Enjoy Long Life

I want to share some things that will extend your life; some things that will help you to live longer. Let’s look at Exodus 23 and Psalms 91. Exodus 23:25 & 26 says, “And ye shall serve the Lord your God and he shall bless thy bread and thy water; and I will take sickness away from the midst of thee. There shall nothing cast their young nor be barren in your land. The number of your days I will fulfill.” Now all of this is important, but I want to focus on the last part of those scriptures where it says “the number of your days I will fulfill.”

Two other translations say, “I will let you enjoy the full count of your days” and “I will give you a full life span.” In Psalm 91:16, it says “With long life will I satisfy him and show him my salvation.” Another translation puts it this way, “I will give them life long and full.” So our subject here is simply “Enjoy Long Life.”

God wants you to enjoy long life. This isn’t just about quantity of days, but it’s also about quality of days. If you notice in Exodus 23, God declared his promise to those who would serve him. He said that he would take sickness away from your midst and on top of that give you a long life span. God wants you to have a long life without sickness and disease upon the earth; not just a long life where you are somewhere wasting away in a nursing home or out of your mind not knowing who you are. That’s not the quality of life that I believe God had in mind.

God says I will take sickness and disease away from you, and I’ll fulfill the number of your days. In other words, He’ll give you a long life and it will be well with you so you’re able to enjoy your long life. He doesn’t want you to have a long life full of misery. So many people try to end their lives early because they are not enjoying life. God gives us both quantity and quality of life. He’ll bless us with that because we are His people and because we serve Him. This is one of the fringe benefits of serving Him.

If you’re sick, if you have a limited projection of your life span, or if you don’t feel like you’ll live long and you’re not enjoying life then this is your wake-up call. God wants to raise your level of expectancy as far as your life is concerned. Do you realize that whatever target you set for yourself in terms of the length of your life is exactly where you’ll end up? Many people feel like life is basically over at age 70 and so when they hit 70, it’s downhill from there; and they have one foot in the grave and feel like they have reached the end of life. No where in God’s word does He ever limit how long you can live on the earth.
Now a lot of people read the verses over in Psalms 90 where it says the days of our years are 70 and by reason of strength 80. We’ve taken that to mean that God says that we can only live to be 70 or 80 at the most. But if you really study that, you’ll see that God was talking to the disobedient Israelites who rebelled against Him and He told them that none of you all over 20 will enter into the Promised Land and that they would wander in the wilderness until they all die off. So because of that Moses said most of the people are dying at 70 and 80 years old. They didn’t have a choice; they had a death sentence on their lives. God cursed their lives and they couldn’t live a long life because they rebelled against Him. That has nothing to do with you and me.

In Genesis chapter 6, the Bible references 120 years on the earth. It reads that God is not always going to strive with man but his days will be 120. Once again, God is making a judgment as He’s preparing to flood the earth with water. He has given them 120 years to repent and get right. So God’s placing the limits on rebellion and rebellious people. Nowhere in God’s word is there any limits placed on any individual who will honor God, walk with God, serve God, worship God and live for God. There’s no limit placed on how long you can live.

So I just want to wake you up. I want to challenge you and change your mind. Get your mind off of 70 years. Get your mind off of 80 years. Stretch your mind and let God know that you want to walk in obedience and live out the number of your days like He promised in His word.

I read some where in Psalms that God said He wants some people to really get old just to prove that His promise is true. In this society, the old age mentality flows and we start saying at age 40 that the best is behind us and that it’s all downhill from there; by age 50 it’s really looking gloomy; by age 60 one foot is already in the grave and the other one is on a banana peel.

We have short-sighted ourselves because society calls you a senior citizen at age 55 and you can get all kinds of senior discounts from AARP and others. Now there is nothing wrong with those things, but it conditions your thinking. It restricts you on your level of expectancy, and you start doing what every body else is doing and you start feeling the ailments that everyone else is feeling. And now everybody is thinking that they might get Alzheimer’s disease because it’s now becoming a normal ailment of the elderly. Says who? If you check the stats on Alzheimer’s you’ll find that there’s a very small percentage that actually have it. And so you will realize that you can beat that percentage easily. You don’t have to keep following the flow like sheep going to the slaughter house.

God wants us to enlarge our expectancy, to change our vision, to change our thinking, to believe Him, and to go where no man has gone before and to realize that God’s promise in His word is true.

I know somebody might say, “Well, what about _____? They died young? You don’t know what all was involved with them; you don’t know what they believed. All you know is what you believe. So if you believe that you can live past 100, you just keep on living. Change your thinking and not only just living long but being in great shape. He said I will take sickness from you and you’ll have a long life span.
In Psalm 91 God said, “I’ll satisfy you with long life,” and that means that you’ll have more than enough and it does not give the indication of being decrepit, cripple, sick, broken down and used up. You’ll be so full and satisfied in your old age. There’s another scripture in Psalms, now I don’t know exactly where this one is either, but it’s in there. God says, “I am the God of your old age, and I will be with you in your old age when your hairs are gray just like I was when you were young.” He’s the same God.

