



By Rev. Maritza Roach

Living an extended life on earth

Everyone is trying to find a way to live a healthy and longer life on the earth. We hear frequent reports from the media that the pension funds are gradually depleting as people are living longer, hence an increase demand for pensions. Health is a word we often hear, as people are living longer, the NHS waiting list grows as different ailments and diseases need attention. Adverts try to encourage people to change their life styles, choose the healthy option when in a supermarket. But what does being healthy really mean?

To be healthy means 'to be in a state of physical, emotional and mental vitality, being free from disease and finding your purpose in life.' People are living longer, but what quality of life are they enjoying? Suffering from heart disease, brain degenerating diseases the list goes on. Is this the vision one has for a healthy life?

How can you live a longer healthy life on the earth? We will look at one of the many answers in the Bible to maintaining a healthy life. Is it having a good relationship? You may answer, well I am in a good relationship with my husband, partner, children or friends.

The Bible encourages us first and foremost to maintain a healthy relationship with our Creator. Access to this relationship must be through the mediator the Lord Jesus Christ, God's Son. It also states that all good and perfect gifts come from the Father. We can conclude that health is good, therefore it too must be a gift from God.

The Ten Commandments urges us to love the Lord our God with all our hearts and with all our minds. The key to health is a good relationship firstly with God and secondly with one another. It speaks firstly about our relationship with God before our relationship with others and the physical world. 'You shall have no other gods before me...', 'You shall not commit adultery...', and 'You shall not covet your neighbour's house'.

Often, illness' in our lives can stem from the condition of our spiritual heart. When you are unforgiving towards your brother you open yourself up to anxiety, fear, anger and many other emotional elements. Holding malice is another reason for heart disease that can have devastating effects on your health. Imagine how many nerves are emotionally entangled in the quest to maintain a mindset of malice. The stress one puts on the mind, thinking about what that person has done to you and

"He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.' Eph 4:26-27 'Be angry, and do not sin: do not let the sun go down on your wrath.' Exodus 20:12 says 'Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.' God promises long life to those that obey this commandment regardless of age.

Can you honour God, but not honour your parents? the answer is NO. In today's society the word honour is not a very popular word, the media will often remind us of it in headlines such as 'honour killing'. Honour in some nations, is a very important principle to learn, meaning to highly respect a person's position, to see it as a privilege to have them. God requires us to honour Him and our parents. To be part of the 'in crowd', youth are expected to disown their parents and embrace their peer's values, forgetting the principals of the fifth commandment avoiding rejection. Society despises the values and morals God writes in his word such as Proverbs 13:24 'He who spares his rod hates his son, But he who loves him disciplines him promptly.' ...'Chasten your son while there is hope, And do not set your heart on his destruction.'(Proverb 19:18)

how you are going to get them back rehearsing the wrong they have done to you with each new day.

'A wise person once quoted 'the heart of the problem is the problem of the heart'

A wise person quoted these words "The heart of a problem is the problem of the heart". God admonishes us time after time to keep our hearts pure and shun evil. 1 Peter 3:8-10 'Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing or He who would love life And see good days, Let him refrain his tongue from evil, And his lips from speaking deceit.' guile". The Bible mentions anger and angry approximately 500 times. Some well known scriptures as Proverbs 16:32 reminds us that

Spiritual health and purpose can only be fulfilled through a relationship with God through His Son. God does not only intend for us to have marital harmony, household blessing and social enjoyment, but also to expand and develop the capacity of our mind and emotions. 3 John v 3 and 1 Thess 5:23 speaks of God's desire for our whole personality, not only to be free from our past and its negative hold, but to walk in the fullness of God's image through the power of Christ. This is the beginning of a healthy life, do this that your days may be long upon the earth. 