**Ingredients For A Long Life**

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The Japanese Journal of Geriatrics polled some 4,152 Japanese people who were 100 years old and older and asked them what they thought contributed to their old age. The following are the results:

 Eat lots of protein

 Keep calories down

 Get enough sleep

 Live in an area with very, very good medical care facilities.

What do you think of these reasons for long life? Personally, I think the fourth contributing factor would go far in offsetting any deficiencies the people may have had in the first three factors!! What do you think?

I remember that one woman was asked what contributed to her long life. Her answer was that she had “a pint of whiskey and cigars every day.” George Burns was asked what contributed to his long life. His answer was, “Not dying, yet.”

People continue to search for the “magic pill” or the magic “anything” to help them live longer lives free from disease and other physical ailments. There is nothing necessarily wrong with this attitude, for God made us with that drive to want to live.

In addition to a man’s drive to live, we also realize that man fears the unknown; and what occurs at that moment of death is something no one has come back to describe for us. Take careful note of the different people in both Old and New Testaments who were resurrected from the dead. Not a one told us what occurred at that moment, did they?

What must be realized is that it does not matter how long one lives. What is most important is whether or not one is a Christian! When we consider our lives, what is most important to us? Is it the days we have lived since our physical birth, or is it that we have had the second birth, that spiritual birth (Jn. 3:3, 5)?

Does it really matter how long I live? No. What matters is that I take care of my body, the temple of the living God (I Cor. 3:16, 6:19-20). What matters is how I live my life (Col. 3:17). What matters is that my soul is prepared for eternity (Matt. 16:26). What matters is that I am a Christian (Acts 2:38). Remember what Peter said: “Whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit; let him turn away from evil and do good; let him seek peace and pursue it. For the eyes of the Lord are on the righteous, and his ears are open to their prayer. But the face of the Lord is against those who do evil” (I Pet. 3:10-12). Paul said that long life comes from obeying one’s parents (Eph. 6:1-3). This is quite a contrast from the Japanese peoples’ suggestions, isn’t it? Let us take God’s advice and live according to His will. Let us make the most of life by living “self-controlled, upright, and godly in the present age” that we might see Heaven one day (Titus 2:12). If the Lord allows us to tarry until He comes again, then so be it. If the Lord takes us from this earth this very day, so be it. The ingredients for a long life are not important to the Christian, for his joy is found on the other side! A Christian’s joy is found in looking toward his home in Heaven (Col. 3:1-2). His joy is found in desiring “a better country.” Long life can be enjoyable, but it is not the greatest thing! Nor can anyone “bottle” the supposed ingredients. Therefore, let us make the best of this life by becoming a Christian and remaining faithful to God all the days of our lives (Acts 2:38; Rev. 2:10; I Cor. 15:58).

*-- You are invited to visit with the Caneyville church of Christ. Times of services: Sun.: 10:00 am, 10:45 am, 5:00 pm; Wed.: 7:00 pm. Website: http://caneyvillechurchofchrist.com Tune in to our radio program on 99.9 FM at 1:00 pm and 1570 AM at 8:30 am, Mon-Fri. Questions? Call: (270) 589-4167*