Jacob got angry because he only lived to be 130 and not as long as his forefathers did. Caleb was 85 when he came to Joshua saying he remembered the words of Moses like it was yesterday. Moses had promised Caleb that something wonderful was to be his inheritance and 45 years later Caleb declared that he was just as strong and able as he was when he was 40 years old. Here’s a man who’s living with the invigoration of God in his life. God is literally affecting this man’s flesh. When Moses died at 120 years old, the Bible said that his eyes were not dim neither were the natural forces of his body abated. Moses was just as strong as he had always been. Moses wasn’t ready to die. The only reason Moses died was because God told him he had to die because of his disobedience. There was nothing physically wrong with Moses at 120 years.

I am talking about some things here that are natural, but a lot of it is supernatural. There’s a lot of it that’s apart of the covenant that we have with God. The covenant that we have in the New Testament is better than the one in the Old Testament. Now if Israel had a covenant with God where He said “I’ll keep you well and give you long life...” what do you think He’ll do for us since we have a better covenant based on better promises? The Israelites were servants, but we are sons. Now if He wouldn’t allow His servants to be sick and to live a short life, what do you think He has in store for His sons and daughters: those who have been engrafted into the covenant through the blood of Jesus and made heirs of God and joint-heirs with Jesus?

You will go wherever you are projecting yourself. The mind is a powerful thing; and if you have this little vision of getting old and creepy and just dying on off at a particular age because you see other people die, you’ll set yourself up and just get on in line to die like they did. I believe God is sending this as a wake-up call. God wants you to live well. He wants you to live long and strong. Enjoying your days upon the earth is the covenant with our God. Spiritually speaking there are some powerful things at work.

In the New Testament, the Apostle Paul says that the spirit of God is literally made manifest in our flesh. His spirit quickens our mortal bodies. Paul is talking about the inside affecting the outside. There were many times when they thought Paul was dead. They stoned him and left him for dead and he got up running to the next city to preach. Well what do you think that was quickening his flesh? It’s the same thing that raised him from the dead, the same thing that can invigorate us and keep us in vitality and keep our youth renewed as the eagles. Did you know that as eagles get old they grow new beaks and feathers? They renew themselves. I think God is saying to us don’t think you’re going to get worse when you get old. You’re going to be renewed. Now if God will do it for a bird, what makes you think he won’t do it for you?

There was a study done by Boston University Medical College. They studied Centenarians, people who live to be 100 years old. They found that Centenarians disprove
the perception that the older you get the sicker you get. Centenarians teach us that the
older you get the healthier you've been; and because you’re healthy all along, that health
just carries you right on through. I also found an interesting club on the Internet called the
‘Long Life Club’ and these people have the vision of growing old, yet not being old, and
keeping their youth and vitality past 100 years old.

There was one member featured on the club's website who was an 88-year-old Tri-
athlete. He rides his bike 75 miles, still jogs and runs. He's very active and just goes on as
if age is a number. Actually age is just a number. There was another woman who is 100
years old who swims slaps regularly. Nobody told her she was 100 and she doesn't realize it,
and so she just goes on living youthful and vigorously. This is a club of like-minded
individuals and I am going to join that club. These people have what the word of God talks
about. This is what God envisioned.

These are people in their right minds; these are not senile old folks stuck up in a
nursing home. They are independent and still active. One lady is 99 years old and still runs
a business. She has about 9 rental houses that she manages. She said she has to make her
rounds to cover her properties to make sure no one is getting over on her. That lady is
handling her business. This is what God is talking about.

It also depends on who you hang around. Everybody in this club is active, sharing
health ideas, talking about ways to improve their health and extend their lives. They are
pushing over 100 with ease; they're making it look easy. I wonder if they got that from
Psalm 91 or maybe they just dared to believe it.

There are some other things the Boston University study found. They found that most
people who live this long have family members who live this long. There are some genetics
involved. They also found some common factors that will help all of us. Very few
centenarians are obese. Most centenarians didn’t smoke. They handle stress better than the
majority of other people. They didn't let things worry them. They all had a good attitude
and a good outlook on life. They all enjoyed life.

There is something about your enjoyment of life without worry. The Bible calls that
peace. There is something about peace that extends your age. No wonder Jesus said, “My
peace I give to you.” He was trying to extend our age. To be honest, everything that God
tells us in His Word is to improve the quality and length of our lives. Everything in Psalm
91 is to protect your life. It protects you from danger and sickness. It's a psalm of protection
but those things are there to preserve your life so that you can live a long life. It protects
your life from all the evil forces that would shorten your life. God’s covenant of protection in
Psalm 91 ultimately boils down to extending your life and the quality of life so that you
could live long upon the earth.

The other thing they found was humor. They all remained humorous. You have to
lighten up sometimes. It extends your life. The Bible says that a merry heart does good like
medicine.

