Son Can LONE LONG

SECRETS TO A LONG AND FULFILLING LIFE

AMOSFENWA

Can LIVE LONG

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YOU CAN LIVE LONG

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DEDICATION

his book is dedicated in the name of our Lord Jesus Christ, to all men and women who aspire to live their full allotted life fulfilled.

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INTRODUCTION

MANKIND – A SHOCK OF CORN IN HIS SEASON

"Thou shalt come to thy grave in a full age, like as a shock of corn cometh in his season." Job 5:26

Do you know anyone of sound mind –given by the Spirit of God, who desires a short unfulfilled life? I certainly don't! Every child of God is entitled to the covenant of longevity; anything that negates this reality is not of God and must be resisted prayerfully.

All the luxuries of this world are geared towards making life comfortable and enjoyable and it is generally unattractive to surrender life without a fight. That's why people can go to any length to be in good health as the bible recommends.

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." 3 John 1:2 (NKJV)

Abraham and all the patriarchs of faith enjoyed long life. He died at 175 and bore six more children from Keturah, the wife he took after the death of Sarah. The bible holds accounts of their lives and the retirement to their graves in old age is a proof of one thing – long life is a blessing from God. Even Sarah who was Abraham's wife being the only woman whose age at death was recorded in the bible lived for 127 years. (Genesis 23:1)

It is important to note that premature death is not just about dying early; it is also the inability to fulfill one's destiny. Sadly, many people only exist —they are not living. They have no achievements to show for the minutes, days, and years spent on earth. Truth is it is not God's will for His children to die untimely. At the age of thirty-three and a half, our Lord completed his assignment on time and left right on time, enough for the work of salvation to take its full course without delay. That, was a life lived in fulfillment.

The rate at which children become orphans first by the loss of their fathers is at a higher rate than losing their mothers first; this is a common phenomenon in West Africa where I come from.

There is an alarming rate of people dying before their time these days. Statistics show that the death rates in 2018 in the United State of America (per 100,000 of population) between the ages of 35 – 44, male deaths were 249.5 to 140.2 for women; Ages 45 - 54 recorded 491.8 for men and 302.5 for women between Ages 55 – 64; 1,119 to 670. What a drastic figure! What could be responsible for this and how do we handle such a negative reality?

What are the scriptural principles laid by God for every human to enjoy longevity? This book answers this question as it provides you with deep scriptural insights to a long and purposeful life.

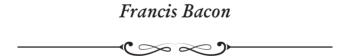
The principles and gems in this book are very important and I have seen them work powerfully in my own life. I genuinely pray that you do not just purchase, read this book and put it back on a shelf but that you read it regularly as you recognize God's purpose for your life, then align with it and live the life that God has designed for you.

Amos Fenwa



HOW DEATH WORKS

"Men fear death as children fear to go into the dark and as that natural fear in children is increased with tales, so is the other."



ONE

DEATH: LIFE'S OPPOSITE

"And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee. There shall nothing cast their young, nor be barren, in thy land: the number of thy days I will fulfill." (Exodus 23:25-26).

As we embark on a journey right in this book, one of the most reassuring things I'd like you to know is this-God had a plan and a design for you, even long before your mother conceived you. God's initial design for Adam was that he would live forever, however Adam in disobedience tossed away the original intent of God for him when he fell for the devil's lies. If there is one thing the devil is set out to do on earth, it is to kill, steal and destroy (John 10:10) and this includes the destinies of people, especially those who have great

things to accomplish and are born again by the Spirit of God; people like you and me.

In the scripture, the first violent demonstration of the devil in aborting destinies was recorded in the book of Genesis 4 verse 8 when Abel was murdered by his only brother at that time, Cain; a destiny cut short in its prime. To put this in perspective, the whole community of human beings on earth was just four: Adam the first man, Eve his wife, then Cain and his younger brother, Abel. Everyone could account for their movement. So what excuse could anyone give for one of them to be missing? Yet Abel was murdered.

This act of murder still prevails in our society by men and women who have sold their souls to the devil. However, do not let that scare you! You are marked for long life because our good God reassures us in the scripture above – "The number of your days I will fulfill," –there you have it!

If you do not know this, know it now; God is faithful to keep His word but there are certain things you need

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to know and understand that would help position you to receive and live the life God has designed for you.

Now that you understand life, what is death? How does death work? It is important to know that a man can either die by natural causes or supernatural causes. Some of these causes are familiar to you but they need to be reiterated and they are just as important to know as the scriptural principles that I will show you soon.

