Is there life after death

What happens the moment after you die

In the Old Testament, when righteous people died, their body went into the grave and their spirit/soul went to the upper part of Hades to a place called Abraham's bosom (side). Jesus called this place Paradise.

When the unrighteous people died, their body went into the grave and their spirit/soul went into the lower part of Hades. Peter called this Tartarus.

When Jesus died, His body stayed in the tomb but His Spirit went down into Hades. To the evil side, He announced that their fate was now sealed as He was about to rise from the dead. To the good side (Abraham's bosom/side or Paradise), He announced that He was taking all the spirits/souls of the righteous up to heaven with Him. This was proven when He was resurrected from the dead and the many graves of the righteous were opened and some of these people walked around Jerusalem.

So, the upper part of Hades will be empty from the resurrection of Jesus on. The lower part of Hades still has the spirits/souls of the unbelievers in it. They will be there until the 2nd resurrection.

So, now, when the righteous-in-Christ die, our body goes into the grave or gets cremated but our spirit/soul goes up to Paradise, which is in heaven. This heaven is the intermediate heaven. At some future point (when the Lord returns to set up the eternal heaven), the 1st resurrection will take place. This is when the believer's spirit/soul will be reunited with their body. This will be our eternal body that starts eternity future or the real heaven. At the 2nd resurrection, the unbelievers in Hades will be resurrected into their eternal bodies. But they will be cast into the Lake of Fire for all eternity. Whether this 'Lake of Fire' is literal of symbolic is hard to say. But either way, it will be without God and it will be a terrible place. This will be the final hell for all eternity.

For a more detailed, scriptural proof of this, go to

https://www.gotquestions.org/did-Jesus-go-to-hell.html

https://www.gotquestions.org/apostles-creed.html