

A Long Life – God’s Promise

by Edmund Chein, MD,JD

According to the Bible, before Noah’s flood, many people lived longer than 120 years. Adam lived 930 years. The longest-lived human was Methuselah, who lived 969 years (Genesis 5:27).

The Bible doesn’t say why life span was so long at first. Perhaps it allowed for faster population growth, starting from just two people. In order to have larger families, people naturally had to live longer. Longer life spans also allowed knowledge to be preserved in a new world before writing was invented. In societies with no written records, the death of an elder would have been like the loss of an entire library.

During Noah’s time, however, God declared an end to these long life spans: “Then the Lord said, ‘My Spirit shall not abide in man forever, for he is flesh, but his days shall be a hundred and twenty years’” (Genesis 6:3). Today, the record age for humans is right at the 120-year level, just as God stated in Genesis.

Some scholars suggest that this 120 years referred to the time that would pass before the flood took place. However, God’s decision was made after Noah turned 500 in Genesis 5:32, and Noah was 600 years old when the floodwaters were on the earth, according to Genesis 7:6. Therefore, the flood took place within 100 years after God’s decision. So if the 120 years did not refer to the time until the flood, it must refer to man’s actual life span.

Many read Genesis 6:3 and expect that God would have implemented the change in life span at that time. However, as we read further into Genesis, we see that people continued to live much longer than 120 years after the flood. Some consider this an obvious contradiction in the Bible.

In fact, God did not say that the shortening of life span would be immediate. Life span gradually declined after God's decision to limit man's years, and Jacob, the father of Israel, became the last person in the Bible to live beyond 120 years.

From a biblical perspective, the long life span that God gave man before the flood allowed too much wickedness. By shortening the span to 120 years, God helped man to reduce the evil that individuals are capable of committing over long periods of time.

We can "hold God responsible" for his promise of 120 years if we do our job of checking "his temple in which the holy spirit lives" – our bodies (1 Cor. 6:19). If God intended for us to live to age 120, then at age 60 we should be in our prime. We should not have any age-related diseases. Like a car designed to run 100,000 miles, our bodies must be checked and cared for in order to operate properly until that limit is reached. The reason we prematurely suffer age-related diseases and die earlier than 120 is because we neglect checking the body, the "temple" that God gave us.

We have to check what "regular doctors" often missed. That means deficiencies in *hormones*, vitamins, minerals, essential amino acids, essential fatty acids, food allergies and presence of environmental metal and chemical toxicities (as these toxicities did not exist when God created the earth. For example, God did not create pesticides and phthalates - from plastic bottles).

If your doctor does not give you a prescription to do these tests, you can get one free by sending me an email at edmundchein@yahoo.com or check.your.hormones@gmail.com