Suicide

More than 700,000 people die due to suicide every year. Almost every day, an alarm trips off on the streets of social media about the roaming agent called 'suicide'. There are so many reported cases of people jumping off a bridge, taking poison, dying by self-hanging, etc. The reasons for these acts have been tied to harsh living conditions and heart breaking circumstances and understandably so. But, this is contrary to the will of God for any man and definitely not the answer nor end to their troubles. Why? God is the owner of life hence whoever kills him/herself will face His judgment and be in danger of hell.

As the head of your home, I understand the pressure that comes with working, dealing with hard and intolerant superiors coupled with the pressure that comes from meeting the needs of your immediate family. Sometimes, you need a break from everything and in that moment where there is a tug of war in your heart between leaving a hurting family behind and leaving a hurtful world; suicide becomes an easy way out.

Have you ever contemplated suicide? Or did you contemplate suicide recently? Let me tell you this, God needs you alive and you are in His plans. Everything will fall in place sooner than you think. Hold on and don't give up on God just yet.

■ Murder

This act of wickedness need not be dwelt on because of its evil nature. The devil has sown the seeds of hatred and insensitivity in the hearts of men that the life of another does not matter anymore to them.

■ Fear

This is a huge factor that is not widely talked about. In fact any strong emotional reaction can trigger fatal

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amounts of a chemical, such as adrenaline, in the body. It happens very rarely but it does sure happen! Writer, Yoda once wrote about fear saying *'Fear is the path to the Dark side. Fear leads to anger, anger leads to hate, hate leads to suffering"* and I dare add that *"suffering leads to death"*. When you let fear cloud your mind or take over your life, it kills you before your time.

Have you noticed how your blood level gets shot up? The amount of adrenaline that runs! Have you heard of stories of people who slumped and died as a result of anxiety and panic attacks because of news they heard? Many times, a lot of people die from fear than death itself! I'd like you to note one thing about fear —It heralds the presence of the devil. The scripture says we have not received the spirit of fear but of a sound mind. Fear promotes negative imagination and easily turns them into reality with disastrous consequences.

1 John 4: 18 "There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."

As a believer after God's heart, there is only one report you should believe and that is God's. The devil gives information to scare and to plant the seeds of fear in your heart, do not allow it. Know this; if it does not give you peace, it is not of God.

■ Breaking Natural Laws

When you break the law of gravity by jumping off a very high building or a cliff, death is certain. What am I trying to say here? I have read about unbelievable situations where a motorist refused to stop at a railway intersection despite a traffic warning, only to be crushed by a moving train. People who are addicted to adrenaline rush may try such presumptuous acts when simple obedience is way less costly. As mundane as this is, it has taken more lives than you can count, I am certain that your active social media life has provided you with news relating to this, many times. You have a responsibility to obey the natural laws put in place for your safety. Such as, obeying traffic, not taking calls when you are driving, watching carefully before crossing the road, eating right, etc. these are less expensive things to do that will cause you to work in the reality of longevity.

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Sickness and Diseases

Statistics prove that not everyone who goes into hospital comes out alive. In advanced countries, governments have quality health facilities to take care of their citizens, but the opposite is the case in under developed and developing nations. Nigeria in West Africa, which is my country falls under the category of nations with poor health care facilities and if you are reading this book from a place like mine, you'd agree that it is important to practice personal hygiene so that we don't die from even preventable diseases. If you have not started this, you need to practice eating healthy food, and regularly partake in the Holy Communion which re-enforces our divine immunity against sickness and diseases.

■ Aging

The older you get, the closer you are to the grave. It is a natural progression of life. However, growing old is not designed to be a curse rather it should be approached with grace —A purposeful life is a blessed aging life laced with grace.

Proverbs 20:29 "The glory of young men is their strength, and the splendor of old men is their gray head."

I am reminded of a true life story about a certain man who died at the age of 82 and his children insisted that he was killed! His sons were very angry, saying to anyone who cared to listen "They killed our father..." What they have failed to accept is, at certain points in our life, parts of our body will show signs of ageing. Your eyes may get dimmer at 50 and that is not the devil; that is age. Death will happen to everyone eventually and as Christians we must live prepared because it means that we would be in a glorified state and be united with our heavenly father.

So, what happens when you take cognizance of everything mentioned above but receive a revelation or word that speaks of death looming in your corner?

More than ten years ago, three people dreamt that I died; my wife, a pastor friend who lives abroad and a church member. You are probably curious to know what happened next, since the scripture speaks about establishing a truth in the mouth of two or three witnesses (2 Corinthians 13:1). I'll get right into it after these causes.

