

## **How Jesus Beat Death and Breaks Your Phone Addiction to Bad News**

You know that feeling when you can't stop scrolling through scary news? There's a reason for that. Deep down, every disaster story makes you worry about the same thing: "What if I die? What if my family gets hurt? What if everything I love gets destroyed?"

But here's the tricky part: you keep reading because you think the information will help you survive. Your brain tells you, "If I just know enough about this danger, I can protect myself and my family." That need to save yourself is exactly what keeps you glued to your phone at 2 AM, reading about wars and disasters.

Scientists have figured out why we can't stop reading terrible news. Your brain has an alarm system that's always looking for danger. This security guard gets really excited when it sees scary headlines and convinces you that reading more will help you survive. It thinks, "If you learn about this threat, you can avoid it!"

Your brain doesn't just notice danger--it thinks gathering information about danger will keep you alive. This is called your "self-preservation instinct." But most of the scary news you read about involves dangers you can't actually prepare for or avoid. You can't stop a nuclear war by reading about it. You can't prevent an economic crash by scrolling through financial news at midnight.

Here's what nobody talks about: every time you doomscroll, you're really trying to cheat death. The Bible describes this perfectly in Hebrews 2:15, which says that people "through fear of death were all their lifetime subject to bondage." This fear of death creates a kind of slavery where you spend your whole life trying to avoid dying, but you end up missing out on really living.

But here's something that changes everything: Jesus Christ already beat the thing you're most afraid of. He conquered death itself, which means your self-preservation instinct can finally relax. The Bible says Jesus "destroyed death and brought life and immortality to light through the gospel." The same passage in Hebrews explains that

Jesus came specifically to "free those who all their lives were held in slavery by their fear of death."

Jesus said it Himself: "I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades." Think about what this means for your self-preservation instinct. You've been desperately trying to avoid death by reading about every possible danger. But Jesus has already solved the death problem completely. He gives you life that death can't touch.

When you really understand that Jesus beat death, your self-preservation instinct can finally calm down. You don't need to save yourself because Jesus already did the saving. You can put down your phone and rest in that truth.