

Longevity Part 2 A Mentality for Longevity

Have you ever wondered if it's possible to live a long, healthy, and fulfilling life? Many people today have accepted that aging means inevitable decline, weakness, and shortened lifespans. But what if God has a different plan for your life?

What Does It Mean to Live Long vs. Being Aged?

There's an important distinction between being "old" and being "aged." Being old simply refers to having lived many years and celebrated many birthdays. Being aged, however, suggests decline in health, natural abilities, and becoming frail or weaker over time.

This distinction isn't God's will or plan for your life. God desires for you to live long without the negative effects of aging - to remain strong, healthy, and vibrant throughout your years.

What Does the Bible Say About Living Long?

The Power of Renewed Strength

Isaiah 40:28-31 provides a powerful promise: "Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary... He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall. But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

This passage reveals that even young people shouldn't rely solely on their natural physical strength. When you learn to yield to the Holy Spirit and draw upon God's power, you can outlast youth and do better than young people - even as you age.

God's Standard for Longevity

Many people point to Psalm 90:10, which mentions living 70-80 years, as God's standard. However, this psalm was written by Moses, who was lamenting the Israelites dying young because they were living under a curse due to their disobedience.

The real standard is found in Genesis 6:3, where God says human days shall be 120 years. Moses himself lived to be 120, and the Bible says "his eyes were not dim, nor his natural vigor diminished" because he spent time in God's presence.

Biblical Examples of Longevity

Caleb: The 85-Year-Old Warrior

At 85 years old, Caleb declared he was just as strong as he was at 45. He had kept himself in faith and in God's promises for 40 years. When it came time to possess his inheritance, he said, "Give me this mountain!" and went to battle against young soldiers, defeating them completely.

Barzillai: The Aged Mindset

In contrast, Barzillai was 80 years old but had an aged mentality. He focused on his limitations, saying, "How long have I to live? I am today 80 years old... Can I discern between the good and bad? Can I taste what I eat or what I drink? Can I hear any longer the voice of singing men and singing women?"

The difference wasn't their physical condition but their mindset and faith.

How Can You Develop a Longevity Mentality?

Wait on the Lord

Don't trust in your own abilities, strength, or understanding. Learn to rely solely upon God's strength and power. He will work through your natural abilities, but let Him guide you in wisdom - the proper application of knowledge at the right time.

Maintain Vision for Your Life

Without vision, people perish. Many elderly people lose their sense of purpose and vision for the future. Seek God diligently to discover what He has for you to accomplish. The Bible says you'll still bear fruit even in old age.

Speak Life Over Yourself

Your words have power. Instead of agreeing with negative medical statistics or age-related decline, speak God's promises over your body. Tell your body to produce what it should produce and stop producing what it shouldn't.

What Practical Steps Support Longevity?

Bless Your Food

Exodus 23:25 promises: "So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you." Every time you eat, thank God and know that He's blessing your food to nourish your body properly.

Maintain the Right Heart Attitude

First Peter 3:10-11 says: "For he who would love life and see good days, let him refrain his tongue from speaking evil, and his lips from speaking deceit. Let him turn away from evil and do good; let him seek peace and pursue it."

Key attitudes for longevity include:

- Being courteous and kind to others
- Having compassion and being tenderhearted
- Not returning evil for evil
- Speaking blessings instead of cursings
- Maintaining a sense of humor
- Not worrying about things
- Refusing to hold grudges

Keep Your Heart in the Right Place

Your heart must be fully committed to God's will for your life. Half-hearted commitment opens doors to the enemy. Put your whole heart into what God has called you to do, whether in work, relationships, or ministry.

Is Long Life Really Possible Today?

Consider this: there are currently over 722,000 people worldwide who are 100 years old or older. That's enough people to fill a major American city like Denver, Colorado. Many of these centenarians aren't even believers, yet they've lived long lives.

If people without God's promises can live that long, how much more should believers who understand their redemption and God's power live long, healthy lives?

What About the New Covenant?

Hebrews 8:6 tells us that Jesus "has obtained a more excellent ministry, inasmuch as He is also Mediator of a better covenant, which was established on better promises."

If God promised healing and long life under the Old Covenant, the New Covenant is better. We're not just servants now - we're children of God. If He would preserve servants, how much more will He preserve His own children?

Life Application

This week, challenge yourself to develop a longevity mentality. Stop agreeing with negative expectations about aging and start speaking God's promises over your life. Begin each day by declaring that your strength is being renewed, that you're mounting up with wings like eagles, and that you'll run and not be weary.

Ask yourself these questions:

- What negative beliefs about aging have I accepted that don't align with God's Word?
- Am I putting my whole heart into what God has called me to do, or am I just going through the motions?
- How can I better maintain a heart of compassion, kindness, and forgiveness toward others?
- What vision has God given me for the years ahead, and how can I pursue it with faith?

Remember, God's desire is for you to live long and strong, not just survive but thrive. Your life can become more heavenly as you align with His will and draw upon His supernatural strength. Don't settle for the world's expectations - embrace God's plan for your longevity.

Quotes

1. "God's desire is for us to live long, strong, happy, and fulfilled lives."
2. "Old speaks of years — a lot of birthdays. Aged suggests decline, frailty, and weakness. But decline is not God's plan for you."
3. "The elderly must adopt a mentality for longevity"
4. "One revelation from God can change everything."

5. “Those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”
6. “Even young people must not rely solely on natural strength. Learn early to draw from the Holy Spirit.”
7. “If you live from divine strength when you’re young, you won’t decline when you’re older.”
8. “Growing older doesn’t mean growing weaker. According to Scripture, the righteous can outlast youth.”
9. “Don’t become a burden to yourself. See yourself as a person of many years — with much to offer.”
10. “We are created to bear fruit even in old age.”
11. “Tell your body to produce what God designed it to produce — and reject anything He did not plant.”
12. “If someone living on poor habits can reach 122 (died in 1997), how much more can a covenant believer expect?”
13. “There are approximately 722,000 people 100 or older alive today.”
14. “Every time you bless your food, remember — God said He would bless it. What He blesses nourishes.”
15. “The Old Testament promised long life, but the New Testament is even better.”
16. “If the Lord promised his servants longevity, how much more will He do for His children?”
17. “Choose kindness. Refuse bitterness. Choose joy.”
18. “If you love life and want to see good days, walk in love and watch what you say.”

19. “We want to do the right thing — with the right heart. Because the right action with the wrong heart is still wrong.”

20. Getting out of God’s perfect will into His permissive will can shorten life.

Verses

1. Isaiah 40:31

2. Proverbs 15:15

3. Isaiah 40:28

4. Genesis 6:3

5. Psalm 90:10

6. Psalm 91:16

7. Exodus 23:25

8. Hebrews 8:6

9. 1 Peter 3:8

10. 1 Peter 3:9

11. 1 Peter 3:10

12. 1 Peter 3:12

13. 1 Corinthians 11:17

14. 1 Corinthians 11:27

15. 1 Corinthians 11:30

16. Proverbs 28

17. 2 Samuel 19

Summary

God desires for believers to live long, healthy lives without the negative effects of aging. The Bible distinguishes between being old (having lived many years) and being aged (experiencing decline and frailty). Through examples like Caleb, who remained strong at 85, and Moses, who lived to 120 with undiminished vigor, we see that longevity with vitality is possible. Key principles include waiting on the Lord for renewed strength, maintaining vision and purpose, speaking life over yourself, blessing your food, and keeping the right heart attitudes of kindness, compassion, and forgiveness. Under the New Covenant, believers have even better promises than the Old Testament saints who experienced divine health and longevity.