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Accidents

In continuation of the ways that death strikes, accidents are unplanned painful incidents that bring different degrees of discomfort or in some cases, death. This may be a fire accident, motor accident, plane crash, etc.

Job 5:7 "Yet man is born to trouble, as the sparks fly upward."

To avoid accidents, we must take precautions that can help us minimize risks or reduce its impact.

■ War

A bomb can kill more people than a single bullet ever could. For instance, it was estimated that six million Jews perished in the Second World War. Also, many lives are lost in Africa and the Middle East today due to terrorist acts and military conflict. In Nigeria, a religious sect recently began to attack churches with bombs and guns. Citizens of a land with the rights to elect leaders must perform these essential duties objectively while praying for peace because we cannot live in isolation from others. If we ignore this aspect of our lives, many will die or suffer needlessly.

Jer. 29:7 "And seek the peace of the city whither I have caused you to be carried away captives, and pray unto the LORD for it: for in the peace thereof shall ye have peace."

Of course, everyone will die through or by any of the means I've addressed but there are powers that want people to die before their time. The bible tells of how Joseph's brothers plotted to get rid of him, proving that enemies can spring up even from your own family.

This is another reason we must live always in the consciousness of heaven. Our eternity and where we spend it should always be a priority.

STEPS AND PRINCIPLES TO TRIUMPH OVER DEATH

Now, let's get right back to my story. It is important to let you know that there are certain scriptural patterns and principles that worked for me in regards to this revelation. I am certain that as you apply these principles, you will walk in victory over death.

Step 1: Find the Pattern

Then I told my wife, the pattern that exists in my

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family. By God's special grace and promise of longevity, we do not die young in my lineage. My father died at the age of 70 and he was the youngest among all that had passed on in his family, his siblings died in their 80s. My mother, who is well over 90 years old, is still alive and well. Long before now, early death has never been a pattern in my family and it will never be, and so I continued to declare that truth with boldness.

Is there a tragic pattern in your family? Do people die a certain way or at a particular period in their lives? Is there a pattern of people dying right before a big breakthrough or just when it's time for retirement and rest? Do your research and ask the Holy Spirit to reveal these secrets. The scripture calls the Holy Spirit, the revealer of all things. Stay rest assured that He will show you these patterns and you just might be the first family member to notice it and break the chains by the help of the Holy Spirit.

Step 2: You are your own Health Manager

This is a truth that is slowly becoming underrated by young Christians. Yes, I believe in divine health. I believe that you can spend your days on earth

completely free from illness. Yet, this does not give anyone the right to misuse the vessel (our bodies) by which God has placed us in for His use. We have a role to play called the *health manager* as I like to term it and we must start to take this responsibility seriously.

This is an understanding that I live by. I do not fail to get a full body check-up annually and I keep records. I don't delay or take these yearly visits for granted as I'm not careless about my health because I understand the responsibility that I have to steward the body God has given me to fulfill my assignment. On the last day, you will give an account of how you used your body.

Step 3: Intense Prayer and Fasting

The next thing I did after observing the patterns in my family and keeping check with my health records was going to God in prayer, and revelation came. The Lord, my Abba, told me that there were some household and 'church-hold' enemies who wanted to end my life, so I started a personal fasting and prayer program to stop their evil plans. This is a gem and principle that many tend to ignore. It is not a fun thing to do and your body would naturally not want to

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participate in that kind of activity but here is the truth, the bitter truth –you need it! This is one of the most potent weapons in spiritual warfare. Today, I pray that you are endued with the strength to fast and to pray.



LIVING ABOVE THE NATURAL

"The destination is a happy life, an accomplished life that does not end with death but with eternal life."

- Angelo Scola





UNDERSTANDING DIVINE LIFE

"For God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16

I remember as a pastor's kid, one of the scriptures I had to know by the art of memorization was John 3:16 asides the very popular Psalm 23. At the time, I did not fully grasp what the passage meant, the only thing I knew was that I could not 'fall hand' in Nigeria parlance which means to disappoint as a pastor's kid. We had to know the scriptures by head and not by heart to save our father's face from shame and to maintain the good image of being special in God's hands.

Thinking about it now, my lackadaisical attitude towards God's word at the time did not only make me do things that were against the beautiful promise God made in that scripture, it robbed me of experiencing that everlasting life early enough on earth. The scripture above is one that you can read by heart, you have probably heard it since you were a child or much younger. The regular morning crier that evangelizes on your street has created an anthem with it but are you just as I was many years ago? Do you understand it at all? Do you understand it enough to know how it affects your longevity here on earth?

