

## **Longevity *Part 3***

### **Living in Resurrection Power**

God is actively working out every detail of our lives, turning our mistakes into victories and causing even our failures to work for our good and His glory. This isn't about waiting for heaven - God wants us to experience His supernatural power and miraculous intervention right now, in this life.

#### **Why Miracles Should Be Daily Occurrences**

Miracles aren't meant to be rare, strange phenomena that happen occasionally. For the child of God, miracles should be a daily occurrence. We should be believing God for supernatural things that are beyond human ability - things that doctors say are incurable, situations that seem impossible to fix.

With God, nothing is incurable and nothing is impossible. As Jesus said, "All things are possible to him that believes." When we believe God, we can see the impossible take place in our lives, causing people to recognize that only God could have done such things.

#### **God's Promises Are for This Life, Not Just Eternity**

Many people limit God's blessings and promises to eternity, thinking all the good things are reserved for heaven while we must endure misery on earth. But this isn't biblical. All the promises of God are "yes" and "amen" - and they're for now, in this life.

Through Jesus' death, burial, and resurrection, we are meant to be living resurrected lives right now. God wants us to live long, healthy, strong lives in this world, not just smile through miserable circumstances while waiting for heaven.

#### **The Importance of Daily Spiritual Maintenance**

Just like vehicles need regular maintenance to run properly and last longer, our spiritual lives need daily maintenance. We need to get "plugged into" God's Word and His presence for daily diagnostic testing.

When we allow the Holy Spirit to search our hearts through His Word, He can show us problems before they manifest and cause chaos in our lives. This prevents us from having to deal with major spiritual "surgeries" later - we can address issues while they're still small.

## **How to Avoid Making Bad Situations Worse**

People are often skilled at making bad situations worse. When something goes wrong, instead of handling it wisely, they spread it around, stir up others, and turn a small problem into a major crisis affecting many people.

But when we keep our spiritual systems clean through daily time in God's Word and presence, we can go through trouble without being troubled. We can face problems without falling apart, panicking, or making poor decisions that make things worse.

## **Understanding Romans 8:11 - Life for Our Mortal Bodies**

Romans 8:11 contains a powerful promise: "But if the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit who dwells in you."

This isn't talking about our future resurrection bodies - it's talking about our current mortal bodies. The same Spirit that raised Jesus from the dead is dwelling in us right now, giving life to our physical bodies in this present life.

## **God's Standard for Longevity: 120 Years**

In Genesis 6:3, God set a standard of 120 years for human life. This isn't as far-fetched as it might seem - in 1997, a woman named Jean died at 122 years old, and she wasn't even trying to live a particularly healthy lifestyle.

Currently, there are approximately 722,000 people worldwide who are 100 years old or older. The world doesn't advertise these positive statistics because negativity sells, but longevity is more common than most people realize.

## **What the Bible Says About Old Age**

Psalms 92:13-14 tells us that those planted in God's house "shall still bear fruit in old age. They shall be fresh and flourishing." This doesn't sound like the typical image of aging as decline and weakness.

Isaiah 40:29-31 promises that while even young people may faint and fall, "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."

## **The Truth About 2 Corinthians 4:16**

Many people misunderstand 2 Corinthians 4:16, which says "though our outward man is perishing, yet the inward man is being renewed day by day." They think this means our physical bodies are supposed to deteriorate as we age.

But looking at the context, Paul is talking about persecution, trials, and laying down his life daily for ministry - not about aging. He's describing how external pressures and persecution affect the "outward man" while the "inward man" (the spirit) is being renewed.

## **The Key to Manifesting Jesus' Life in Our Bodies**

Paul explains that we carry "the dying of the Lord Jesus" in our bodies so "that the life of Jesus also may be manifested in our body." This "dying" refers to dying to our own will and way, just as Jesus did when He said, "Not my will, but yours be done."

When we surrender our will to God's will, when we "die daily" to our own desires and plans, that's when we see God's ability, strength, love, and endurance manifest in our physical bodies. This is how resurrection life works in us now.

## **The Power of Surrender**

Jesus demonstrated this principle in the Garden of Gethsemane. He was so stressed that His soul was "exceedingly sorrowful, even unto death." But after surrendering three times with "not my will, but your will be done," the life and strength of God filled Him, enabling Him to face the cross without fear.

