

Living Long and Strong

Turning 60 isn't the beginning of decline—it's the start of the golden era. While the world celebrates birthdays with jokes about aging and death, God has a completely different perspective on growing older. His plan isn't for you to become frail and weak, but to go from strength to strength, faith to faith, and glory to glory.

What Does the Bible Say About Old Age?

According to Jewish tradition and Scripture, life has distinct phases: youth begins around 12-13 (the age of accountability), adulthood starts at 40 (when Moses chose not to be called Pharaoh's daughter's son), and old age begins at 60. But there's a crucial difference between being "old" and being "aged."

When the Apostle Paul referred to himself as "the aged" in Philemon, the Greek word actually means "old"—simply having lived many years. Being aged suggests decline, frailty, and weakness. But you don't have to become frail just because you've had more birthdays.

How Does Your Spirit Affect Your Physical Health?

The condition of your body is completely dependent on your spirit. When your spirit leaves your body, your body dies—which tells us that your spirit gives life to your body. Proverbs teaches us that "a broken spirit dries the bones," but "a strong spirit will sustain a man on his sickbed."

What makes your spirit strong? Faith. Strong faith in God creates a strong spirit, which affects your bones, blood, and every cell in your body. This is why it's more important than just eating right—though as you grow spiritually, God will lead you to make wise choices about food and lifestyle.

Why Do Your Words Matter for Longevity?

Death and life are in the power of the tongue. A remarkable study found that people who rated their health as "poor" were four times more likely to die within four years than those

who rated it "excellent"—even when medical examinations showed comparable health between the groups.

How you view yourself and speak about yourself creates the reality you live in. If you constantly talk about aches, pains, and decline, you're speaking death over your life. Instead, speak life. Declare that you're strong in the Lord and in the power of His might.

What Can We Learn from Caleb's Example?

At 85 years old, Caleb declared: "I am as strong this day as I was on the day that Moses sent me. Just as my strength was then, so now is my strength for war, both for going out and for coming in. Now therefore, give me this mountain."

Caleb had spent 45 years in the wilderness watching his generation die because of unbelief, but he didn't let their fate become his ceiling. He got his mentality from God's word, not from what he witnessed around him. Faith kept him alive and strong.

What About Barzillai's Different Approach?

In contrast, Barzillai was only 80 years old (five years younger than Caleb) but considered himself "aged." When King David invited him to Jerusalem, Barzillai responded with defeat: "How long have I to live? I am today 80 years old. Can I discern between good and bad? Can your servant taste what I eat or drink?"

The difference wasn't their physical condition—it was their mentality. Barzillai saw his ancestors' lifespans as his ceiling, while Caleb believed God's promises for his future.

Is 70-80 Years God's Standard for Life?

Many people point to Psalm 90:10, which mentions "70 years, and if by reason of strength they are 80 years," as God's standard lifespan. But this psalm is Moses lamenting over the Israelites dying young due to God's judgment for their rebellion—not describing God's ideal.

The context shows this was about God's anger and wrath: "For we have been consumed by your anger... all our days have passed away in your wrath... The days of our lives are 70 years." Moses was grieving that people were dying at what should have been a young age.

What Is God's Actual Standard for Longevity?

In Genesis 6:3, after the flood, God established the standard: "My Spirit shall not strive with man forever, for he is indeed flesh; yet his days shall be 120 years." This standard has never changed.

Moses himself lived to 120, and "his eyes were not dim nor his natural vigor diminished." He demonstrated the standard he had written about, showing that 120 years with full strength is possible.

How Can You Prolong Your Days?

Scripture gives numerous promises about prolonging life:

- Honor your father and mother (mentioned three times in Scripture)
- Keep God's statutes and walk in His ways
- Fear the Lord
- Pursue wisdom
- Watch your words—refrain from speaking evil
- Avoid covetousness
- Love the Lord your God

Psalm 91:16 promises: "With long life I will satisfy him and show him My salvation." Long life isn't just about quantity of years, but quality of life until you're satisfied—until you've fulfilled what God called you to do.

What About Retirement and Purpose?

You can retire from your job, but don't retire from life. You weren't created to just lie on beaches or take endless cruises. Even in heaven, people are working, bearing fruit, and being productive with joy.

When you retire from your career, that's when you can really get down to business—mentoring others, serving in ministry, and using all the wisdom you've gained. The less you have to do, the more you get to do for God's kingdom.