Let's have a recap. What is Everlasting life? Everlasting life is the life that lasts from generation to generation; a life that death cannot penetrate —this is one of our redemption packages. It is possible for a child of God to remain healthy without falling sick because of this divine life.

Moses, the man who saw God on the Mount Sinai lived for a hundred and twenty years without falling sick or using glasses despite the enormity of his tasks and daily schedule being the first leader of an emerging nation.

UNDERSTANDING DIVINE LIFE

To understand divine life, we must look at what it is not and the very things that stands in the way of its expression in the life of a believer. I believe that the foremost of them all is sudden or protracted sickness. Disease kills. A person can be a victim of sickness and die before their time.

Some time ago, I gave a Word of knowledge while ministering and a woman came to see me afterwards. When I asked her why she did not come out at the time when I called her case, she answered saying, she did not come out because she had made up her mind to die.

I was puzzled so I asked, "Why do you want to die?" She kept insisting that she had chosen death. So, I asked if she had money, she said "yes". And then, jokingly, I asked if she would write a cheque with all the money in her account for the ministry instead. She laughed and then we got down to the real issue.

Here is her story.

Sometime ago, she was ill and she needed a blood transfusion at the hospital. Sadly, she was given a

blood that had not been properly screened –that was how she got infected with HIV and lost her only son as a result. Her husband left her when she needed him the most. As a result of these events, she stopped taking any medication that could help lengthen her life.

I encouraged her with scriptures, told her to resume her medications, held her hands and prayed for her believing that God would do a miracle.

You see, these things aren't trivial. It isn't just a headache, illness, etc. they pose as real threats to your life on earth. Sickness isn't only a physical reaction to something; it ranges from myriad of spiritual attacks too.

Emotional Sickness

Prov. 17:22 says "A merry heart does good, like medicine, but a broken spirit dries the bones." When you realize that you are starting to be disturbed emotionally, be careful because it can lead to sickness. The Prophet Nehemiah says in Neh. 8:10 "...for the joy of the LORD is your strength". In other words, living in an atmosphere of joy is very important for

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your health. As Christians, our joy is not derived from a car or enormous cash in our pockets but from our relationship with the Lord. Much worry about money can bring sickness. Praise and worship settles a whole lot of things. It does not only lead us to God's presence, but it also brings us joy and happiness alongside everything that dwells in God's presence.

Contaminated food and water

What enters your mouth determines your outlook. 2 Kings 4:40 "Then they served it to the men to eat. Now it happened, as they were eating the stew, that they cried out and said, "Man of God, there is death in the pot!" And they could not eat it." Many people have fallen sick due to what they eat and drink. That's why we ask God to bless our food and water before taking them according to His promise in Exodus 23:25.

Inherited sickness

It is a known fact that the sickness of the parents can be inherited by the children. This is genetic because there are sicknesses that can be transferred from the blood line. But you must confess regularly thus: "I have the life of God inside me." Be careful who you

marry, and the family you marry into.

Not knowing your limit

Cars have limits and humans have limits. It is important to know your limits too. If you understand how your body works, you will hardly fall sick. The body system of some persons is designed to work for 15 hours while some can only work for 6 hours. Going beyond your limit can cause a fatal break down of your body and drive you to a mental breaking point too.

One of the most celebrated Nigerian footballers, Kanu Nwankwo, had a successful career despite having a delicate heart surgery because he knew his limit. He rarely played for 90 minutes but came in as a substitute who always made impact with his net breaking goals within that limited time.

Living in an unhygienic environment

Your environment affects your health. The kind of people that you live with, the kind of activities that takes place in that environment such as smoking cigarettes and marijuana, living in a mosquitoes infested area that breeds out of dirty and water-

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logged places, a place without ventilation, etc. can be very hazardous to your health. I remember a man suffering from asthmatic attacks for years realizing that it was caused by the peeling paints inhaled regularly in his very small and dark office cubicle with no window and inconsistent electricity. Don't be a hindrance to your experiencing long life too.

Demonically-initiated sickness

Luke13:16 "So ought not this woman, being a daughter of Abraham, whom Satan has bound--think of it--for eighteen years, be loosed from this bond on the Sabbath?"

In the scripture above, it is evident the woman was not born with that problem. The enemy attacked her, and she couldn't move straight again. Some people get attacked in their dreams and see the physical manifestation when they wake up. It is the work of the devil and subjects of his dark kingdom and this is why we are given the spiritual power of attorney in Luke 10:19.

"Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy:

and nothing shall by any means hurt you."

