

# *Resurrection Life of Jesus Church*

## **NO BODY – NO MINISTRY**

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### **PART 1: DYING HEALTHY**

#### **DYING HEALTHY**

Many years ago I spoke with a HVAC contractor working on my property. I told him it was important to take vitamins in order to maintain our health, and after talking for some time, he abruptly asked if I wanted to die healthy. I was initially offended because I thought he was mocking me but then I realized, that yes, I do want to die while my body is still healthy.

#### **GROWING OLD**

The Holy Spirit has commissioned me to conduct a preaching series on growing old. I have never received any such teaching, and if you think about it, it is the destiny for all human beings living on earth.

Some time ago a Christian brother told me that he does not like to receive news from people who are ill and struggling with health issues. He said the subject is very depressing, and should a catastrophic illness happen when he grows older, the only solution would be to take his own life. This was not idle talk. He was genuinely serious about suicide even though God has not given us the right to end our lives.

#### **THE FACTS OF LIFE**

There is a death sentence because of sin upon every human being the moment they are conceived that condemns them to eternal death in the Lake of Fire. **Revelation 20:14-15**

God has set the maximum time we can live on this earth to 120 years. **Genesis 6:3**

God warrants the physical body for 120 years provided the manufacturer's instructions are followed. These are the stipulations:

1. You must be born again. **John 3:5-8**
2. Love the Lord by keeping His commandments. **John 15:1-11**
  - a. Forgiveness – **Matthew 6:14-15**
  - b. The food laws – **Leviticus 11:1-47**

#### **THE AGING HUMAN BODY**

Through medical science we have learned the human body renews itself three times and the body does not age during this seven year time period. By the time a person reaches the age of seven, every cell has been replaced. The same process happens again at the ages of 14 and 21.



Cell replacement slowly decreases after age 21, and if there is no intervention to slow the aging process, there will come a time when the body dies from what the doctors call “natural causes.” The process of aging can be slowed down but never stopped.

## **THE ENDOCRINE SYSTEM**

When God created the human body, He used two systems to control the function of the different cells in the body. A chemical process carried out by hormones and electricity via the nerves to guide cells into action.

Both systems are extremely sensitive, and when there is negative soul activity, it causes the two systems to overproduce or stagnate, which in turn causes sickness in the body.

There is a hormone that directly affects aging in the human body known as DHEA. DHEA determines replacement of cells and is produced by two adrenal glands located above the kidneys. Medical science has determined that DHEA levels begin to decrease after the age of 30.

The endocrine system is also known as the immune system.

Damage to the soul such as grief, hurt, unforgiveness, bitterness, anger, hate will cause the endocrine system to break down and open the door for sickness. **Proverbs 14:30; 15:13; 16:24; 18:14**

## **CAN AGING BE SLOWED?**

Is it possible to slow down the aging process of the physical body? Yes, it is. The Holy Spirit surprised me when I was 40 years old when He asked how I wanted to end my life on earth. Did I want to be wheeled out or walk out. Poor health would cause me to be wheeled out. It was necessary to start exercising if I wanted to walk my last day on earth.

I enrolled in local gym and faithfully exercised for the next 35 years. I have stopped this routine due to Aina's prolonged illness but still try to walk a number of times per week to keep up my stamina. I also changed my food intake and began to use supplements that help maintain my endocrine system.

Most people with an automobile follow a maintenance program since it is a large investment and you want to make sure it lasts a long time. A poorly maintained car will break down resulting in down time and costly repairs.

A prime example of an outstanding maintenance program is the B-52 bomber. The first units entered service in 1955 and the last aircraft was produced in 1963. It has served the U.S. Air Force well, so much so that after 62 years, the fleet of B-52 bombers and the current pilots and crews are the grand children of the early crews. How is it possible for 60 year old aircraft to be ready for combat missions? It's all about the maintenance.

## **MOST PEOPLE DON'T PLAN FOR AGING**

Having been around since 1939, I have learned that people plan for their retirement, but not their bodies. The majority of people rely upon social security while the rest have invested in private retirement plans since they want more income in their later years.

People purchase burial plots in advance and there are funeral homes that offer pre-paid funerals. A large number of people fear that they will come down with Alzheimer's and purchase expensive insurance plans that guarantee them a place at a skilled nursing facility where they can live out their lives.

I have never heard of pastors helping their flock with maintenance programs for their bodies so they can age gracefully and maintain a vigorous lifestyle while serving Christ until their last day on earth.

## **A BIBLICAL MAINTENANCE PLAN FOR THE PHYSICAL BODY**

In this series I am going to lay out a biblical plan for a healthy physical body that retains its strength until the day it dies.

1. Here is one example of biblical instruction for long life. **Exodus 20:12**
2. Knowledge of how the human body is designed. **Psalms 139:13-18**
3. Supplements and exercise to strengthen and maintain the physical body.
4. Planning for a meaningful life in Christ after retirement from your secular job.

***Remember, it's not so important how you begin your life after salvation, but how you finish it!***

***Do you have an ear to hear with?***