



QUESTIONS YOU CAN'T SHAKE

Why Am I So Scared of Death? // Dom Ruso // May 3, 2026

Death is one of those realities we try to avoid but can never fully escape. Whether it's the loss of someone we love, a quiet fear about the future, or simply the awareness that life is fragile, it's a question that keeps coming back: *What happens when we die?* In this message, we're invited not to ignore that question, but to face it honestly—and discover that in the middle of our fear, grief, and uncertainty, Jesus offers a different perspective: one shaped by resurrection, hope, and presence.

Scripture: [Psalm 90:12 NIV](#) // [John 11:1-27 NIV](#) // [Revelation 1:18 NLT](#)

Bottom Line: The resurrection isn't just a future hope—it's a present perspective.

Digging In:

Reminder: The goal is a good discussion, not completing every question. Use these as a tool to help.

1. Why do you think our culture avoids talking about death so much?
2. When you think about death, what emotions come up most—fear, curiosity, peace, uncertainty, something else?
3. Have you ever had a moment that made you reflect more deeply about life and death? What happened?
4. Psalm 90:12 talks about “numbering our days.” How might remembering life is limited actually lead to greater wisdom?
5. Dom suggested that death feels like a violation of everything we love and care about, not something natural. Do you agree? Why or why not?
6. Read John 11:1-27 together and discuss the following questions:
 - a. What do you find interesting about this story and why?
 - b. What stands out to you about Jesus saying, “I am the resurrection and the life”?
 - c. Why do you suppose Jesus delayed going to Lazarus, even though he loved him? How might you have felt if you were Mary or Martha?
 - d. Jesus wept, even knowing that he would raise Lazarus. What does this show us about God's heart?
7. What does it mean to have a “resurrection perspective” not just for the future, but for life right now? How can we cultivate this mindset?

8. What fears about death (your own or someone else's) feel most real to you right now? How does believing that Jesus is the "resurrection and the life" reshape those fears?
9. What do Jesus' words in Revelation 1:18 teach us about death, and what difference does this make?
10. What would it look like for you to live this week with a clearer sense of purpose, knowing your days matter?

Responding Together:

Invite each person to quietly think about one area where they feel fear, grief, or uncertainty related to life or death. Have the leader pray these words slowly:

Jesus, you see our fears and our questions. You know the places where we feel uncertain or afraid. [PAUSE] Thank you that you don't stay distant—you step into our grief. Help us to trust you as the resurrection and the life. Teach us to live wisely with the time we've been given. [PAUSE] And in the places where we feel afraid, would you give us your peace.

Looking Forward:

This week, don't avoid the question of death—reflect on it with God. Ask him to help you "number your days" and see what really matters. When fear or grief surfaces, bring it honestly to Jesus, remembering that he doesn't stand far off but rather steps into it with you. Let the hope of the resurrection shape how you live today, not just how you think about tomorrow.