How Should You Resist Aging Mentality?

Don't let your body tell you where you're headed—let God's word tell your body how things are going to be. When the devil tries to make you accept decline, resist him. Even if you feel weak, don't act weak. Let the weak say "I am strong."

Walk with confidence. Act like you're strong. Speak life over yourself. Don't accept every ache and pain as "just part of getting older." Fight for your health and strength in faith.

Life Application

This week, examine your words and thoughts about aging and your future. Stop speaking death over yourself and start declaring God's promises for longevity and strength. Begin each day confessing that you're strong in the Lord, that your strength is being renewed, and that God is prolonging your days.

Replace negative expectations about aging with biblical expectations. Instead of planning for decline, plan for continued fruitfulness and purpose. Ask yourself:

- What words am I speaking about my health and future?
- Am I getting my mentality from the world or from God's word?
- How can I honor my parents to activate God's promise of long life?
- What is God calling me to do in this season of life?
- Am I walking in God's ways to prolong my days?

Remember, with long life God will satisfy you. You have a choice in how you age—choose to do it God's way, going from strength to strength until you've fulfilled everything He's called you to accomplish.

Quotes

1. “Old simply speaks of years. Aged suggests decline, frailty, being worn down. But growing older does not require growing weaker.”
2. “The condition of your spirit will ultimately influence the condition of your body.
3. Feeding your spirit words of faith is even more important than feeding your body.”
4. “The body depends entirely on the spirit for life.”
5. “People who see themselves as unhealthy often talk unhealthy — even when they’re not.
6. Many end up living out the image they carry of themselves, sometimes even unto death.”
7. “Longevity begins in the mind. If you want to live long, you must think right.”
8. “Make sure your mentality is shaped by the Word of God.”
9. “Longevity is a mentality.”
10. “God’s standard is 120 years of age.”
11. “We can die without our eyes being dim, nor our natural vigor diminished.”
12. “God says that with long life He will satisfy you and show you His salvation.”
13. “God promises long life — but how long is long? Long enough until you’re satisfied.”
14. “You may retire from your job — but you don’t retire from life. You don’t retire from being fruitful and productive.”
15. “We’ve only just begun to live. This is the golden era. This is the time for greater glory!”
16. “Don’t act weak — even if you feel weak. Weakness is temporary.”

17. "You have days when you feel weak, but you're not going to stay weak."

18. "If you want long life, honor your parents."

19. "If you walk in God's ways, He will lengthen your days."

20. "If a tree can flourish for generations, so can you."

Verses

1. Philemon 1:9

2. Proverbs 18:21

3. Isaiah 40:31

4. Joshua 14:7

5. Joshua 14:10-11

6. 2 Samuel 19:31-37

7. Psalm 90:10

8. Psalm 91:1-2

9. Psalm 91:7

10. Psalm 91:11-12

11. Psalm 91:14-16

12. Genesis 6:3

13. Deuteronomy 34:7

14. Exodus 20:12

15. Exodus 23:25-26

16. Deuteronomy 4:40

17. Deuteronomy 5:16

18. Deuteronomy 5:33

19. Deuteronomy 6:2
20. Deuteronomy 11:9
21. Deuteronomy 11:21
22. Deuteronomy 22:7
23. Deuteronomy 30:16
24. Deuteronomy 32:47
25. Joshua 24:31
26. 1 Kings 3:14
27. Job 5:26
28. Psalm 21:4
29. Psalm 34:12
30. Psalm 128:6
31. Proverbs 3:2
32. Proverbs 3:16
33. Proverbs 4:10
34. Proverbs 9:11
35. Proverbs 10:27
36. Proverbs 12:28
37. Proverbs 13:14
38. Proverbs 19:23
39. Proverbs 28:16
40. Isaiah 65:20-22
41. Ephesians 6:2-3
42. 1 Peter 3:10-11

Summary

God's plan for getting older isn't decline but strength to strength. Your spirit, strengthened by faith, directly affects your physical health and longevity. The words you speak about yourself create your reality - speaking life brings life, while speaking death brings death. Caleb at 85 declared his strength unchanged, while Barzillai at 80 accepted defeat through wrong mentality. God's standard is 120 years with full vigor, as demonstrated by Moses. Scripture promises long life through honoring parents, fearing God, pursuing wisdom, and walking in His ways. Don't retire from purpose - use your wisdom to mentor others and serve God's kingdom with renewed strength.