

# What is Sheol?

Where do we go when we die? Have God's people always believed in heaven and hell? Reflecting on Old Testament beliefs about "Sheol" leads us to explore our beliefs about life after death and how the reality of Jesus Christ emboldens our hope for more.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- 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?



**LISTEN TO THE EPISODE:** [What is Sheol?](#)

**READ** [Job 7:6-10](#), [Psalm 16:7-11](#)

**REFLECTION** After listening, consider the following questions:

- 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** for further study

[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.

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

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