Having a clear understanding of divine life makes it easy for you to tap into divine health. John10:10 is an assurance from our Lord. "The thief cometh not, but for to steal, and to kill, and to destroy I am come that they might have life, and that they might have it more abundantly."

This is a life that sickness can't penetrate, molest, or destroy. You are entitled to it!

SPIRITUAL FACTORS THAT AFFECT LONGEVITY

The experience of people, the collation of human history together with biblical precepts, have made it possible to project factors that contribute to premature death among humans. Let's examine some of them below.

Disobedience to parents

Exodus 20:12 "Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you."

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Your parents may not be born again or might have certain characters you do not approve of; you are obligated still to honour them. Give money and materials to your parents for doing so will bring you blessings. This is also applicable to your spiritual parents. Spiritual parents are the people God uses to bring and train you up more in-depth in the Lord and they are to be a covering over your life. It is a well-tested spiritual principle because the Devil can take advantage of this disobedience to attack you.

Ephesians 6:1-3 "Children, obey your parents in the Lord, for this is right. Honor your father and mother," which is the first commandment with the promise: that it may be well with you and you may live long on the earth."

■ Failure to walk in the way of the Lord

You are expected to walk according to the standard of God's word, not human standard. The wisdom of God surpasses human reasoning.

Deut. 5:33 "You shall walk in all the ways which the LORD your God has commanded you, that you may

live and that it may be well with you, and that you may prolong your days in the land which you shall possess."

The path of the Lord is life. Scripture points the narrow way as the way that leads to eternal life. Failure to tread the path of God leads to untimely death and a short life filled with sorrows.

Failure to train your children in the way of the Lord

There are reported cases of parents falling ill to the point of death because of the children that they refused to train in the way of the Lord. Training up a child in the way of the Lord is a great investment. Values are great! Moral decency is fantastic! But, nothing beats having a child who knows the Lord and loves the Lord. The scripture speaks about the premature death of Eli, the High Priest in Israel. You need to train your children well - "that your days and the days of your children may be multiplied in the land of which the LORD swore to your fathers to give them, like the days of the heavens above the earth." (Deut. 11: 21)

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■ Failure to control your tongue

I Peter 3:10 "For He who would love life and see good days, Let him refrain his tongue from evil, and his lips from speaking deceit."

What you say can literally make or mar you because your words can give life. Stop speaking carelessly; watch the way you respond to issues. Be positive in your speech. Don't talk against the people of God. What you say will always have an impact on the number of your years. A young man from another country went to David before he was made King to announce the demise of King Saul. By the time he finished his story, he was briskly executed on the orders of David.

2 Sam. 1:16 so David said to him, "Your blood is on your own head, for your own mouth has testified against you, saying, 'I have killed the LORD'S anointed."

Refusal to serve the Lord

You must serve the Lord to live a long and fulfilling time on earth. How deeply are you involved in the work of God's kingdom? Are you doing the bare

minimum or really looking to serve with your time, talent and resources? You should be a kingdom servant as this elongates your days here on earth.

Sometimes it is a sacrifice. A service that costs you nothing will give you nothing. Service is important. Decide to increase your service to God as from today. Hezekiah, the King of Judah was able to gain additional 15 years because of his service to God. When you are serving God, you are 'un-killable'! When Isaiah told King Hezekiah to put his house in order because he was going to die, Hezekiah turned to God right there on his sick bed and said 'Lord, I cannot die now. I'm serving you...' He was counting what he did before the Lord, and heaven changed the verdict immediately.

The question is: What can you confidently say you are doing for the Lord? Will the church miss you? Will God miss you? What department are you? What are you doing in church? Anywhere you find yourself, make yourself so indispensable in that place that when you are not around people will feel your absence, especially in church. And the Lord will prolong your life.

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I used to have a friend who shared his testimony with me. He was involved in a terrible motor accident that took the lives of everyone else on board. As his soul was leaving his body, an angel stood before him and said "You cannot die now. Get back inside your body. If you go now, who will be playing the trumpet to glorify God in your place of worship? Go back!"

According to him, as his soul touched his physical leg, he came back to life. Immediately people shouted, "One of them is alive...he is alive!" That was how he came back to life just because he blew the trumpet in the house of God.

What he was doing for the Lord became heaven's reference point. After his near-death encounter, people were puzzled to see him in church before others and playing the trumpet like his life depended on it. He knew that he was living a borrowed life and that he was saved by the mercy of God.

What would God say about you? Whatever your gift and talent may be, you are to use it to serve God. I declare you shall fulfill your days!



DURATION

"No one can predict the quantity of a lifespan but we can affect our quality of life exponentially."

- Johnnie Dent Jr.





