



THE COMING GOLDEN AGE: "OLD AGE IN THE GOLDEN AGE"
Selected Scriptures

Getting Started

1. Most people would say they want to live a long life. What does *longevity* mean to you? Describe your ideal version of a long life.
2. Your picture of living a long life may not be limited to the number of years you want to spend on this earth. You may also desire to live a life that is healthy and energetic. In what way are you attempting to do this? How is it going for you?
3. Perhaps, you have been limited by health challenges. What have you learned by navigating these physical restrictions?

Digging Deeper

1. When did you first realize that death was going to be part of your life experience? How has accepting death changed the way you live your life?

2. Read (below) about the following biblical characters who lived *hundreds* of years. What external factors might have contributed to their long lives (e.g., genetics, climate, no ozone layer, etc.)? What about internal factors (e.g., stronger-knit community, healthy diet, more exercise in daily life, etc.)?

–Adam lived for 930 years (Gen. 5:5).

–Seth lived for 912 years (5:8).

–Jared, Adam’s great-great-great grandson, lived to be 962 (5:20).

–Lamech, the father of Noah, was 777 when he passed away (5:31).

–Noah, who was 600 years old when God flooded the earth, lived for another 350 years after that flood. He died when he was 950 (9:29).

3. Read Luke 5:12-13. How does this miracle of Jesus give us a preview of what He plans to do with disease and dying? In what way do you relate to the man with leprosy?

4. As you think about a new body and a life that is not just *long* but *eternal*, what would you like to do? Where would you like to go? Who do you want to do life with?

5. The books of Psalms and Proverbs have much to say about the way to live a long and vibrant life. Which of the below verses speak to you and what is important during this season of your life?

Psalm 34:12-14

Proverbs 3:1-2

Proverbs 4:10

Proverbs 10:27

Proverbs 16:31

