

I. Review**A. Previous Sessions**

1. **Building your Spiritual Immune System**
2. **How do you Build Resistance to Sickness?**
3. **Believing in the Healing Nature of God**
4. **Sustained by His Word**

II. The Blessing of Long Life & False Theories**A. The false theory about death's appointment that must be addressed.**

1. **Theory: God has assigned a specific date and time assigned to each person for them to die.**
 - a. If this is true, there is no need to do anything regarding sickness or other issues in life that have the potential to take you out.
 - b. If this is true, God would have to be responsible for every accident, disease, natural disaster, murder, and other causes of death. *If God has determined the day and hour of your death, then He must have set a plan for your life to end.*
 - c. Common Statement: *If it's your time to go then nothing can be done about it. (What about Hezekiah? He prayed and the Lord ADDED fifteen years to his life).*

2. Scriptures used to support this theory

- a. **Hebrews 9:27 (KJV)** – *And as it is appointed unto men once to die, but after this the judgment:*

Hebrews 9:27 (GWT) – *People die once, and after this the judgement*

PASTOR'S NOTE: This scripture only states that every person is appointed to face death. It doesn't say that a date has been assigned to their death.

- b. **Ecclesiastes 3:1-3 (NKJV)** – ¹*To everything there is a season, a time for every purpose under heaven: ²a time to be born, and a time to die; a time to plant, and a time to pluck what is planted; ³a time to kill, and a time to heal; a time to break down, and a time to build up*

PASTOR'S NOTE: Many believe that this scripture is speaking of a specific date and time, it is not. This is speaking of the various seasons in life. There is a season/time when you are born. There will be a season/time when you will die.

- c. **Job 14:1-5 (KJV)** – ¹*Man that is born of a woman is of few days and full of trouble. ²He cometh forth like a flower, and is cut down: he fleeth also as a shadow, and continueth not. ³And doth thou open thine eyes upon such an one, and bringest me into judgment with thee? ⁴Who can bring a clean thing out of an unclean? not one. ⁵Seeing his days are determined, the number of his months are with thee, thou hast appointed his bounds that he cannot pass*

Job 14:5 (NLT) – *You have decided the length of our lives. You know how many months we will live, and we are not given a minute longer.*

Job 14:5 (YLT) – *If determined are his days, The number of his months [are] with Thee, His limit Thou hast made, And he passeth not over;*

PASTOR'S NOTES:

- If we take this verse exactly as it is stated, it validates the theory that God has established a specific date and time for death.
- We need to consider some specific issues with this scripture.

- 1) **It does not harmonize with many other scriptures that speak of our days either being prolonged or even shortened.**

Proverbs 10:27 (NKJV) – *The fear of the Lord prolongs days, but the years of the wicked will be shortened.*

Prolonged = increase or add to

1 Kings 3:14 (NKJV) – *So if you walk in My ways, to keep My statutes and My commandments, as your father David walked, then I will lengthen your days.*

Lengthen – prolong -or make long.

Proverbs 9:11 (NKJV) – *For by me your days will be multiplied, And years of life will be added to you*

Proverbs 9:11 (AMP) – *The years of your life will be increased*

Proverbs 9:11 (HCS) – *Years will be added to your life*

- 2) **Everything that Job said was not accurate regarding his circumstances and regarding how God does things.**

Job 42:1-6 (NKJV) – ¹*Then Job answered the LORD and said:*
²*“I know that You can do everything, and that no purpose of Yours can be withheld from You. ³You asked, ‘Who is this who hides counsel without knowledge?’ **Therefore I have uttered what I did not understand, things too wonderful for me, which I did not know.** ⁴Listen, please, and let me speak; You said, ‘I will question you, and you shall answer Me.’ ⁵“**I have heard of You by the hearing of the ear, but now my eye sees You.** ⁶Therefore I abhor myself, and repent in dust and ashes.”*

Job 42:3 (AMP) – *Therefore [I now see], I have [rashly] uttered that which I did not understand,*

Job 42:3 (CEV) – *I have talked about things that are far beyond my understanding.*

PASTOR’S NOTE: Based upon these scriptures, it is evident that God did not set a specific date and time for us to die, but rather there is a season for death to occur in each person’s life. That season should be at the conclusion of a good long life.

III. What does the Bible say about the days of men and long life?

A. Scriptures specifically about long life.

1. **Psalm 91:16 (NKJV)** – *With long life I will satisfy him, and show him My salvation.*

Psalm 91:16 (ERV) – *I will give my followers a long life and show them the power to save*

Psalm 91:16 (NCV) – *I’ll give my followers a long life and show them how I can save.*

2. **Job 5:26 (NKJV)** – *You shall come to the grave at a full age, as a sheaf of grain ripens in its season*

Job 5:26 (AMP) – *You will come to your grave in old age, like the stacking of grain on the threshing floor in its season.*

Job 5:26 (CEV) – *You will live a very long life, and your body will be strong until the day you die.*

3. **Proverbs 4:10 (NKJV)** – *Hear, my son, and receive my sayings, and the years of your life will be many.*

Proverbs 4:10 (GWT) – *My son, listen and accept my words, and they will multiply the years of your life.*

Proverbs 4:10 (GNT) – *Listen to me, my child. Take seriously what I am telling you, and you will live a long life*

B. Examples of the blessing of long life in the Bible.

These examples have been chosen because their long life was considered as a blessing from the Lord. This is different than those who were living hundreds of years after the fall of man. Those were still living according to the natural laws of life governing that era.