WHY MANY SUFFER A SHORTER LIFE SPAN

"And it came to pass about ten days after, that the LORD smote Nabal that he died. And David heard that Nabal was dead, he said, 'Blessed be the LORD that hath pleaded the cause of my reproach from the hand of Nabal, and hath kept his servant from evil: for the LORD hath returned the wickedness of Nabal upon his own head'. And David sent and communed with Abigail, to take her to him to wife." 1 Samuel 25:38-39

One day, David was in trouble. He was in the wilderness with no food supplies, and he needed Nabal's help but Nabal was proud and disdainful to David. David would have killed Nabal at the time if it wasn't for Abigail, the wife of Nabal. She was wise and moved quickly enough to calm David's anger by taking more than enough supplies to David and his

men. Her actions saved her husband and family from David's retaliation. Still, Nabal, her husband, died soon after. The bible says that God killed him.

Between the two sexes God created, when you study the World Health Organization's reports, you will come to an astonishing discovery that more men die earlier than women. That experience challenges the biblical expectation of longevity. So I expect the men to be much more concerned about their health.

Unlike any other thing treated in the preceding chapters, this chapter deals with the real life practical phenomenon that affects people by either their intentional actions or the ones committed out of ignorance.

1. Curses

There are men who have abused women sexually. For instance, a man who impregnates a woman, and forces her to abort the unborn child; and in the process loses the lady as a result of the procedure is in the danger of receiving a curse. It is possible that nobody knows anything about it but let me assure you that Heaven has recorded it.

"This man is responsible for what happened, and I, the Judge of the earth, shall judge."

Likewise for a woman who willfully engages in promiscuous lifestyle leading to unwanted pregnancies and ending up in acts of abortions. This is detestable to God.

When Heaven sets out to judge a person, no man can outrun or avoid that reward. Heaven's justice may not happen at the time or in the way we desire it but it will definitely come to pass. This is why as a man or a woman, if you want to live long, live right!

Curses, even from your own wife, should be avoided. Never provoke your wife to the extent that she will curse you. Some men scoff when their hurting wives say some deep statements to them, believing nothing will happen, the thing is, they could be wrong. Do you realize that most women are more spiritual than the men? So, if your wife looks at you and pronounces a statement like 'You will not succeed', I would advise you to plead with her and ask for a reversal of that pronouncement.

Life is spiritual! Don't take it with levity!

Beloved, you must live a life of good conscience and justification before God when you are dealing with your spouse. It does not matter if a woman is small or big, be careful how you treat her if you want to live long. Do not get yourself cursed.

A young lady was dating someone when she discovered that she was pregnant. When she broke the news to her boyfriend, he rejected her. She was forced to get an abortion and in the throes of pain, she cursed him. They broke up eventually and went their separate ways. He encountered a man of God years later who told him that he had been cursed. He was advised to go and ask for her forgiveness. His life was not going according to plan because he was laboring under a curse.

You need to be very cautious as it isn't all women that are Holy Ghost filled. The way you manage a relationship with a woman is important. If you manage her well, she will be positive and she will go in any direction you want her to go.

Patience is the #1 requirement to maintain peace in our homes if you desire to live long. As much as men of God pray for you, your relationship with God goes a long way in determining the answer to those prayers. It is about the life you have lived with somebody you are in a marriage covenant with. Curses from women can cut your lifespan short. Some men have maltreated women and ignored angry curses from those that felt used or abused. These men don't fast or pray about the situation, instead they mock these women. They also do not have a serious and personal relationship with God. They have made their egos god and they suffer the consequences of their ignorance. Every woman is not like your wife. Do not think they will love or respect you like your wife. Be careful with them.

My brother told me a funny but very serious story that I've never forgotten. I consider it a life lesson.

Many years ago, he was the leader of a choir in a church somewhere in Africa. One day he was rehearsing with the other choir members when he noticed a girl sleeping when she should have been singing with the rest. He woke her up and asked why

she was sleeping during rehearsals. She ignored his questions, basically belittling him so he instructed her to stand in the front of the group till the end of the rehearsal.

That night, the young girl appeared to him in a dream. She said 'Choirmaster, now get up and let us fight'. In that nocturnal encounter, she lifted him high and tossed him on the ground. According to him, he tried everything to wrestle with her; he just couldn't. Why? The girl was more of a heavyweight in the spiritual realm than he was.

When my brother woke up in the morning, he started feeling pains all over his body. He told his pastor at the time immediately who said "You underestimated that pint-sized girl, but she is hot in the demonic kingdom," meaning she was heavily possessed yet she was in the choir. Her choirmaster who is supposed to be a father figure weighed nothing in the spirit.

