

Psalm 55:4 “My heart is sore pained within me,  
the terrors of death are fallen upon me.”

I. The various causes of the **fear of death**

1. conscious guilt - Whilst the Christian is looking only to his own habits and temper, he may and will be always wretched; but if he looks to the great Surety, Christ Jesus, his gloomy prospect will soon be turned to joy. (Heb. 12:2)
2. attachment to this world (James 2:15)
3. a principle of self-preservation— That our bodies, which are pampered by pride and nourished by indulgence, should be consigned to the silent grave, and become even the food of worms, is a humbling reflection to the boasted dignity of man. (2 Cor. 5:7)
4. the devil is often permitted to terrify the consciences of men (James 4:7)
5. unbelief – Were our faith more frequently in exercise, we should be enabled to look beyond the dreary mansions of the grave with a hope full of immortality. Our fears of death may be often caused by looking for that *perfection in ourselves*, which we shall never easily discover. (Titus 3:5)

II. The arguments calculated to remove it (these consolations belong only to real Christians; for the wicked have just reason to dread the approach of death)

1. the sting of death is taken away (1 Cor. 15:55)
2. death is no longer an enemy but a friend (instead of threatening us with misery, it invites us to happiness 1 Cor. 2:9)
3. the safety of our state is founded on the oath, the purpose, and the promise of God (John 11:25, 26)
4. the consideration of the benefits resulting from it (faith made sight, no more pain, reunion with loved ones, the glories of heaven Rev. 21:4)
5. the benefits which believers receive from Christ at the resurrection -(rewards at the Judgment Seat of Christ – crowns and authority 2 Cor. 5:10)

The case of David is so far from being peculiar to himself, that it portrays in the most striking colours, a state of mind to which many of the most exemplary Christians are frequently, if not constantly, subject. Many, whose hopes are placed on the right foundation, even Christ Jesus, and whose conduct is uniform and consistent, are yet harassed almost continually by the tormenting fears of death. Fear cultivates melancholy and despondency on the one hand and destroys our happiness on the other.

**2 Tim. 1:7 “For God hath not given us a spirit of fear,  
but of power, and of love and of a sound mind.”**