

# HOW TO INCREASE YOUR LIFESPAN

## Mother's Day

May 10, 2026

Pastor Brian

*“**Honor your father and MOTHER.**” This is the first commandment with a promise: If you honor your father and mother, “things will go well for you, and you will have a long life on the earth.”” (Ephesians 6:2–3, NLT)*

### Why Should I Honor My Parents

1. Because honor is about **MY CHARACTER**, not theirs.

*“[Lord]...compared with you, **no one is perfect.**” (Psalm 143:2, The Living Bible)*

*“Honor your father and mother, **as the Lord your God commanded you.**” (Deuteronomy 5:16a, NLT)*

2. Because God created them to **CREATE ME!**

*“[O Lord] You made all the delicate, inner parts of my body and **knit me together in my mother's womb.**...You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.” (Psalm 139:13, 16, NLT)*

3. Respect for authority begins **IN THE HOME.**

*“I command you to **show respect for older people** and to obey me with fear and trembling.” (Leviticus 19:32, CEV)*

*“Give to everyone what you owe them: Pay your taxes and government fees to those who collect them, and **give respect and honor to those who are in authority.**” (Romans 13:7, NLT)*

*“In the same way, you who are younger must **accept the authority of the elders.** And all of you, dress yourselves in humility as you relate to one another, for “God opposes the proud but gives grace to the humble.”” (1 Peter 5:5, NLT)*

4. How I relate to my parents affects **EVERY OTHER RELATIONSHIP.**

*“Only a fool despises a parent's discipline; whoever learns from correction is wise.” (Proverbs 15:5, NLT)*

## HOW TO HONOR MY PARENTS

## AT EACH AGE AND STAGE OF LIFE

### STAGE 1: AS A CHILD.

1. By **OBEYING** them!

*“**Children, obey your parents**; this is the right thing to do because God has placed them in authority over you.” (Ephesians 6:1, The Living Bible)*

*“Then [Jesus] returned to Nazareth with [his parents] and **was obedient to them**. And his mother stored all these things in her heart.” (Luke 2:51, NLT)*

### STAGE 2: AS A TEENAGER.

1. By **RESPECTING** them.

*“Each of you must **show great respect for your mother** and father...I am the LORD your God.” (Leviticus 19:3, NLT)*

*“**Didn’t God command you to respect your father and mother?** Didn’t he tell you to put to death all who curse their parents?” (Matthew 15:4, CEV)*

2. By **LISTENING** to them.

*“**Intelligent children listen to their parents**; foolish children do their own thing.” (Proverbs 13:1, MSG)*

*“Do what your father tells you, my son, and never forget what your mother taught you. Keep their words with you always, locked in your heart. Their teaching will **lead you** when you travel, **protect you** at night, and **advise you** during the day. Their instructions are a shining light; **their correction can teach you how to live**.” (Proverbs 6:20–23, GNB)*

### STAGE 3: AS AN ADULT.

1. By **APPRECIATING** them.

*“When your mother is old, **show her your appreciation**.” (Proverbs 23:22b, GNB)*

*“So **give your father and mother joy!** May she who gave you birth be happy.” (Proverbs 23:25, NLT)*

2. By **PROVIDING** for them.

*“Take care of any widow who has no one else to care for her. But if she has children or grandchildren, their first responsibility is to show godliness at home and **repay their parents by taking care of them**. This is something that pleases God.” (1 Timothy 5:3–4, NLT)*

*"If anyone doesn't take care of his own relatives, especially his immediate family, he has denied the Christian faith and is worse than an unbeliever." (1 Timothy 5:8, GW)*

3. By **RELEASING** them.

*"If you forgive others for the wrongs they do to you, your Father in heaven will forgive you. But if you don't forgive others, your Father will not forgive your sins." (Matthew 6:14–15, CEV)*

*"Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven!" (Matthew 18:21–22, NLT)*

**ACTION STEP:**

**Attend the Hope for Homes Workshop!**

**Saturday, May 16<sup>th</sup> 9am-12pm**

**Register TODAY!**