1. Moses – 120

Deuteronomy 34:7 (NLT) – *Moses was 120 years old when he died, yet his eyesight was clear, and he was as strong as ever*

2. Abraham – 175

Genesis 25:8 (NKJV) – *Then Abraham breathed his last and died in a good old age, an old man and full of years, and was gathered to his people*

Genesis 25:8 (AMP) – *Then Abraham breathed his last and he died at a good old age, an old man who was satisfied [with life]; and he was gathered to his people [who had preceded him in death]*

3. Jacob – 147

Genesis 47:28 (NKJV) – *And Jacob lived in the land of Egypt seventeen years. So the length of Jacob's life was 147 years.*

Genesis 49:33 (NLT) – *When Jacob had finished this charge to his sons, he drew his feet into the bed, breathed his last, and joined his ancestors in death.*

C. What is the number of man's day according to the Bible?

Most people believe that the number of man's days is 70. However, the actual number of man's days is 120.

1. Man's days are 120 years

Genesis 6:3 (NKJV) – *And the LORD said, "My spirit shall not always strive with man, for that he also is flesh: yet his days shall be an hundred and twenty years."*

Genesis 6:3 (AMP) – *Then the LORD said, "My Spirit shall not strive and remain with man forever, because he is indeed flesh [sinful, corrupt—given over to sensual appetites]; nevertheless his days shall yet be a hundred and twenty years."*

2. What about the 70 years theory?

Psalm 90:7-10 (NKJV) – *⁷For we have been consumed by Your anger, and by Your wrath we are terrified. ⁸You have set our iniquities before You, our secret sins in the light of Your countenance. ⁹For all our days have passed away in Your wrath; we finish our years like a sigh. ¹⁰**The days of our lives are seventy years; and if by reason of strength they are eighty years, yet their boast is only labor and sorrow; for it is soon cut off, and we fly away.***

PASTOR'S NOTES:

- This Psalm is written by Moses. He had to be referencing his experiences with Israel in the wilderness.
- The context of this passage clearly reveals that God's people have sinned against him, and they are living under his wrath, not his blessing.
- This is referring to the children of Israel who were judged and sentenced to die in the wilderness due to their unbelief in Numbers 14.
- Everyone above the age of 20, except for Joshua and Caleb, would die an early death in the wilderness. They were dying around the age of 70 while some reached 80.

- Under the judgment and curse of sin, they were still living to 70 and 80. However, their years were filled with labor and sorrow.

D. Is it possible to lengthen and shorten your days?

The answer is yes! According to scripture your days may be lengthened or shortened.

1. **Proverbs 10:27 (NKJV)** – *The fear of the LORD prolongs days, But the years of the wicked will be shortened*

Proverbs 10:27 (AMP) – *The [reverent] fear of the LORD [worshiping, obeying, serving, and trusting Him with awe-filled respect] prolongs one's life, But the years of the wicked will be shortened*

- a. **Prolong (Heb)** – to add or increase – to give more
 - b. **Shortened (Heb)** – to dock off
2. **Proverbs 9:10-11 (AMPC)** – ¹⁰*The reverent and worshipful fear of the Lord is the beginning (the chief and choice part) of Wisdom, and the knowledge of the Holy One is insight and understanding. ¹¹For by me [Wisdom from God] your days shall be multiplied, and the years of your life shall be increased*
 3. **Ecclesiastes 7:17 (NKJV)** – *Do not be overly wicked, nor be foolish: Why should you die before your time?*

PASTOR'S NOTE:

- It is possible to die early
- Before your time – speaks of the season to die, not a specific date.

E. The Apostle Paul's perspective on death

1. He believed that he had a choice when confronting death.

Philippians 1:19-26 (NKJV) – ¹⁹*For I know that this will turn out for my deliverance through your prayer and the supply of the Spirit of Jesus Christ, ²⁰according to my earnest expectation and hope that in nothing I shall be ashamed, but with all boldness, as always, so now*

also Christ will be magnified in my body, whether by life or by death.

*²¹For to me, to live is Christ, and to die is gain. ²²But if I live on in the flesh, this will mean fruit from my labor; **yet what I shall choose I cannot tell.** ²³For I am hard-pressed between the two, having a desire to depart and be with Christ, which is far better.*

*²⁴Nevertheless to remain in the flesh is more needful for you. ²⁵**And being confident of this, I know that I shall remain and continue with you all for your progress and joy of faith,** ²⁶that your rejoicing for me may be more abundant in Jesus Christ by my coming to you again.*

- a. Paul believes that death will bring something better to him. He is not afraid to die.
- b. Paul's language indicates that he believes he has a choice in the matter of staying or departing.
- c. Paul speaks of his confidence regarding his future – *staying and continuing his ministry*.

PASTOR'S NOTE: Lack of assurance regarding life was listed in the curse of the law in Deuteronomy 28.

Deuteronomy 28:66 (NKJV) – *Your life shall hang in doubt before you; you shall fear day and night, and have no assurance of life*

Deuteronomy 28:66 (NLT) – *Your life will constantly hang in the balance. You will live night and day in fear, unsure if you will survive*

Deuteronomy 28:66 (LSV) – *And your life has been hanging in suspense before you, and you have been afraid by night and by day, and you do not have assurance in your life*