

# Facing His Own Mortality, Chris Hemsworth Ponders What His Life Now Holds

*Read time: 3 minutes 18 seconds*

While filming the new Disney+ documentary series "Limitless," host Chris Hemsworth was given some life altering news.

After taking a genetic test for one of the episodes, the Marvel superstar was told that he was at eight to 10 times higher risk to develop Alzheimer's disease than the average human.

The test revealed that Hemsworth had two copies of the gene APOE4, one from his mother and one from his father, and this genetic material is linked with the increased chance for Alzheimer's. While the gene itself is far more common, one in four people carry a single copy, only 2-3% carry both.

"Yeah, they took all my bloodwork and did a bunch of tests and the plan was to on-camera tell me all the results and then talk about how you can improve this and that," Hemsworth recalled. "It was pretty shocking because he [the doctor] called me up and he told me."

Because of this unexpected revelation, Hemsworth has been forced to focus on his own mortality and life much earlier than he expected. He explained his thought process after receiving the test results in an interview with Vanity Fair:

"Yeah, there was an intensity to navigating it. Most of us, we like to avoid speaking about death in the hope that we'll somehow avoid it. We all have this belief that we'll figure it out. Then to all of a sudden be told some big indicators are actually pointing to this as the route which is going to

happen, the reality of it sinks in. Your own mortality.”

Now, the actor has decided to take a break from starring in roles to focus on his family and what steps to take next in life. But he has ensured his fans that he is not retiring from acting in any way.

Receiving this type of life-altering news can make any person question their life and their life-decisions. Hemsworth said as much when discussing his future and how he wants to spend his days on earth.

“I’m just at the point of my life where I’m meeting with different directors and [people say] ‘Oh yeah, look, he’s a mad genius. He’s mad, but he’s a genius and he’ll make great films.’ I’m like, ‘Is that who I want to spend my days with?’ Four months, five months of shooting and then you’ve got press and possible reshoots and so on.

“Now, if something’s going to pull me away from my family and my kids, it’s got to be a positive, constructive, collaborative experience.”

This revelation of life is similar to the realization of Jesus Christ many Christians have after living a life without Him.

Christians see the world through a different, spiritual lens when they invite Jesus into their heart and are filled with the Holy Spirit.

In his search for life’s greatest gifts, and what may await him after death, Hemsworth’s journey is empty without the saving realization of Jesus Christ. And he may be on the path towards that realization, as he explained he was not ready for death.

“Doing an episode on death and facing your own mortality made me go, ‘Oh God, I’m not ready to go yet.’ I want to sit and be in this space with a greater sense of stillness and

gratitude.”

And what greater sign of gratitude is there than to give the Creator of all things the praise and adoration He deserves by giving one’s life to Him who died for all of humanity?

Because until Jesus returns for His church, everyone will physically die. For some it will be suddenly, but others will have time to ponder their life and what comes next. Christians have no need to fear what is after this earthly life, because Jesus overcame sin and death with His blood on the cross. Pray that Hemsworth, and every person, finds the one, true answer they are searching for, which is Jesus Christ. {eoa}

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