

God promises long life.

Ephes. 6:3

That it may be well with thee, and thou mayest live long on the earth.

Proverbs 18:21

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

Compiled by Dr. Harold Bollinger

Table of Contents:

Forward		3
Chapter 1	How to live a long life	4
Chapter 2	You and you children may live long lives	7
Chapter 3	Your days will be prolonged	10
Chapter 4	You may live many years	13
Chapter 5	Old age is an indication of God's favor	16
Chapter 6	Characteristics of old age.	18
Chapter 7	God's abiding presence	20

Forward

Ministry to the aged involves caring for each elderly individual as a person created in the image of God.

Genesis 1:27 So God created man in his own image, in the image of God created he him; male and female created he them.

We should care even as Christ cares. We have been assigned to care for all who are in need. This includes the caring for the elderly.

Prepare you heart, even to the sacrifice of your own comfort to bring comfort and care to those to whom God has given a long life.

About one out of eight Americans is 65 years of age or older.

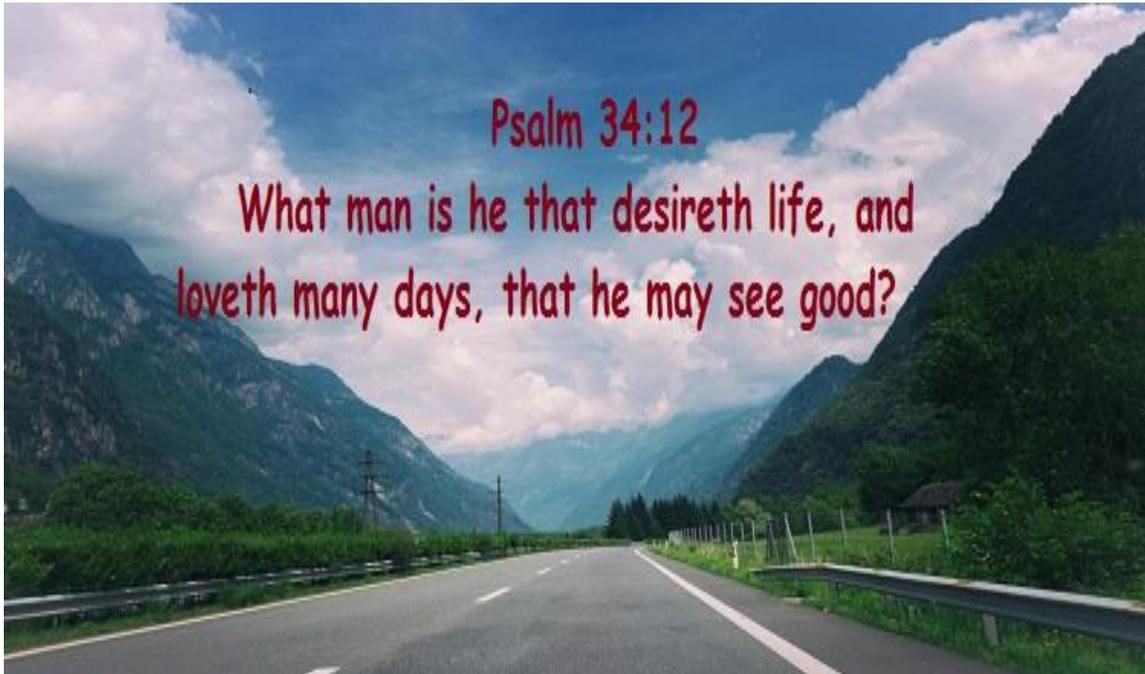
As the percentage of older people in the population increases, problems, attitudes, responsibilities, and care related to the aging become matters of increasing concern.

There are many helpful Bible teachings on the nature of aging, characteristics of the aged, responsibilities of older people, and the care of older people. Old age is a blessing.

The following Scriptures should give us hope of living a long life.

Attitudes toward aging in general and toward elderly people in particular are especially important for Christians. The following Scriptures should give us hope of living a long life.

Chapter 1



How to live a long life

Deuteronomy 5:33

“Follow the whole instruction the Lord your God has commanded you, so that you may live, prosper, and have a long life in the land you will possess”.

Psalm 34:12

Who is the man who desires life and loves length of days that he may see good?

The Bible often connects the fear of the Lord (love and reverence for him) with obedience. “Fear God and keep his commandments” (Eccles. 12:13);

“If anyone loves me, he will obey my teaching” (John 14:23). David said that a person who fears the Lord doesn’t lie, turns from evil, does good, and promotes peace. Reverence is much more than sitting quietly in church. It includes obeying God in the way we speak and the way we treat others.

