

WHAT IS SHEOL?

Job 7:6-10

Psalms 16:7-11

Awareness

Before listening, reflect:

- What do you believe happens to a person when he or she dies?
- When you think about life after death, what questions do you have? What keeps you wondering?

What is our future with God after we die? You may not have ever asked that exact question, but there's a good chance you've wondered or talked with someone about similar questions like:

- Is death really the end?
- What is heaven like?
- Can my loved one see me from heaven?

Studying Old Testament passages about what God's people believed about the afterlife helps us identify our fears, think intentionally about our words and beliefs, and recognize the gift of hope we have in Jesus Christ.

Listen: [*What is Sheol?*](#)

Reflection

After listening, consider:

- How has thinking about Sheol changed your questions or influenced your understanding of life after death?
- Read Romans 8:31-39, then reread verses 38-39. How does knowing that separation from God is the primary fear expressed when the Old Testament writers mention Sheol impact your interpretation of the passage?
- Spend some time thinking about common things you hear that are meant to comfort those who are grieving. Is there evidence of the belief in the resurrection of the body in the way we speak about death? How could you change your language even slightly to better represent the belief and hope we have through Jesus Christ? Is it possible to respond gently, in ways that are compassionate and comforting, but don't perpetuate wrong understanding?
- What does it mean to you that God is the "God of the living" (Matthew 22:32 and Mark 12:27)? Why is this important?

Related Passages

- **Genesis 37:31-35**
- **Job 7:6-10**
- **Psalm 6:4-5**
- **Psalm 89:47-48**
- **Isaiah 38:18**
- **Psalm 139:7-8**
- **Psalm 141:5-6**
- **Psalm 49:15**
- **Psalm 55:15**
- **Daniel 12:1-3**
- **Ezekiel 37:11-14**

Conclusion

Spend some time reflecting and praying about any fears or questions you have about the afterlife. Be sure to conclude by remembering the hope we have for life after death through Christ Jesus. Consider using these reflections to write your own psalm.

<https://groundworkonline.com/episodes/what-is-sheol>

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