Truth be told, a lot of men are unserious about spiritual things. They barely spend time praying unless pressured by their wives; they don't attend church services or participate in church activities.

They do not pay their tithes and engage in other spiritual activities because they don't see the need for them.

That is why the wealth and riches of some men can be traced to a secret society or some prophet who prays for them in exchange for cash payments. There is a limit to what any prophet can do for you if you do not have a personal relationship with God. God wants your time with no restrictions.

2. Demonic Covenant

One of the greatest needs of a man is money. I have seen men die quickly because of the raging desire to go through the short-cut in order to get wealth that eventually lands them in trouble.

I know that having a lot of money and a great job validates the sense of manhood and helps our ego. I have also discovered that one of the toughest challenges that can happen to a man is to lose his job or his means of livelihood. No marriage survives easily when the woman makes more money than the husband. I'm not saying it is impossible, but it is difficult.

One day, I was giving counsel to a woman and she said: "Sir, I'm trying my best. I pay the children's fees, the rent, ensure there is food in the house, and even give some money to my husband; yet he is still unhappy". I told her no man would be happy, being fed by his wife, I wouldn't either! I'd prefer to perform my obligations as the provider in my home. There are good women who will take on the roles if they must, but no man finds pleasure in that, especially when it becomes a long-term situation.

By divine design, the man should be head in everything, and the head is the control center. It is commonly said that he who pays the piper dictates the tunes. Therefore, if you cannot pay, you don't get to dictate. To control and manage a family, you need more than a baritone voice. You need money.

People enter demonic covenants because they want to be rich. You don't need that as a child of God because God has made provisions to bless you if you will do things that attract His blessings.

3. Betrayal and Backstabbing

When you engage in acts of betrayal and

backstabbing, you are regarded as a traitor. This means that you reneged on an agreement with someone or people. One of the reasons people are killed by assassins is when they renege on agreement.

Many years back, something shocking happened at the International Airport in Lagos, Nigeria. Armed men stormed the airport and killed a man, disregarding the crowd of people milling around. It was broadcasted widely. Investigations later showed that the man was in business with some people, he tried to withhold their cut from the profit. He bought a ticket and was trying to check in when he was killed by assassins, hired by his business partners. It was not "the enemy" who killed him, it was his greed. His greed kept him from honoring his part of the agreement.

Never go into business with people without proper agreements and contracts that will hold up in court. A gentleman's agreement isn't good enough anymore. You may be very smart, but I can bet that you're not the smartest man or woman alive. Your "smartness" may not hold up in court, but a legally binding agreement will.

Proverbs 17:13 says "Whosoever rewards evil for good, evil will never depart from his house." It is better to have little with a rest of mind, than to have much without peace. What makes God fight for you is not your 100 days of fasting; neither is it running after one 'powerful' prophet. As much as God honors those, God fights for you when you fulfill what is expected of you.

4. Selfishness and Self-centeredness

Many men and women of substance especially, could not live long enough to enjoy their families simply because they were too selfish. They failed to care for their immediate families and behaved irresponsibly.

For instance, if a man decides to get married, then he has a responsibility to take care of the wife and children. I asked God why He judges men like that, and He said to me "you choose your wife; you don't get to choose your parents." You choose your wife and the number of children you want so you must commit to taking responsibility for these choices.

You meet a woman and make all manner of promises to her. God hears your promises to love, protect and provide for her and the children you will both have.

When you stand before friends, family or an officiating minister taking a vow, God hears you as well. A vow is a pledge, a promise, or a bond. It is sacred, not to be taken lightly and that is why you must stand by your word and take good care of your woman.

Many rich people have died untimely because they refused to cater for their family. First, they died before their time; secondly, they died in shockingly tragic ways. Examples exist all around us.

It is commonly reported in the social media how some men will leave their family at home unfed and go and hibernate with their mistress only to die on top of the woman in the very act. It could be that an angel of vengeance clubbed them to death. It's not a laughing matter at all.

It is your responsibility to properly manage your home and I pray you receive the divine grace to sufficiently achieve that. Don't be selfish and self-centered in your dealings with your family. Invest in them as God has dictated.

5. Wife-Battering by Men

There are men who died early because they beat their wives, cheated them, and broke their vows.

