no relevance for us.

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