

# HOW TO LIVE A HEALTHY AND PROSPEROUS LIFE OVER ONE HUNDRED YEARS OLD

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(Deuteronomy 34:7)

It is possible to live a healthy, prosperous and strong life over the age of one hundred years old. There have been many people who have lived over the age of one hundred years old. However, the key is to live a healthy, prosperous and strong life.

This teaching will only benefit you if you **BELIEVE** you can live a healthy life over the age of one hundred. If you do not believe it, it will not happen because **EVERYONE IS A PRISONER TO THEIR OWN BELIEF SYSTEM**. You can only attain what you believe.

You can only receive what you believe. You can only see what you believe. You will always **PURSUE** what you believe. You will always **DO** what you believe.

**ALL THINGS ARE POSSIBLE TO HIM THAT  
BELIEVES! (Mark 9:23)**

**THIS IS NOT A FAIRY TALE**  
(Deuteronomy 34:7)

One of the most popular Biblical figures lived a healthy and prosperous life until he was one hundred and twenty years old. Moses showed us that it is possible to live a prosperous and healthy life **OVER** the age of one hundred years old.

Deuteronomy 34:7 says, "*Moses was ONE HUNDRED AND TWENTY YEARS OLD when he died. His eyes were NOT weak, and he was STILL STRONG.*" The Bible is real. Every word in the Bible is true.

The scripture reveals to us that this can be our reality. Do not let the philosophy of the world rob you of living a

**LONG**, healthy and prosperous life. Life should be getting better as you are getting older.

- This can be your reality if you **BELIEVE** it.
- This can be your reality if you **PURSUE** it.
- This can be your reality if you **WANT** it.

## HOW DO I DO THIS?

Deuteronomy 34:9 declares that Moses was a man **FILLED WITH WISDOM!** Moses lived one hundred and twenty years because he was filled with Wisdom. Wisdom is the ability to make Godly decisions. Knowledge is different from Wisdom.

Knowledge makes you **AWARE** of what is right and wrong. Wisdom empowers you to **CHOOSE** what is right **OVER** what is wrong. Moses made wise decisions. These decisions enabled him to live a long life.

**DECISIONS DECIDE SEASONS!**

When you are empowered to **CHOOSE** what is righteous, pure, holy, healthy and beneficial you will maximize the gift of life. The only reason Moses died was because God declared that no man could live past one hundred and twenty years old.

Genesis 6:3 says, "*The Lord said, My Spirit will not remain in human beings forever, because they are flesh. They will live **ONLY** 120 years.*"

Proverbs 3:2 says, "*Wisdom will **PROLONG** your life.*"

The more wisdom you have the longer you will live. When you want to live a healthy, prosperous and long life getting wisdom must be your **OBSESSION!** If you do not empower yourself to make the right decisions you will have a **SHORT** life. Here is a list of Wisdom keys that will help you **PROLONG** your life.

- **BE RIGHTEOUS** - God is pleased with a righteous person. When God is pleased you will be pleased. (Proverbs 12:2)
- **MARRY A VIRTUOUS WOMAN** - A disgraceful wife is like a disease in her husband's bones. She will influence him to make poor decisions. (Proverbs 12:4)
- **LISTEN TO WISE COUNSEL** - If you listen to wise counsel you will avoid many hardships. (Proverbs 12:15)
- **PLAN TO BE PEACEFUL** - If you prepare for peace you will be happy. (Proverbs 12:20)
- **DO NOT BE LAZY** - Lazy people become slaves and slaves live short lives. They are dependent on other people's decisions. (Proverbs 12:24)

- **MONITOR HOW YOU SPEAK** - What you say and how you say it will protect your life. You will live longer in safe conditions. (Proverbs 13:3)
- **ADHERE TO CORRECTION** - If you ignore wise correction you will end up poor. Poverty will always limit you in resources, relationships and opportunities. (Proverbs 13:18)
- **RESPECT THE LORD** - God says if you respect Him you will live a good life. Respecting Him is obeying Him. (Proverbs 14:2)
- **DO NOT MAKE EVIL PLANS** - People who make evil plans will be ruined. (Proverbs 14:22)
- **TRAIN YOUR MIND TO BE PEACEFUL** - When you have a peaceful mind you will have a healthy body. (Proverbs 14:30)

- **DO NOT BE A JEALOUS PERSON** - When you are consumed with jealousy your bones will decompose. (Proverbs 14:30)
- **DO NOT PRACTICE IMMORALITY** - Wicked people are immoral people. Wicked people will be ruined by their own evil. (Proverbs 14:32)
- **DO NOT BE GREEDY** - Greedy people attract trouble. They will attract the type of trouble that will be dangerous toward the health of their family. (Proverbs 15:27)
- **LAUGH A LOT** - Laughing produces a happy heart and a happy heart is good medicine for the soul. (Proverbs 17:22)

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