

120 Years

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Note: For the "Inside Out" Online Youth Group

Methuselah, whose name means "man of the spear" was the oldest man who lived on the face of the earth - a whopping 969 years! He was certainly a warrior of health to live that long.

It wasn't common at the early stages of mankind to find 900+ year old sons, but as time went along, man got more and more wicked. At one point, the LORD said:

"My Spirit shall not strive with man forever, for he is indeed flesh; yet his days shall be one hundred and twenty years." (*Genesis 6:3*)

120 years? That's pretty old seeing the current life expectancy rates! What, for the most part, is keeping us from living up to our potential? Scientists even agree that man was built to last 120 years, based on the approximate number of possible cell divisions in the human body (see organizations such as 'Nature's Path').

The oldest man living right now is a man in Japan at the age of 115. God has blessed him with much age...

There are natural methods in preserving this earthly body and, most importantly, supernatural methods we can allow God to take. First, we'll look at the natural...

THE NATURAL

Improper diet, bad exercise habits, excessive stress and focus on negativity damage the body and harm our bodies. First of all, we'll focus on a natural diet.

God has given us a wonderful body that has the power to heal itself. The immune system takes care of infections, the stomach can digest a wide variety of foods, the liver can filter out harmful enzymes and poisons in food.

About one-third of the laws in the Old Testament are dietary laws. Whether an animal was alright to eat or 'clean' went down to very strict detail...

For example: *Leviticus 11:4-6*

"You may not, however, eat the animals named here because they either have split hooves or chew the cud, but not both. The camel may not be eaten, for though it chews the cud, it does not have split hooves. The same is true of the rock badger and the hare, so they also may never be eaten." (NLT)

Different animals may have absorbed poisonous material (some fish) or may have lived off the blood of other animals (e.g., eagles and vultures). According to Jewish Law, these were improper to eat and were made to both protect health and to keep good relationship with God.

The common diet around the Mediterranean Sea consists of somewhat similar foods to the Bible's Old Testament dietary law: lots of grains and fruits and vegetables as well as some meats and proteins. Cholesterol levels as well as sugar levels are kept in pretty good balance if you take everything in moderation.

God created the body to take in a lot of material and process it into energy and usually either fat or muscle (in Texas, definitely fat!). The dietary laws in the Old Testament are a pretty good guideline for smart eating, but today we have the methods of cooking as well as permission from God to eat whatever we please. In *1 Corinthians 10:25-26*, it says...

"Eat whatever is sold in the meat market, asking no questions for conscience' sake; for 'the earth is the LORD's, and all its fullness.'"

Even so, we should be stewards of this body since it is the temple of the Holy Spirit for those who are in Christ Jesus (see *1 Corinthians 3*).

A balance of fat, vitamins, carbohydrates, and proteins will keep this body running, and with exception to fasting, we should feed this body in the right way.

If we drink nothing but soda and eat nothing but Cheetos, our bodies will lack the essential nutrients.

For **negativity**, here's *Philippians 4:4*

4 Rejoice in the Lord always. Again I will say, rejoice! (also see *1 Thessalonians 5:16-18*)

For **stress**, take a dose of *Philippians 4:6-7...*

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Take care of your body in the natural and pray that God keeps you protected in the Supernatural...

THE SUPERNATURAL

YHVH Rappheka = The LORD who Heals thee.

Let's look at one passage from *Mark chapter 5*, where 2 great miracles of Jesus are recorded...and on the same trip!

21 Now when Jesus had crossed over again by boat to the other side, a great multitude gathered to Him; and He was by the sea. 22 And behold, one of the rulers of the synagogue came, Jairus by name. And when he saw Him, he fell at His feet 23 and begged Him earnestly, saying, "My little daughter lies at the point of death. Come and lay Your hands on her, that she may be healed, and she will live."

Jairus had the right idea - go to the Healer Himself! God is a Healing God, and His Will is for you to be healed. Jairus had faith that Jesus would heal his daughter by just laying His Hands on her. In addition, Jairus had an earnest heart and asked accordingly. Let's see what happens in addition to Jairus' daughter's healing...

24 So Jesus went with him, and a great multitude followed Him and thronged Him. 25 Now a certain woman had a flow of blood for twelve years, 26 and had suffered many things from many physicians. She had spent all that she had and was no better, but rather grew worse.

Oftentimes with doctoral care, the worst happens. Through man's view, a medicine may help but can have serious repercussions! A cough medicine might have a side effect of kidney failure, for example. Medicines can be a natural means of healing, but the side effects CAN be weighty.

