

GO DEEPER: FACING THE SECOND HALF OF LIFE WITHOUT FEAR

A Reflection Guide for "I Don't Fear Death At All:" How to Face the Second Half of Life Without Fear

INTRODUCTION

In this deeply personal episode of Making Sense of Faith, Adam Hamilton sits down with Alan and Kay Kimes—a couple married for 64 years who are thriving at 86 years old. Their conversation offers a roadmap for navigating the fears that often accompany aging: fear of losing independence, fear of memory loss, fear of becoming irrelevant, and fear of death itself. As you reflect on their wisdom, use this guide to explore your own relationship with aging and discover how intentional living can transform fear into purpose.

3 REFLECTION QUESTIONS

Take a moment to consider what stood out to you most from this conversation:

1. Alan and Kay describe each decade—their 50s, 60s, 70s, and 80s—as progressively better than the last. What fears or assumptions do you have about aging that their story challenges?
2. Kay says she wakes up every morning "thrilled to have a day to serve" and focuses on blessing someone each day. How might shifting your focus from your own fears to serving others change your experience of aging?
3. When asked about death, Kay responded, "I don't fear it at all. I'm looking forward to hearing those words: 'Well done, good and faithful servant.'" How does your current relationship with mortality compare? What would it take for you to approach death with similar peace?

2 KEY INSIGHTS

1. Serving others is the antidote to fear

"I think that's where the nudge came from to do these things... it was the nudge we received from our Lord to push us in this direction. And it's worked well for us." - Alan

Question: When have you experienced the Holy Spirit's nudge to serve someone else? How did following that nudge impact your own sense of purpose and joy?

Reflection: Alan and Kay both found new ministry opportunities in their 70s—Kay in Silver Link Ministry and Alan in grief ministry. They discovered that taking their eyes off themselves and focusing on caring for others naturally diminished worry and fear. What opportunity to serve might be waiting for you right now?

2. Worry is wasted time—take life one day at a time

"Worry time is wasted time. The things that you worry about usually don't happen. So I just wanna know about it, but I'm not gonna spend time dwelling on it. I'm gonna pray about it." - Kay

Question: What are you currently worrying about that might be stealing joy from today? How much of your mental energy goes toward concerns that may never materialize?

Reflection: Kay's approach is simple but profound: know what's going on, turn it over to God, and do what you can to make things better right here and now. Jesus taught this same principle in Matthew 6:34: "Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." What would it look like to apply this wisdom to your biggest current worry?

1 PRACTICE EXERCISE

The Daily Blessing Practice

Kay shared that she tries to find a way every day to bless someone—whether through a phone call, email, or simply letting someone know she appreciates them. This week, adopt Kay's practice:

Each morning:

- Start your day by reading a devotional or scripture
- Ask God: "Who needs to be blessed today?"
- Listen for the Holy Spirit's nudge

Throughout the day:

- Reach out to at least one person with an encouraging word, a thank you, or an expression of appreciation
- This could be a text, phone call, handwritten note, or face-to-face conversation
- Make it specific—tell them exactly what you appreciate about them

Before bed:

- Reflect on how focusing outward impacted your own sense of purpose and joy
- Notice whether worries felt less consuming when you were focused on blessing others

At week's end:

- Journal about what you observed: Did serving others shift your perspective on your own fears? Did you feel the Holy Spirit's presence more fully? How might you make this a lifelong practice?

QUOTES TO CONSIDER

"I don't like to think about getting old right now because I don't wanna act that way, whatever that picture is. I want to age out well." - Alan

"I just wanna hear those words: 'Well done, good and faithful servant.' So that's why I wanna keep serving." - Kay

"Every generation is gonna find their own way. And I think that's true. I think every generation grows through that generation, and for the most part, we're all still alive. It works out." - Alan

"Don't be too concerned about the tomorrows. But sort of take care of the days as they go along and they will find out that at the end it's gonna be really okay. Love each other, love your families, love your God. It'll all turn out well." - Alan

"I just know that Jesus is always with me, and that he's gonna carry us through all this, and we just must keep our faith." - Kay

CLOSING REFLECTION

Alan and Kay Kimes have discovered what many before them have learned: the antidote to fear isn't pretending everything will be fine or ignoring the realities of aging and mortality. The antidote is presence—being fully present in each day, trusting God with tomorrow, and investing your energy in loving and serving others. When you live with this kind of intentionality, each decade truly can be better than the last.

As you close this reflection time, consider Alan's advice to his younger self and to all of us: "Work the process the best you can. Love each other, love your families, love your God. It'll all turn out well."

What's one way you can embody that wisdom today?

This reflection guide was created to accompany the Making Sense of Faith podcast episode "I Don't Fear Death At All: How to Face the Second Half of Life Without Fear." For more resources like this, visit makingsenseoffaith.com.