

# WEEK 2: WHAT HAPPENS 60 SECONDS AFTER YOU DIE?

## GROUP DISCUSSION GUIDE

### PREPARE

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### MAIN POINT

One of the great mysteries of life is how we are able to live without thinking much about death, though we all will die. Philosopher Blaise Pascal marveled over our ability to distract ourselves. We are unwise to not think more deeply about what is next for us after this brief life. The Scripture says “it is appointed for people to die once—and after this, judgment.” According to the Scripture, death is neither annihilation or reincarnation but transformation for the believer. The Bible gives us amazing metaphors describing what happens to a Christian after death. An amazing trade awaits: exile for home, a decaying body for a perfect one, labor for rest, suffering for glory, and knowing in part to knowing in full. The trade is only for those who receive the glorious trade Christ offers through His death—our sin for His grace.

### LEAN IN BREAK THE ICE

**What stories, movies, or books have shaped the way you think about life after death, even if you did not realize it at the time?**

### LOOK DOWN LOOK AT GOD'S WORD

Read Hebrews 9:27 and 2 Corinthians 5:1-9

#### **Hebrews 9:27**

And just as it is appointed for people to die once—and after this, judgment...

#### **2 Corinthians 5:1-9**

1 For we know that if our earthly tent we live in is destroyed, we have a building from God, an eternal dwelling in the heavens, not made with hands.

2 Indeed, we groan in this tent, desiring to put on our heavenly dwelling, 3 since, when we are clothed, we will not be found naked. 4 Indeed, we groan while we are in this tent, burdened as we are, because we do not want to be unclothed but clothed, so that mortality may be swallowed up by life. 5 Now the one who prepared us for this very purpose is God, who gave us the Spirit as a down payment. 6 So we are always confident and know that while we are at home in the body we are away from the Lord. 7 For we walk by faith, not by sight. 8 In fact, we are confident, and we would prefer to be away from the body and at home with the Lord. 9 Therefore, whether we are at home or away, we make it our aim to be pleasing to him.

**Hebrews 9:27 says this: “And just as it is appointed for people to die once— and after this, judgment—” What stands out to you about the finality and clarity of this verse? How does it challenge or reshape common ideas about life after death?**

**Read 2 Corinthians 5:1-2. Summarize what Paul is saying here in your own words. What feelings or images does his language stir in you?**

**Read Revelation 14:13. What does this verse tell us about what happens to those who die as followers of Jesus? How does this picture of rest and blessing deepen your understanding of eternity?**

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LOOK OUT  
IDENTIFY THE  
RELEVANCE OF GOD'S  
WORD IN THE WORLD

**Why do you think that, as a culture, we tend to avoid thinking about death as much as possible? What fears, beliefs, or assumptions might be driving that avoidance?**

**Among your friends and neighbors who aren't Christians, what are some common views about what happens when we die?**

**When you think about your own mortality, what emotions rise to the surface: curiosity, fear, peace, confusion, anticipation? What experiences have shaped those feelings?**

**What questions remain for you about what happens immediately after you die and how does Scripture speak to, challenge, or comfort those questions?**

#### **Leader Notes**

**This section helps you grasp the key themes and intended outcomes of the discussion before you lead your group. These notes are not the group questions; they simply guide your preparation so you can lead with clarity and shepherd the conversation well. You may also find them helpful at the end of your discussion to wrap up your time together.**

#### **Think About It**

Reflect on how Scripture presents the moment after death not as a mystery to fear but as a doorway into the presence of a God who is both just and deeply good. Consider what it means that your eternal future is secure because of the finished work of Jesus, and let that truth reshape how you view judgment, hope, and the reality of eternity.

#### **What Will You Do?**

This week, think about how the promise of eternity can shape the way you live right now. Consider one shift in mindset or one spiritual practice that could help you live with greater purpose, less fear, and deeper hope, whether that involves gratitude, releasing your tight grip on earthly concerns, pursuing reconciliation, or being intentional in the way you invest your time and relationships.

#### **Changing Your Mind**

*For we walk by faith, not by sight. (2 Corinthians 5:7)*