27 When she heard about Jesus, she came behind Him in the crowd and touched His garment. 28 For she said, "If only I may touch His clothes, I shall be made well." 29 Immediately the fountain of her blood was dried up, and she felt in her body that she was healed of the affliction.

God's View is omniscient. He knows all and sees the root of every problem. A good rule of thumb in sickness is to 'Go to God first'!

30 And Jesus, immediately knowing in Himself that power had gone out of Him, turned around in the crowd and said, "Who touched My clothes?" 31 But His disciples said to Him, "You see the multitude thronging You, and You say, 'Who touched Me?' " 32 And He looked around to see her who had done this thing. 33 But the woman, fearing and trembling, knowing what had happened to her, came and fell down before Him and told

Him the whole truth. 34 And He said to her, "Daughter, your faith has made you well. Go in peace, and be healed of your affliction."

Her faith (a gift from God) was the key. Beforehand, she thought to herself that if she just touched the hem of His Garment, she'd receive the healing that the physicians could not provide for 12 years of degradation of health!

35 While He was still speaking, some came from the ruler of the synagogue's house who said, "Your daughter is dead. Why trouble the Teacher any further?"

Sometimes things will be planted in your way to doubt or to get sidetracked and doubt God's power. In our own eyes, a problem may seem large, but when we look at how much larger God is, the problem becomes small in comparison.

36 As soon as Jesus heard the word that was spoken, He said to the ruler of the synagogue, "Do not be afraid; only believe."

Exactly...

37 And He permitted no one to follow Him except Peter, James, and John the brother of James. 38 Then He came to the house of the ruler of the synagogue, and saw a tumult and those who wept and wailed loudly. 39 When He came in, He said to them, "Why make this commotion and weep? The child is not dead, but sleeping." 40 And they ridiculed Him. [continued...]

Having faith in a non-visible God to some is wacko. Expecting the unexpected from God is seen sometimes as crazy by outsiders. Healing is a great witnessing tool as well as a benefit to Christians worldwide. The same God who healed 3000 years ago is the One who heals today (see *Hebrews 13:8* as well).

But when He had put them all outside, He took the father and the mother of the child, and those who were with Him, and entered where the child was lying. 41 Then He took the child by the hand, and said to her, "Talitha, cumi," which is translated, "Little girl, I say to you, arise." 42 Immediately the girl arose and walked, for she was twelve years of age. And they were overcome with great amazement. 43 But He commanded them strictly that no one should know it, and said that something should be given her to eat.

Noted there is 'Talitha, cumi', an Aramaic phrase left in the text. This is called a 'targum' (just a note). Jesus healed the daughter of Jairus, and it was no big ceremony or ritualistic thing. Jesus just healed her...period.

WHAT SHOULD WE DO?

Help others live as long as possible. Here are a few guidelines:

... Pray with faith. Doubting God won't help, and have confidence in prayer when it's according to His Will. (See *James 1:5-8*)

... Lay hands on the sick, whether in a church setting or not (see *Mark 16* and *James 5:14-16*). "The effectual fervent prayer of a righteous man availeth much."

... Pray for wisdom on what to do health-wise, and always rely on God. If your diet is lacking in some area, pray for wisdom for what you're doing wrong. God is the God of all Wisdom!

... Feed your body right and take good care of it. We are all to be stewards of our bodies, and that includes watching and controlling what we eat.

... Be strengthened by Biblical healing passages. As *1 Peter 2:24* states about Jesus (a recollection of the prophecy made in *Isaiah 53*) - "He himself bore our sins in his body on the tree, so that we might die to sins And live for righteousness; by his wounds you have been healed."

... Trust in God's Word that we can live to 120 years old. :) Go to God FIRST! He's not a 2nd or 3rd option. Time doesn't heal -- God does!

SOME OF THE COOL BIBLICAL HEALING PASSAGES

Jeremiah 17:14 - Heal me, O LORD, and I will be healed; save me and I will be saved, for you are the one I praise.

Psalms 77:14 - You are the God who performs miracles; you display your power among the peoples.

Job 9:10 - He performs wonders that cannot be fathomed, miracles that cannot be counted.

Psalms 103:2-3 - "Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, who heals all your diseases."

Daniel 4:2 - It is my pleasure to tell you about the miraculous signs and wonders that the Most High God has performed for me.

Matthew 4:23-24 - Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them.

Matthew 9:35 - Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness.

Mark 16:17-18 (as some would support this text) - And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues. They will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well.

Luke 4:18 - The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners, and recovery of sight for the blind, to release the oppressed.

Matthew 8:7 - Jesus said to him, "I will go and heal him."

Amen.