Your days will be prolonged

Deuteronomy 25:15

“You shall have a full and just weight; you shall have a full and just measure, that your days may be prolonged in the land which the LORD your God gives you.

Life will be prolonged for keeping the commandments.

1 Kings 3:14

“If you walk in my ways, keeping my statutes and commandments, as your father David walked, then I will prolong your days.”

Solomon asked for wisdom (“discernment”), not wealth, but God gave him riches and long life as well. While God does not promise riches to those who follow him, he gives us what we need if we put his kingdom, his interests, and his principles first (Matthew 6:31-33).

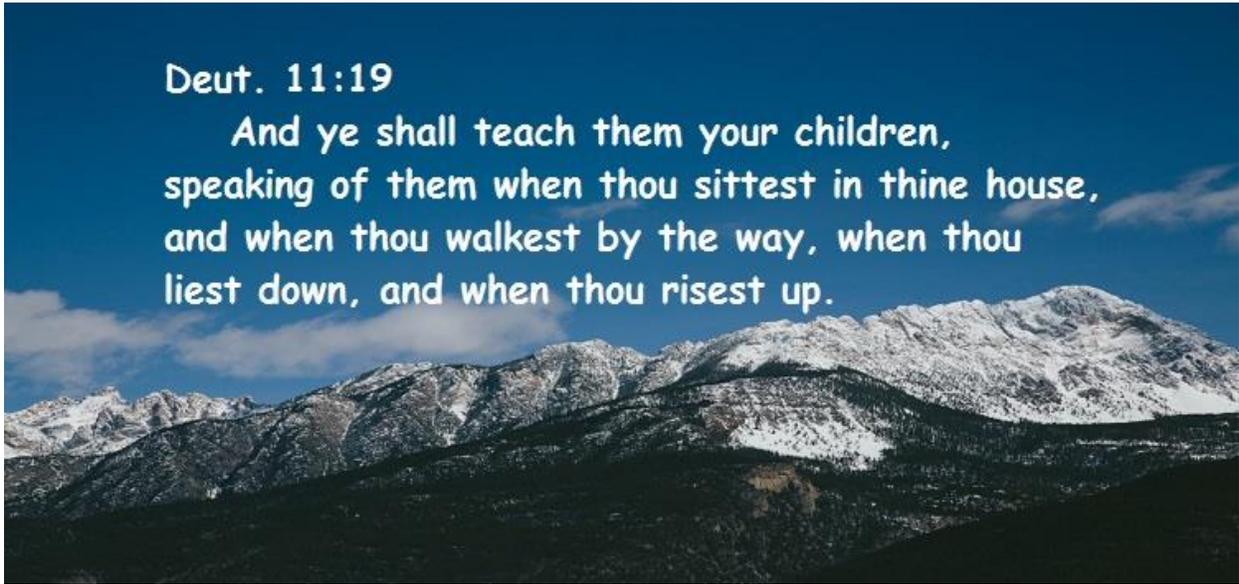
Setting your sights on riches will only leave you dissatisfied because even if you get the riches you crave, you will still want something more. But if you put God and his work first, he will satisfy your deepest needs.

For a long life, refrain your tongue from evil.

1 Peter 3:10

For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:

Chapter 2



You and your children may live long for keeping the commandments.

Deuteronomy 4:40

"So you shall keep His statutes and His commandments which I am giving you today, that it may go well with you and with your children after you, and that you may live long on the land which the LORD your God is giving you for all time. "Was Israel guaranteed prosperity for obeying God's laws? Yes—but we have to look carefully at what that means. God's laws were designed to make his chosen nation healthy, just, and merciful. When the people followed those laws, they prospered.

This does not mean, however, that no sickness, no sadness, and no misunderstandings existed among them. Rather, it means that as a nation they prospered and that individuals' problems were handled as fairly as possible.

Today God's promise of prosperity—his constant presence, comfort, and the resources to live as we should—extends to all believers. We will face trials; Jesus assured us of that. But we will avoid the misery that directly

results from intentional sin, and we will know that a great treasure awaits us in heaven.

Walking in the all the way of the Lord will prolong your days.

Deuteronomy 5:33

"You shall walk in all the way which the LORD your God has commanded you, that you may live and that it may be well with you, and that you may prolong your days in the land which you will possess.