Many people never experience the life of Jesus manifested in their bodies because they never fully surrender. They might struggle a little, but then they panic and come up with their own plan instead of staying in surrender until God's power takes over.

## **Living Beyond Human Love and Strength**

When we love God with all our heart, soul, mind, and strength, we receive all of His love in return. This divine love then overflows from us to others, so we're not loving people with limited human love, but with the unlimited love of God.

Similarly, when we make ourselves weak by surrendering to God, His power is made perfect in our weakness. God wants us to live life with strength that's beyond our own - this is the supernatural life He's called us to live.

## **Life Application**

This week, practice daily surrender by choosing God's will over your own in both small and large decisions. When faced with stress, problems, or the temptation to handle things your way, consciously say "not my will, but your will be done." Stay in that place of surrender until you sense God's peace and strength taking over.

Also, begin each day with "diagnostic maintenance" by spending time in God's Word and allowing the Holy Spirit to search your heart. Address any issues He reveals before they become major problems in your life.

## **Ask yourself these questions:**

- Am I trying to live life in my own strength, or am I daily surrendering to God's will and receiving His resurrection power?
- Do I expect miracles and supernatural intervention as normal parts of my Christian life, or have I settled for less than God's best?
- Am I allowing daily time in God's Word to renew my mind and strengthen my spirit, or am I neglecting this vital spiritual maintenance?
- When problems arise, do I make them worse through my reactions, or do I handle them with God's wisdom and peace?

## Quotes

1. “God is working out every detail—cleaning up our messes, making crooked places straight, and turning things around for our good.”
2. “God will cause our mistakes to work for our good and for His glory.”
3. “Miracles are not meant to be rare, strange events. For the child of God, they should be a normal part of daily life.”
4. “We are to believe God for things beyond human ability—looking not just for the natural, but for the supernatural.”
5. “With God, nothing is incurable and nothing is impossible.”
6. “As we believe God, we will see the impossible become reality.”
7. “God’s promises are for now, in this life.”
8. “Because of His resurrection, we are called to live resurrected lives right now.”
9. “When you connect to the Word of God and the presence of God, He will reveal issues in your heart before they ever manifest and disrupt your life.”
10. “We can go through trouble without being troubled.”
11. “You don’t have to live in chaos just because the world is chaotic.”
12. “If the Spirit who raised Jesus from the dead dwells in you, that same Spirit gives life to your mortal body.”
13. “God’s standard for long life is set in Genesis 6:3—one hundred and twenty years.”
14. “Those planted in the house of the Lord will be fruitful, flourishing, not frail and fading.”
15. “A strong spirit can sustain a weak body. So more than a strong body, pursue a strong spirit.”

16. “As you hide the Word of God in your heart, it feeds your spirit and brings life to your body.”
17. “As we carry the dying of the Lord Jesus in our bodies, His resurrection life is manifested through us.”
18. “When you pray, ‘Not my will, but Yours be done,’ that’s when God’s strength, love, patience, endurance, and the very life of Jesus begin to shine through you.”
19. “Die—and you will live. When you stop trying to save your life in this world and lay it down for Him, that’s when you truly find it.”
20. “God wants you to live with a strength beyond yourself—that’s the supernatural life.”

## **Verses**

1. Romans 8:11
2. Genesis 6:3
3. Deuteronomy 28
4. Galatians 3:13
5. Psalm 90
6. Psalm 91
7. Psalm 92:13
8. Isaiah 40:29
9. Matthew 18:18
10. 2 Corinthians 4:16
11. 2 Corinthians 3:18
12. 2 Corinthians 4:1
13. 2 Corinthians 4:8
14. 2 Corinthians 4:10

15. 2 Corinthians 4:11

16. 2 Corinthians 12

### **Summary**

God wants us to experience His supernatural power and miraculous intervention right now, not just in eternity. Through daily surrender and spiritual maintenance, we can live in resurrection power that transforms our mortal bodies. Romans 8:11 promises that the same Spirit who raised Jesus from the dead gives life to our physical bodies today. When we die to our own will and surrender to God's will, His strength, love, and ability manifest through us. This isn't about waiting for heaven - God's promises are yes and amen for this life, enabling us to live long, healthy, strong lives while experiencing daily miracles.