



# Life Principles Notes

Practical Lessons for Understanding God's Word

## HOW TO STAY YOUNG AND FRUITFUL ALL YOUR LIFE

**KEY PASSAGE:** Psalm 92:12-15

**SUPPORTING SCRIPTURE:** Exodus 20:9 | Deuteronomy 6:5 | Proverbs 19:22 | John 13:34 | 1 Peter 5:7

### SUMMARY:

#### How can you stay youthful and fruitful all your life?

Advertisements tell us about miracle pills, health drinks, diet tips, exercise plans, and other methods of slowing the aging process. These may promise to preserve our mental acuity or physical appearance. But they fall short of the abundant life Christ wants to give you and me.

The Lord's desire is for us to have the energy and passion we need in order to serve Him for as long as we live. In God's kingdom, there is no such thing as "retirement." Even in old age, believers can have the awesome privilege of obeying the Father and ministering to other people. So let's consider some attitudes and actions that can help us stay productive and young at heart.

### SCRIPTURAL PRINCIPLES:

#### Psalm 92 describes a godly person.

This passage compares a righteous person to two types of trees that held great value in the Middle East. One is the date palm. It grows about 90 feet tall and produces abundant fruit. The other tree is the cedar of Lebanon, which reaches 120 feet in height and approximately 40 feet in circumference. Because it was resistant to weather and termite damage, kings in biblical times often used Lebanese cedar to build palaces and temples.

Psalm 92 also says that righteous people will "flourish in the courts of our God" (v. 12). In other words, they enjoy a close relationship with the Father. These believers "yield fruit in old age" (v. 14). Christians should display the character of

Christ. "They shall be full of sap and very green" (v. 14). In other words, godly people are full of life. So believers can creatively and energetically serve the Lord all their days.

#### What are the secrets to a youthful and fruitful life?

- **Keep learning.** Acquiring new skills or knowledge stimulates our minds. Research has discovered that people who stop educating themselves usually age faster. The most important type of learning is spiritual. We should continue to discover more about God through studying His Word. The Bible is an endless storehouse of treasures. When you allow the Holy Spirit to direct your study, you will continually find new spiritual truths in Scripture.
- **Keep loving.** Deuteronomy says, "You shall love the Lord your God with all your heart, with all your mind, and with all your strength." Jesus told His disciples, "A new command I give to you, that you love one another, even as I have loved you" (John 13:34). Relationships play a role how we age because our emotions affect our bodies. Stress, anger, bitterness, resentment, and tension damage a person's health. But those in loving relationships—whether with a spouse, a friend, or a family member—are more likely to stay physically healthy and young at heart.
- **Keep laughing.** It relaxes your body and helps release tension and stress. A secure, happy person can laugh at life and at his or

her mistakes. I believe Jesus had a good sense of humor. We tend to view our Lord as serious, but remember that little children were drawn to Christ. Something in His attitude or countenance attracted them to Him (Prov. 19:22).

- **Keep leaving.** Once you confess a sin or give a burden to the Lord, release it to Him (1 Peter 5:7). Those who want to be youthful can not carry around the weight of emotional baggage. Painful memories may come to mind, but don't allow yourself to dwell on them. God doesn't want you to focus on the past. Christians should enjoy the present and anticipate the future.
- **Keep longing.** Never stop thinking about what the Lord may want to do through you. Believers should want to reach their potential. People with no purpose in life will age faster than those inspired by God-given goals. So use your imagination to determine biblical objectives for yourself. Examples include pursuing a particular relationship, a specific accomplishment, or even a material blessing.
- **Keep looking.** Watch to see how God is working in you and in those around you. Read His Word and expect Him to reveal spiritual truth. Pay attention to the voice of the Holy Spirit as He guides you moment by moment. Look for answers to prayer and rejoice in the unexpected blessings the Lord sends. You and I become more like Christ when we focus on what the Father is doing in and around us.
- **Keep laboring.** The pattern God set for the Hebrews was six days of labor and one day of rest (Ex. 20:9). Today, many people want to work less than that. But God designed us to be active. Exercising our bodies—through manual labor and other physical activity—keeps them healthier. The notion that we should all retire by 65 or 70 is not biblical. Even if you decide to stop working a secular job, you should continue to serve the Lord in some fashion.
- **Keep leaning.** Turn every burden and worry over to God. Learn to rely more and more on Him. The Christian life is impossible apart from the strength of the Holy Spirit working

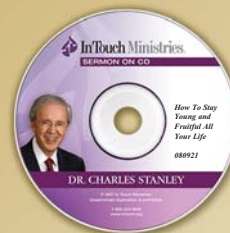
through us. Only by leaning on Him can we successfully serve God with passion and energy.

- **Keep your language positive.** What your mouth speaks, your ear hears, your brain registers, and your body responds. Some people complain, "I'm just getting old. I can't do much anymore." Or they might say, "I'm going to retire and do absolutely nothing." People sometimes use excuses like these to avoid obeying the Lord. The consequence is that they often pass away sooner than those who are willing to serve God their entire lives.
- **Keep listening to the Lord.** When you pray, don't do all the talking. Ask the Father to guide your life each day. God knows your hidden abilities and wants to help you reach your potential. Ignore ungodly counsel and determine to follow the Lord's wisdom instead. When someone asks you for advice, listen to what God wants you to tell them. Those who pay attention to the voice of the Father will lead productive lives.

## CONCLUSION:

The Bible teaches us how to have an abundant life in Christ. The Lord desires for us to be fun-loving, life-giving people others enjoy knowing. We can choose to get old early or remain youthful all our days. The secret is to listen to God's voice and commit to obey Him no matter what.

If you have never trusted Jesus as your Savior, ask Him to forgive you of your sins. Tell Him you believe that Christ took your place on the cross and rose from the dead. The Holy Spirit will come into your life and seal you forever as a child of God. Then you, too, can remain youthful and fruitful all your life. 🙏



To purchase the message for this Life Principles Note on CD or DVD, visit [www.intouchbookstore.org](http://www.intouchbookstore.org).