**You and your children days will be prolonged
when taught to fear the Lord.**

Deuteronomy 6:2

So that you and your son and your grandson might fear the LORD your God, to keep all His statutes and His commandments which I command you, all the days of your life, and that your days may be prolonged.

That your days may be prolonged

Deuteronomy 11:9

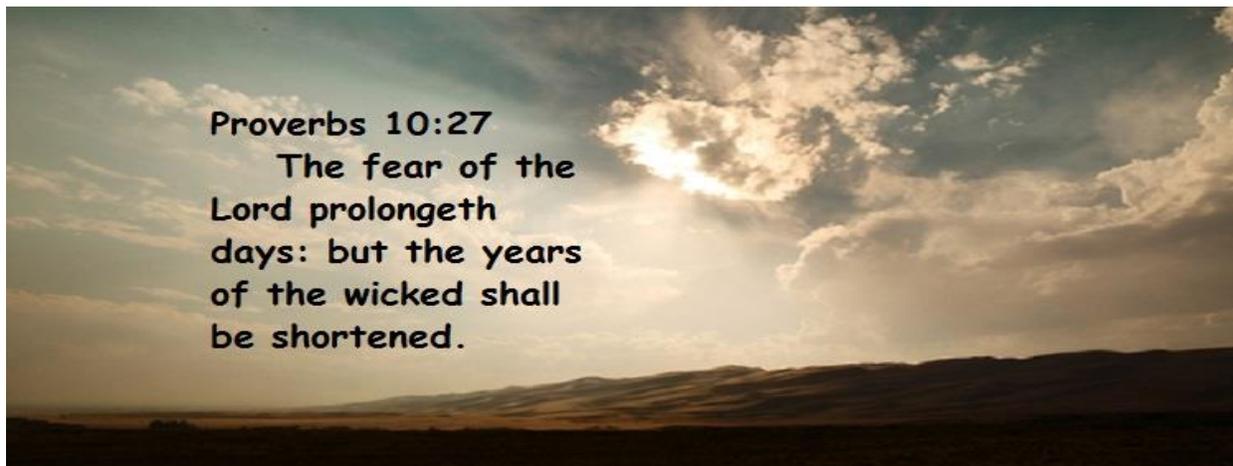
So that you may prolong your days on the land which the LORD swore to your fathers to give to them and to their descendants, a land flowing with milk and honey.

The days of your children may be multiplied.

Deuteronomy 11:21

So that you're days and the days of your sons may be multiplied on the land which the LORD swore to your fathers to give them, as long as the heavens remain above the earth.

Chapter 3



By God's word your days will be prolonged.

Deuteronomy 32:47

"For it is not an idle word for you; indeed it is your life and by this word you will prolong your days in the land, which you are about to cross the Jordan to possess."

Moses urged the people to think about God's word and teach it to their children. The Bible can sit on your bookshelf and gather dust, or you can make it a vital part of your life by regularly setting aside time to study it. When you discover the wisdom of God's message, you will want to apply it to your life and pass it on to your family and others. The Bible is not merely good reading—it's real help for real life.

The fear of the Lord prolongs life.

Proverbs 10:27

The fear of the LORD prolongs life, but the years of the wicked will be shortened.

Days prolonged for honoring your father and mother

Exodus 20:12

"Honor your father and your mother, that your days may be prolonged in the land which the LORD your God gives you.

This is the first commandment with a promise attached. To live in peace for generations in the Promised Land, the Israelites would need to respect authority and build strong families. But what does it mean to “honor” parents? Partly, it means speaking well of them and politely to them.

It also means acting in a way that shows them courtesy and respect (but not to obey them if this means disobedience to God). It means following their teaching and example of putting God first. Parents have a special place in God’s sight. Even those who find it difficult to get along with their parents are still commanded to honor them.

All will be well with you for honoring your father and mother.

Deuteronomy 5:16

'Honor your father and your mother, as the LORD your God has commanded you, that your days may be prolonged and that it may go well with you on the land which the LORD your God gives you.