There's one report from a woman who is 114 years old. Her greatest attribute was that
she loved everybody. It said that she would hug, kiss, and caress everyone. She was just a
lover. She loved everybody. Isn't that the main commandment of the Bible? That's the main
commandment that Jesus gave to us. He said that all others hinge on this one thing that I
tell you of: to love one another. He was trying to get us to live a long life. There was another woman 112 years old who was described as lively. She said she doesn’t like to be around anything dead. Someone asked her if she wanted to play a little game of cards. She replied that she would never play that mess. She said, “I don’t like to sit down that long. I’d rather be out gardening or rollerblading or something.” She remained lively. She also said to be sweet and be kind.

Death can’t get you if you’re on the go. It’ll sneak up and get you if you’re in the rocking chair. There’s another lady who’s 120 years old who said that her secret was to resist stress and depression. A man over 100 agreed that you can’t worry and you have to trust God. It’s the main thing that carried him throughout his life. I read a report of a woman in Detroit who is 112 who was said to be still just as strong as she was when she was younger. A man broke into her house and the report says that she physically attacked him when the man threw her to the ground. She grabbed him and held on. Now the paper doesn’t say exactly where she grabbed him, but it did say that he was extremely happy to be let go. When she was in her 80s she was still riding motorcycles in the neighborhood. Her main attribute was that she never harbored any will against anybody. So those are just a few that I’ve read that have just tremendously blessed and invigorated my faith and my expectancy to live long upon the earth.

Understand that we’re not just living to simply exist but living upon the earth to carry out the will of God in this earth. Because you’ve aged, you have more experience with God to share with people. You’re valuable to God. You’re not still wet behind the ears when you’re 100 years old. You know something about spiritual foundation. You know something about God and so God wants an elderly person in the earth because there is such a deposit in that life that it would take God years to raise somebody else up like that who could do what you do. If you were 100 years old and had walked with God and developed a relationship with God and knew him, there is such a deposit in your life that God still wants to use in the earth. You are valuable to God.

We’re living to carry out the will and purposes of God in the earth. Being able to enjoy your children and your grandchildren, your great grandchildren, great-great grandchildren, and your great, great, great grandchildren is what God has in mind and then when you get finish the Bible says that He will satisfy you. When you’ve been everywhere that you’ve wanted to go, have done everything that you’ve wanted to do, have fulfilled your destiny and your mission, have served God and your generation, have seen your great, great, great grandchildren and when you’re finished and satisfied and God is satisfied then you can do like the fathers of old did. You can gather your feet up in the bed, pull the covers up and pull your children around the bed and bless them, and lie down and just take off.

There was one man I was reading about who lived to be 150. He got married for the first time at 88 and had 2 children. Something didn’t work out there and then at 102 he had an illegitimate child and he went to the church and did penitence. At age 120, he married a widow and at 130 they said he was still able to fulfill his obligations of husbandry, but they were talking about gardening. I don’t know what else he was able to do but that’s all they mentioned. So the man went on and lived to be 150.
So God set no age limit for you. A lot of people think that there is an appointed time for you to die. There's not an appointed time because the Bible clearly teaches that there are many things that you can do to extend or decrease your longevity. So if you can decrease and extend there can't be a set time. It says every man dies once. So everyone is appointed to die once, but there is no set time. Some people feel that they just can't go until it's their time. Oh yes you can! Do something foolish and you can go before your time. If you don't believe me, just jump out of an airplane without a parachute. It's going to be your time. You might not think it's your time but that will be your time. So you can decrease your days and you can also lengthen your days.

I've shared with you some factors that lengthen your days: your diet, exercise, staying away from tobacco, having a good attitude and a merry heart. On the Internet there are a lot of life expectancy calculators that you can play with where they ask you a lot of questions about your life and they will tell you, based on the information that you give them, how long you are expected to live. If you change something, the age will go up or down. For example if you input that you don't exercise, the number of years will go down quickly. If you input that you exercise five days a week, the life expectancy shoots up in the calculator. So they show you just by factors that are involved in your life that you can lengthen or decrease your life span.

Well, I played around with it today and input some factors just to see how long I would live based on my life style; and it came back and said 91 so I have to change a few things and get that number over 100. I was looking pretty good and it still said 91. I really have to go to work to get it over 100.

So take a look at the long life club. I am sure it will inspire you. Go ahead and join it. Remember Psalm 91, “With long life will I satisfy him and show him my salvation.” To a man who will love me, abide with me and trust me, God says with long life will I satisfy him. God wants us to enjoy long life. Live until you're satisfied, until your life is full, live until you've done everything that God has put into your heart to do, live until you've made a difference, live until you've made an impact for generations to come. Keep living until you are full. Whatever your expectancy is that's where you will end up. So I just wanted to raise your sites and change your faith and what you believe. I dare you to take God at His word and make some changes in your life. I want you to go for the long life club.

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