



The Secrets of  
**Long Life**

# Over Coming Your Temptations

**“I Will Have a Long Life  
If I Take Care of My Body”**

*Ecclesiastes 12:1-7*

# The Teacher in Ecclesiastes Has Led Us On a Frustrating Journey!

"A man can do nothing better than to eat and drink and find satisfaction in his work. This too, I see, is from the hand of God,"

(Ecclesiastes 2:24)

"So I saw that there is nothing better for a man than to enjoy his work, because that is his lot. For who can bring him to see what will happen after him?"

(Ecclesiastes 3:22)

"So I commend the enjoyment of life, because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun."

(Ecclesiastes 8:15)

"Be happy, young man, while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you to judgment. So then, banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless."

(Ecclesiastes 11:9-11)



If there is no abiding meaning in our existence, perhaps we should repress the question and grab whatever enjoyment we can out of life today.

## Abundant – But Not Painless

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

(John 3:16)

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

(John 10:10)

While the bible promises an abundant life, it never promises life without care and suffering.

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Actually, becoming a Christian increases our pain.

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**The Abundant Life: You Should Have Read The Fine Print**

"Remember your  
Creator in the days of  
your youth, before the  
days of trouble come  
and the years approach  
when you will say, "I find  
no pleasure in  
them...Then man goes  
to his eternal home..."

Ecclesiastes 12:1-7

## Death's Intrusion...

We will age and Die

### Three Metaphors

- ❑ Darkening Gloom of a Coming Storm (v. 2)
- ❑ An Increasingly Dilapidated House (vv. 3-5)
  - Strong Men and Women of Leisure
  - Male & Female Servants
- ❑ Silver Cord & Golden Bowl (v. 6)

# Death The Ultimate Nemesis...?

- ❑ Ecclesiastes 9:1-3
- ❑ Romans 5:12
- ❑ Philippians 2:6-8
- ❑ I Corinthians 15:54-55

## **But For Christians**

Life Follows Death

Resurrection Follows Death

**We Have A Certain Hope!**

"When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: "Death has been swallowed up in victory." "Where, O death, is your victory? Where, O death, is your sting?"

(II Corinthians 15:54-55)