A long life full of blessings

Ephesians 6:3

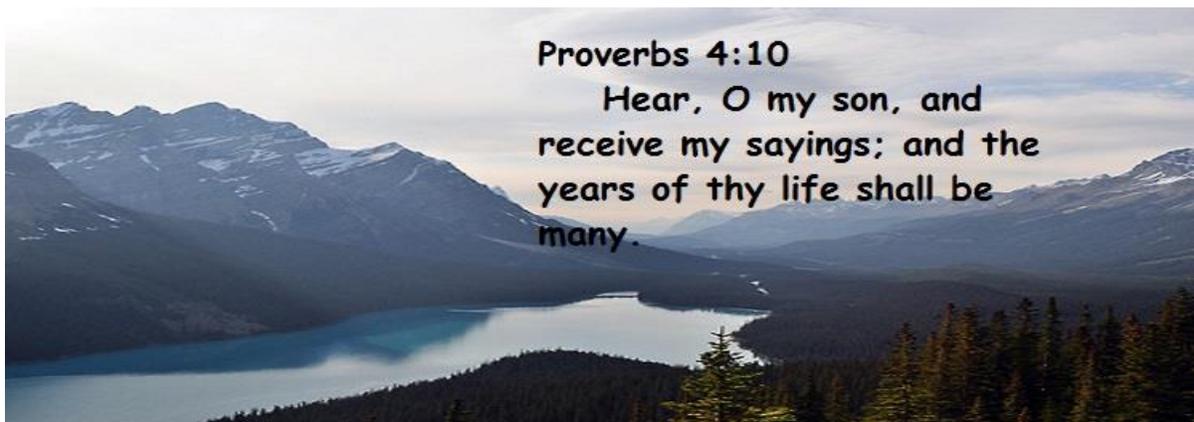
And this is the promise: If you honor your father and mother, "you will live a long life, full of blessing."

If our faith in Christ is real, it will usually prove itself at home, in our relationships with those who know us best. Children and parents have a responsibility to each other.

Children should honor their parents even if the parents are demanding and unfair. Parents should care gently for their children, even if the children are disobedient and unpleasant. Ideally, of course, Christian parents and Christian children will relate to each other with thoughtfulness and love. This will happen if both parents and children put the others' interests above their own—that is, if they submit to one another.

Some societies honor their elders. They respect their wisdom, defer to their authority, and pay attention to their comfort and happiness. This is how Christians should act. Where elders are respected, long life is a blessing, not a burden to them.

Chapter 4



You may live my years in the land where you sojourn

Jeremiah 35:7

'You shall not build a house, and you shall not sow seed and you shall not plant a vineyard or own one; but in tents you shall dwell all your days, that you may live many days in the land where you sojourn.'

Deuteronomy 22:7

You shall certainly let the mother go, but the young you may take for yourself, in order that it may be well with you and that you may prolong your days.

Accept God's sayings and your years will be many

Proverbs 4:10

Hear, my son, and accept my sayings and the years of your life will be many.

God will add years and peace.

Proverbs 3:2

For length of days and years of life and peace they will add to you.

Love and faithfulness are important character qualities. Both involve actions as well as attitudes. A loving person not only feels love; he or she also acts loyally and responsibly. A faithful person not only believes the truth; he or she also works for justice for others. Thoughts and words are not enough—our lives reveal whether we are truly loving and faithful. Do your actions measure up to your attitudes?

Long life is in her hand.

Proverbs 3:16

Long life is in her right hand; in her left hand are riches and honor.

Proverbs contains many strong statements about the benefits of wisdom, including long life, wealth, honor, and peace. If you aren't experiencing them, does this mean you are short on wisdom?

Not necessarily. Instead of guarantees, these statements are general principles. In a perfect world, wise behavior would always lead to these benefits. Even in our troubled world, living wisely usually results in obvious blessings—but not always.

Sometimes sin intervenes, and some blessings must be delayed until Jesus returns to establish his eternal kingdom.

That is why we must “live by faith, not by sight” (2 Cor. 5:7). We can be sure that wisdom ultimately leads to blessing.

Your days will be multiplied

Proverbs 9:11

For I will multiply your days, and years of life will be added to you.

