

# Moments of Inspiration

## The Key to a Long Life

by Nicole Atherley

Many of us want to live a long and prosperous life. In the focus verse, a father is telling his son that life is found in his commandments and instructions. We often see this in parent-child relationships, so I believe we can all relate. 'Do not climb that old ladder!', 'Look both ways before crossing the road!', 'Do not talk and eat...you might choke!' When we are growing up, our parents try to give us warnings and instructions to preserve our lives and well-being. I daresay, some of us would not be alive if it were not for this.

Our Heavenly Father also asks us to keep His 'commandments and leave'. As we are no doubt, discovering in this series, the Book of Proverbs is full of such instruction! In fact, the Bible is chock full of tips for how to have a long life! Want a long life? Honour your parents (Exodus 20: 20; Ephesians 6: 2&3).

### Proverbs 7:2

Keep my commandments and live; and my law as the apple of thine eye.

Want a long life? Fear God (Proverbs 10: 27). Want a long life? Guard your tongue and treat people fairly (1 Peter 3: 10). Want a long life? Obey (Proverbs 3: 1&2)!

In addition, we have the gift of the Holy Spirit. He speaks to us every day, and in tandem with the Word of God, steers us away from folly and harmful incidents. Our obedience is critical to our longevity. The work of the Word of God and the Holy Spirit should therefore not be overlooked.

### Questions to ponder

How much do I lean in the Word of God in my daily life?

How open am I to the leading of the Holy Spirit?