

# Scriptures

## A Long and Satisfying Life

### Under the Law God promises 70 to 80 years

Psalms 90:7-12 For we have been consumed by Your anger, And by Your wrath we are terrified. 8 You have set our iniquities before You, Our secret sins in the light of Your countenance. 9 For all our days have passed away in Your wrath; **We finish our years like a sigh.** 10 The days of our lives are seventy years; And if by reason of strength they are eighty years, Yet their boast is only labor and sorrow; For it is soon cut off, and we fly away. 11 Who knows the power of Your anger? For as the fear of You, so is Your wrath. 12 So teach us to number our days, That we may gain a heart of wisdom.

### Under Grace God promises 120 years

Genesis 6:3 And the Lord said, "My Spirit shall not strive with man forever, for he is indeed flesh; yet his days shall be one hundred and twenty years."

Deuteronomy 34:7 Moses was one hundred and twenty years old when he died. His eyes were not dim nor his natural vigor diminished.

Genesis 25:8 Then Abraham breathed his last and died in a good old age, an old man and full of years, and was gathered to his people. (175 years old)

Psalms 92:13-14 Those who are planted in the house of the Lord Shall flourish in the courts of our God. 14 They shall still bear fruit in old age; They shall be fresh and flourishing,

Psalms 1:2-3 But his delight is in the law of the Lord, And in His law he meditates day and night. 3 He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.

Psalms 91:16 With long life I will satisfy him, And show him My salvation."

Proverbs 3:1-2 My son, do not forget my law, But let your heart keep my commands; 2 For length of days and long life And peace they will add to you.

Proverbs 3:13-18 Happy is the man who finds wisdom, And the man who gains understanding; 14 For her proceeds are better than the profits of silver, And her gain than fine gold. 15 She is more precious than rubies, And all the things you may desire cannot compare with her. 16 Length of days is in her right hand, In her left hand riches and honor. 17 Her ways are ways of pleasantness, And all her paths are peace. 18 She is a tree of life to those who take hold of her, And happy are all who retain her.

Proverbs 4:10 Hear, my son, and receive my sayings, And the years of your life will be many.

Proverbs 9:10-11 "The fear of the Lord is the beginning of wisdom, And the knowledge of the Holy One is understanding. 11 For by me your days will be multiplied, And years of life will be added to you.

Proverbs 10:27 The fear of the Lord prolongs days, But the years of the wicked will be shortened.

Exodus 20:12 "Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you.

Deuteronomy 4:40 You shall therefore keep His statutes and His commandments which I command you today, that it may go well with you and with your children after you, and that you may prolong your days in the land which the Lord your God is giving you for all time."

Deuteronomy 6:2 that you may fear the Lord your God, to keep all His statutes and His commandments which I command you, you and your son and your grandson, all the days of your life, and that your days may be prolonged.

Psalms 71:18 Now also when I am old and grayheaded, O God, do not forsake me, Until I declare Your strength to this generation, Your power to everyone who is to come.

Isaiah 46:3-4 "Listen to Me, O house of Jacob, And all the remnant of the house of Israel, Who have been upheld by Me from birth, Who have been carried from the womb: 4 Even to your old age, I am He, And even to gray hairs I will carry you! I have made, and I will bear; Even I will carry, and will deliver you.

Job 17:9 Yet the righteous will hold to his way, And he who has clean hands will be stronger and stronger.

Proverbs 4:18 But the path of the just is like the shining sun, That shines ever brighter unto the perfect day.

Jeremiah 17:7-8 "Blessed is the man who trusts in the Lord, And whose hope is the Lord.<sup>8</sup> For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit.

1 Timothy 4:8 For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

## **The Tree of Life**

Genesis 2:9 And out of the ground the Lord God made every tree grow that is pleasant to the sight and good for food. The tree of life was also in the midst of the garden, and the tree of the knowledge of good and evil.

Genesis 3:22 Then the Lord God said, "Behold, the man has become like one of Us, to know good and evil. And now, lest he put out his hand and take also of the tree of life, and eat, and live forever" —

Proverbs 3:18 She is a tree of life to those who take hold of her, And happy are all who retain her.

Proverbs 11:30 The fruit of the righteous is a tree of life, And he who wins souls is wise.

Proverbs 13:12 Hope deferred makes the heart sick, But when the desire comes, it is a tree of life.

Proverbs 15:4 A wholesome tongue is a tree of life, But perverseness in it breaks the spirit.

Revelation 2:7 "He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes I will give to eat from the tree of life, which is in the midst of the Paradise of God."

Ezekiel 47:12 Along the bank of the river, on this side and that, will grow all kinds of trees used for food; their leaves will not wither, and their fruit will not fail. They will bear fruit every month, because their water flows from the sanctuary. Their fruit will be for food, and their leaves for medicine."

Revelation 22:2 In the middle of its street, and on either side of the river, was the tree of life, which bore twelve fruits, each tree yielding its fruit every month. The leaves of the tree were for the healing of the nations.

Revelation 22:14 Blessed are those who do His commandments, that they may have the right to the tree of life, and may enter through the gates into the city.

## **The Bread of Life**

John 6:33 For the bread of God is He who comes down from heaven and gives life to the world."

John 6:51 I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world."

John 6:56-57 He who eats My flesh and drinks My blood abides in Me, and I in him. 57 As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me.

## **Other Scriptures**

Jeremiah 33:6-8 Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth. 7 And I will cause the captives of Judah and the captives of Israel to return, and will rebuild those places as at the first. 8 I will cleanse them from all their iniquity by which they have sinned against Me, and I will pardon all their iniquities by which they have sinned and by which they have transgressed against Me.

John 10:10 The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

John 20:31 but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.

Luke 9:56 For the Son of Man did not come to destroy men's lives but to save them." And they went to another village.

Proverbs 4:20-22 My son, give attention to my words; Incline your ear to my sayings. 21 Do not let them depart from your eyes; Keep them in the midst of your heart; 22 For they are life to those who find them, And health to all their flesh.

Proverbs 3:7-8 Do not be wise in your own eyes; Fear the Lord and depart from evil. 8 It will be health to your flesh, And strength to your bones.