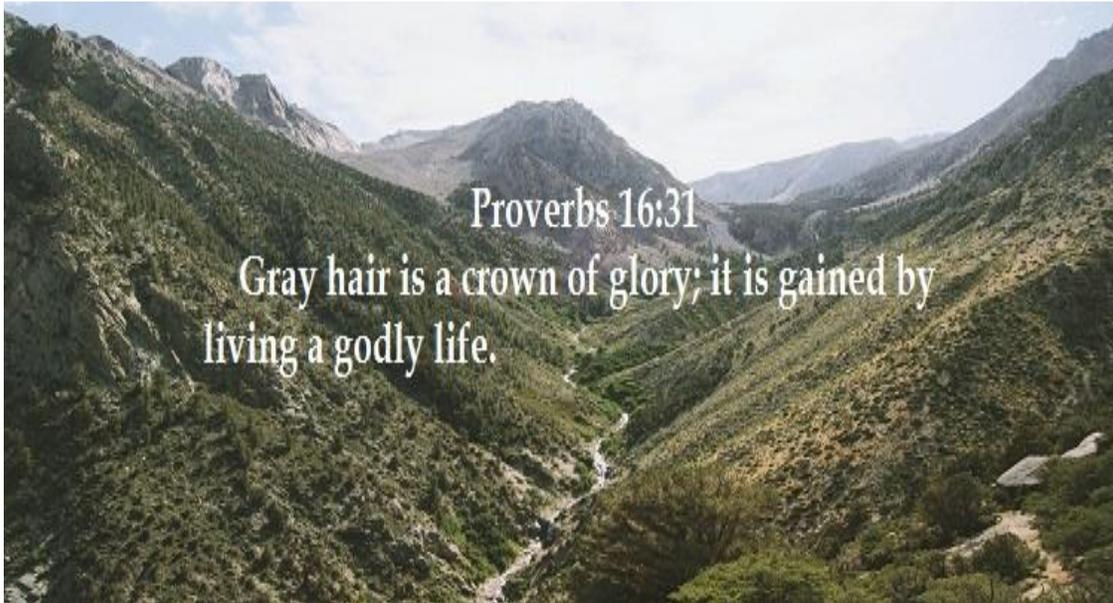
Are you a mocker or a wise person? You can tell by the way you respond to criticism. Instead of tossing back a quick put-down or clever retort when rebuked, listen to what is being said. Learn from your critics; this is the path to wisdom. Wisdom begins with knowing God. He gives insight into living because he created life. To know God is not just to know the facts about him, but to stand in awe of him and have a relationship with him. Do you really want to be wise? Get to know God better and better. (See James 1:5, 2 Peter 1:2-4 for more on how to become wise.)

He who hates unjust gain will prolong his days.

Proverbs 28:16

A leader who is a great oppressor lacks understanding, but he who hates unjust gain will prolong his days.

Chapter 5



Old age an indication of God's favor

Old age may be the fruition of a moral life and an indication of God's favor.

Old age is a general part of God's purpose for a normal life.

David died at a good old age.

"David son of Jesse... died at a good old age, full of days, riches, and honor..." (1 Chronicles 29:26, 28).

Job died full of days.

"Then Job died, old and full of days" (Job 42:17).

David's long life was a result to keeping God's commandments.

“If you walk in my ways and keep my statutes and commandments just as your father David did, I will give you a long life” (1 Kings 3:14).

Solomon asked for wisdom (“discernment”), not wealth, but God gave him riches and long life as well. While God does not promise riches to those who follow him, he gives us what we need if we put his kingdom, his interests, and his principles first (Matthew 6:31-33).

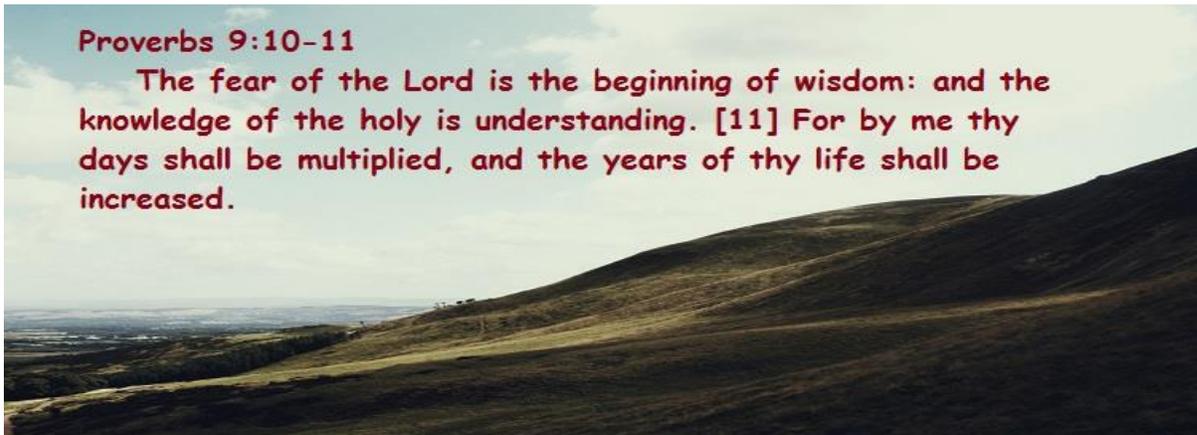
Setting your sights on riches will only leave you dissatisfied because even if you get the riches you crave, you will still want something more. But if you put God and his work first, he will satisfy your deepest needs.

