

THE LORD'S PROMISE

Psalm 91:16 (NKJV)

¹⁶ With long life I will satisfy him,
And show him My salvation.”

Why have a
life of quality
and quantity?

1) Psalm 118:17 (NKJV)

¹⁷ I shall not die, but live, and declare the works of the LORD

2) 3 John 2 (NKJV)

² Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

3) John 10:10 (NKJV)

¹⁰ The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have *it* more abundantly.

THE MYSTERY OF

LONG LIFE

1 Peter 3:10-11 (NKJV)

Psalms 34:12-14 (NKJV)

1 PETER 3:10-11 (NKJV)

- ¹⁰ For “He who would love life and see good days,
Let him refrain his tongue from evil,
And his lips from speaking deceit.
- ¹¹ Let him turn away from evil and do good;
Let him seek peace and pursue it.

PSALM 34:12-14 (NKJV)

¹² Who *is* the man *who* desires life, and loves *many* days, that he may see good?

¹³ Keep your tongue from evil, and your lips from speaking deceit.

¹⁴ Depart from evil and do good; seek peace and pursue it.

Psalm 34:12-14 (The Voice)

¹² If you love life and want to live a good, long time,

¹³ Take care with the things you say. Don't lie or spread gossip or talk about improper things.

¹⁴ Walk away from the evil *things of the world*, and always seek peace and pursue it.

#1

W
o
r
d
s

Ephesians 5:3-4 (NLT)

³ Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's people.

⁴ Obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God.

**W
o
r
d
s**

Remember!

**When we speak, we hear the words
FIRST before our listener(s).**

Proverbs 26:18-19 (NKJV)

¹⁸ Like a madman who throws firebrands, arrows, and death,

¹⁹ *Is* the man *who* deceives his neighbor, and says, “I was only joking!”

Proverbs 18:20-21 (NLT)

²⁰ Wise words satisfy like a good meal; the right words bring satisfaction.

²¹ The tongue can bring death or life; those who love to talk will reap the consequences.

#2

**W
I
S
D
O
M**

Proverbs 3:7 (NLT)

⁷ Don't be impressed with your own wisdom. Instead, fear the LORD and turn away from evil.

Proverbs 10:27 (NKJV)

²⁷ The fear of the LORD prolongs days, but the years of the wicked will be shortened.

Proverbs 9:11 (NKJV)

¹¹ For by me your days will be multiplied, and years of life will be added to you.

Proverbs 3:13-16 (NLT)

¹³ Happy *is* the man *who* finds wisdom, and the man *who* gains understanding;

¹⁴ For her proceeds *are* better than the profits of silver, and her gain than fine gold.

¹⁵ She *is* more precious than rubies, and all the things you may desire cannot compare with her.

¹⁶ Length of days *is* in her right hand, in her left hand riches and honor.

#3

P
E
A
C
E

Proverbs 3:1-2 (NKJV)

¹ My son, do not forget my law, but let your heart keep my commands;

² For length of days and long life and peace they will add to you.

Isaiah 9:6 (NIV)

⁶ For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

Proverbs 14:30 (NLT)

³⁰ A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

#4

H
O
N
O
R

Exodus 20:12 (NKJV)

¹² “Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.

Ephesians 6:2-3 (NKJV)

¹ Children, obey your parents in the Lord, for this is right.

² “Honor your father and mother,” which is the first commandment with promise:

³ “that it may be well with you and you may live long on the earth.”

1 Kings 3:14-15 (NKJV)

¹⁴ 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.”

Deuteronomy 5:33 (NKJV)

³³ You shall walk in all the ways 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 shall possess.

Exodus 23:25-26 (NKJV)

25 “So you shall serve the LORD your God, and He will bless your bread and your water. And I will take sickness away from the midst of you.

26 No one shall suffer miscarriage or be barren in your land; I will fulfill the number of your days.

#7

Properly Discern the Body of Christ

1 Corinthians 11:27-30 (NIV)

²⁷ Therefore whoever eats this bread or drinks *this* cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord.

²⁸ But let a man examine himself, and so let him eat of the bread and drink of the cup.

²⁹ For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body.

³⁰ For this reason many *are* weak and sick among you, and many sleep.

Properly Discerning the Broken **Body** of Jesus Christ

1. The broken Body of Jesus Christ is our refuge in times of betrayal.	1 Cor 11:23-25
2. The broken Body of Jesus Christ is for our healing.	1 Cor 11:29-31; Is 53:3-6
3. The broken Body of Jesus Christ is for our strength and longevity.	1 Cor 11:29-31
4. The broken Body of Jesus Christ opens our eyes so that we can know Jesus better.	Luke 24:30-32
5. Jesus Christ is the bread of life.	John 6:35
6. The broken Body of Jesus Christ endured pain so that we do not have to endure pain in this life.	Matt. 27:34; Mark 15:23
7. The face of Jesus Christ was disfigured so that ours should not be disfigured.	Isaiah 53:14
8. The broken Body of Jesus Christ was despised; wrongly accused; reputation questioned; suffered disrespect;	Matt. 27:35-44; Matt. 27:63; Matt. 26:67;

Properly Discern the Body of Christ

- Properly discern the broken body of Jesus Christ.

Take time to understand the significance of the broken body of Jesus Christ.

- Properly discern the “people” in the body of Christ. (Properly discern the brethren).

1 Corinthians 12:27 (NIV)

²⁷ Now you are the body of Christ, and each one of you is a part of it.



#8

Maintain
a healthy lifestyle

1 Timothy 4:8 (KJV)

⁸ For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

Proverbs 31:17 (KJV)

¹⁷ She girdeth her loins with strength, and strengtheneth her arms.

Proverbs 31:17 (AMPC)

¹⁷ She girds herself with strength [spiritual, mental, and physical fitness for her God-given task] and makes her arms strong *and* firm.

Maintain a healthy lifestyle

- Food choices matter.

- Improve your network.

Proverbs 13:20 (NIV)

²⁰ Walk with the wise and become wise, for a companion of fools suffers harm.

Proverbs 27:17 (NIV)

¹⁷ As iron sharpens iron, so one person sharpens another.