

## How To Live Longer and Feel Better

### Scripture

“Do not be wise in your own eyes; Fear the LORD and depart from evil. It will be health to your flesh, And strength to your bones.” (Pr 3:7-8 NKJV)

### Devotion

Today one only has to watch a little TV to find numerous health fads. Eat organic food, take fish oil, drink this juice and scores of other things are promised to make you feel better and live longer. While following some of these recommendations may have some health benefit, you be the judge, God has prescribe something different.

He says departing from evil will be health to your flesh and strength to your bones. This is a proverb, and should be treated as such. Proverbs state the normal results if the counsel if followed. Normally, if you depart from evil, you will be healthier and live longer. That is not a promise because sometimes God intervenes for His purposes, and the one who follows the prescription may be taken through difficulties. Job is a perfect example. He was upright, but God allowed Satan to cause him great grief.

However, living longer and feeling better is a logical result of holiness. This makes perfect sense when you remember that sin is what brings about death (James 1:15). Other Scriptures bear this out. The Corinthians were becoming sick and some even died because they took the Lord’s Supper in an unworthy manner (1 Cor. 11:28-30). Also children have a promise from the Lord if they obey their parents. “Honor your father and mother, which is the first commandment with promise: that it may be well with you and you may live long on the earth.” (Eph 6:2-3 NKJV)

Therefore, the best thing you can do for your health is to obey God. Notice this proverb begins with the statement, “do not be wise in your own eyes.” We sometimes we think we can beat sin. We convince ourselves that God will look the other way or that committing sin will not harm us.

My dear friends, all sins have consequences. Listen to David’s soul anguish over sin. “Have mercy on me, O LORD, for I am in trouble; My eye wastes away with grief, [Yes], my soul and my body! For my life is spent with grief, And my years with sighing; My strength fails because of my iniquity, And my bones waste away.” (Ps 31:9-10 NKJV)

“My son, do not forget my law, But let your heart keep my commands; For length of days and long life And peace they will add to you. Let not mercy and truth forsake you; Bind them around your neck, Write them on the tablet of your heart, [And] so find favor and high esteem In the sight of God and man. Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” (Pr 3:1-6 NKJV)