Gray hair is found in the way of righteousness.

“Gray hair is a glorious crown; it is found in the way of righteousness” (Proverbs 16:31).

The Hebrews believed that a long life was a sign of God's blessing; therefore, gray hair and old age were good. While young people glory in their strength, old people can rejoice in their years of experience and practical wisdom. Gray hair is not a sign of disgrace to be covered over; respect.

Chapter 6



Characteristics of old age

In the Bible, the aged are perceived as resourceful people with valuable gifts to share for the good of everyone.

Wisdom is an attribute of the aged who depend upon God.

“Happy is a man who finds wisdom and who acquires understanding... She is more precious than jewels; nothing you desire compares with her. Long life is in her right hand; in her left, riches and honor” (Proverbs 3:13, 15-16).

For by wisdom, your days will be many.

“The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding. For by Wisdom your days will be many, and years will be added to your life” (Proverbs 9:10-11).

Wise counsel to the younger is a duty of the aged.

“Hear this, you elders; listen, all you inhabitants of the land.

Has anything like this ever happened in your days or in the days of your ancestors? Tell your children about it, and let your children tell their children, and their children the next generation” (Joel 1:2-3).

Remember the days of old; consider the years long past.

Ask your father, and he will tell you, your elders, and they will teach you” (Deuteronomy 32:7).

Older women are to be reverent in behavior.

“In the same way, older women are to be reverent in behavior, not slanderers, not addicted too much wine. They are to teach what is good, so that they may encourage the young women to love their husbands and children, to be sensible, pure, good homemakers, and submissive to their husbands, so that God’s message will not be slandered” (Titus 2:3-5).

The aged have continuing moral responsibilities.

“Older men are to be self-controlled, worthy of respect, sensible, and sound in faith, love, and endurance. In the same way, older women are to be reverent in behavior, not slanderers, not addicted too much wine. [They are] to teach what is good” (Titus 2:2-3).

Chapter 7

Romans 8:38-39

• For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, [39] Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

God has promised His abiding presence.

“Listen to me, house of Jacob, all the remnant of the house of Israel, who have been sustained from the womb, carried along since birth. I will be the same until your old age, and I will bear you up when you turn gray. I have made you, and I will carry you; I will bear and save you” (Isaiah 46:3-4).

God gives strength to endure suffering and infirmity.

“Therefore, since Christ suffered in the flesh, arm yourselves also with the same resolve—because the One who suffered in the flesh has finished with sin—in order to live the remaining time in the flesh, no longer for human desires, but for God’s will” (1 Peter 4:1-2).

“Now I rejoice in my sufferings for you, and I am completing in my flesh what is lacking in Christ’s afflictions for His body, that is, the church” (Colossians 1:24).

“So those who suffer according to God’s will should, in doing good, entrust themselves to a faithful Creator” (1 Peter 4:19).

God gives deliverance from the fear of death.

“For I am persuaded that neither death nor life, nor angels nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing will have the power to separate us from the love of God that is in Christ Jesus our Lord!” (Romans 8:38-39).

God will dwell with man

“...Look! God’s dwelling is with men, and He will live with them. They will be His people, and God Himself will be with them and be their God. He will wipe away every tear from their eyes. Death will exist no longer; grief, crying, and pain will exist no longer, because the previous things have passed away” (Revelation 21:3-4).

Death has been swallowed up in victory.

“Now when this corruptible is clothed with incorruptibility, and this mortal is clothed with immortality, then the saying that is written will take place: Death has been swallowed up in victory.

O Death, where is your victory? O Death, where is your sting? Now the sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ!” (1 Corinthians 15:54-57).

Isaiah 40:31

But those who wait on the Lord will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.

To ask Jesus to come into your heart please pray this Prayer:

Dear Lord Jesus, I believe you are the Christ, the Son of the Living God.
I ask you to forgive me of my sins and coming into my heart. I
accept you as savior and will follow you as Lord. Amen.

References:

Holy Bible: King James Translation

Holy Bible: New Living Bible translation.

Additional comments and charts are taken from: *Life Application Study Bible*. Illinois: Tyndale
House

2007. Print