

Source:OECD-2017

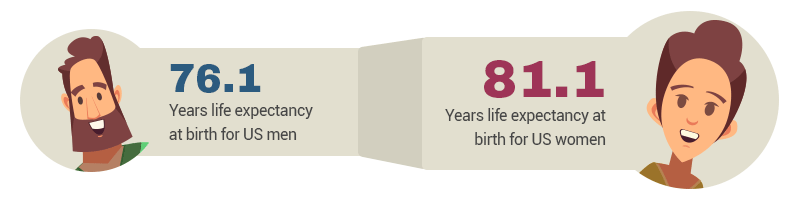
Harvard study, [HEALTH & MEDICINE](https://news.harvard.edu/gazette/section/health-medicine/)

Good genes are nice, but joy is better - April 2017

**April 11, 2017**

**Why the discrepancy of  
120 to 70/80 Years?**

* Psalm 90:10
* Prov 14:30
* Rom 8:6
* Prov 12:6/18:21
* Prov 17:22, John 15:11

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Centenarians: 343,000 in the World.

80,000 in the U.S. Source:U.N.2019

**What Does God say   
about the years of man?**

* Gen 6:3
* Prov 14:30
* Matt 15:11
* Prov 3:1-2
* Psalm 34:11-14
* Prov 4:20-22
* Matt 4:4
* Rom 8:6-7

**Redeeming your time on earth wisely  
Takeaways**

* Know God’s plan for the years of man on earth
* Understand what God says about how to maximize and increase your years on earth
* Realize you will be held accountable for ALL your words and deeds on earth
* Know how to effectively redeem your time on earth

The Word of God is clear that we should redeem our time wisely on earth. God’s Word in Genesis 6:3 is that man can live 120 years on the earth. Moses stated, based on his observation in the desert, in Psalm 90:10 that man’s days were 70 and some for reason of strength were 80 years. No matter the amount of time you spend on earth, there is one thing that is very clear in the Word of God; you are going to give an account of every deed you do in your body, (Matt 16:27), and you are going to give an account of every idle word you speak, (Matt 12:36). Because, God has forewarned us that we are going to an account of our life on earth, we should want to know how to redeem our time on earth wisely, (Eph 5:15-21). The Word of God is our lamp and light, our instruction book on how to use our time wisely, (Psalm 119:105, 2 Tim 3:16-17).

**DO**

* Seek God through His Word
* Do what His Word says
* Speak what His Word says

proactively and reactively

**USE YOUR SPIRITUAL TOOLS**

* Your mouth, Prov 12:6
* The Word, Heb 4:12
* Take authority, Luke 10:19, Matt 16:19
* Listen to the Holy Spirit, John 14:16, 26, 16:13

**How to fulfill God’s plan redeeming my time on earth-wisely!**

* Psalm 34:11-14
* Psalm 119:105,

Prov 8:34

* Matt 6:33
* James 1:22
* Matt 15:11, James 3:4,

Prov 12:6-7, Job 22:28,

Mark 11:22-24

* Use your TOOLS

**Why should I be concerned about redeeming my time wisely?**

“For the Son of Man is going to come in his Father’s glory with his angels, and then he will reward each person according to what they have done. Matt 16:27

**“But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken.” Matt 12:36**

**47**“If anyone hears my words but does not keep them, I do not judge that person. For I did not come to judge the world, but to save the world. **48**There is a judge for the one who rejects me and does not accept my words; the very words I have spoken will condemn them at the last day. John 12:47-48

**“For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished.” Matt 5:18**

“Moses was a hundred and twenty years old when he died, yet his eyes were not weak nor his strength gone.” Deut 34:7

**REDEEMING YOUR TIME ON EARTH – WISELY!**

**Ephesians 5:15-20**