Some men marry women they don't understand and make things worse by making no effort to understand them. How can wife-battery be a true sign of strength? How does humiliating your wife prove your leadership abilities? If you are reading this book and that's how you treat your wife, I advise you to change today or risk losing your life prematurely! I'm not saying that men have no right to get angry with their wives. Of course not! However, a wife's role does not include controlling her husband's mind or emotions. It is your duty to manage your emotions! Why should a wife get blamed every time her husband loses his temper and does terrible things? It's time to take responsibility for your actions and change.

Wife-batterers beat their wives and try to justify their actions with "she insulted me" or "No one talks to me like that". Immediately there is an issue, they are consumed with a desire to defend their ego and prove a point.

A particular man would beat his wife so badly and leave her bleeding and broken. The next day he would act like he had little or no knowledge about it, even taking her to the hospital. It went on for a long time till he stopped thriving. His business stopped booming and his wife left him. Men who engage in this activity end up regretting it because they alienate all those who should love them, rob themselves of peace in old age, and are resented by their children who blame them for their own problems. It is not worth it.

6. *Influence of Bad Friends*

Many men and women died before their time because they copied bad behaviors from friends. They caved under pressure to fit in or look cool and in the process abuse dangerous substances, engage in gambling, drink recklessly; the men womanizing and the women prostituting among other things.

God's idea of friendship is a collaboration that builds up character instead of tearing it down. A man once said to me, 'I'm a social drinker. I only drink when I'm with my friends and when we share things together.' If you are a child of God, there is no such thing as a 'social drinker'.

I was speaking to a lady recently. In my dream the previous night, she was driving drunk and got in a fatal accident. I told her what I saw before asking her if she drank alcohol. She replied that she did and that she had the same dream too. I advised her to stop drinking immediately and prayed for her as well.

Stop procrastinating. Today is a good time to review your circle of friends so you don't end up misled and in danger. Some men, in a bid to avoid trouble, cut off friendships altogether. I do not advise it because we need friends to share our lives with; nevertheless, it's still it's your choice.

Do your friends make you feel better or bitter? Do they give you godly advice? Does your gathering align with the instructions in Psalm 1:1?

"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful."

This is very important!

7. Stealing and Taking Advantage of Others

Never take advantage of others even if you are their boss at work. If you are a leader, be careful how you manage people. Do not steal time, resources or funds that do not belong to you just because others have done it, your predecessors did it or you are in need. Never forget that every good leader must have a better successor.

8. Moving Out of God's Protective Cover

Some people die because they are not under the covering of God's protection. They live without God, and so the devil kills them prematurely.

When Saul died, David made a statement in the bible that "...How can Saul die as though he was not anointed?" This means that if the oil is on your head, you cannot die before your time! Psalm 20 says "...the LORD saveth His anointed."

When you are under the covering of the Almighty God, you will live your life enjoying divine protection. That means you will follow God's instructions as he supplies them. He will lead you in the way you should go, and you can rest in the confidence that you will not be led astray.

Many people claim to be Christians but are not spiritually serious. They don't make the things of God their priority. Their priority is how to make more money and enjoy their lives. God is not number one on their priority list. He is not even on the list at all! Their mantra is, 'I don't have time!' or 'I'm too busy.' The reason why some people are struggling and working so hard with little to show for it is because they don't create time for God.

May you not find yourself outside His divine covering! You must always live under the cover of the Almighty.

9. Wives Operating Under Diabolic Influence

Many men have become victims of marriage to wives operating under diabolic influence. If you are a father or mother of advanced age, I implore you to manage how your sons and daughters get married. Don't wait until your sons start bringing potential brides home to meet you or do not wait until they have proposed because that will be too late. There are spouses who can cause your business life to convulse until it dies or even disable your ability to live long.

Sometime ago, I had to deal with a case in one of our foreign branches. A man left his wife, abandoning his home. "A Prophet" had told him that his wife had a covenant on her head that could only allow her to be wealthier than her husband so if he continued with his marriage or returned to his wife, he would lose his job. After much prayer and fasting, this man returned to his home and wife, but he lost his job! The man came to me with his pastor, and said, "What they said has happened. I am leaving this marriage again and if I go now, I will never return!"

This family has three children; two of them were close to graduating from the university. The first time he left home, he would weep every day hating the reality that leaving his wife also meant not being able to see his children like he used to.

There was a covenant affecting the life of this man. This is why promiscuous men who enter into intimate relationships with different women are entering with uncharted water they aren't equipped to deal with. Every minute spent with a woman under diabolic influence can be likened to an expanding sinkhole. Have you ever witnessed or watched a video of a

sinkhole? A hole suddenly opens in the ground and continues to expand, swallowing everything in its path. Cars and houses can disappear into these holes.

So many people have died doing all these things! Marrying a partner under diabolic influence will ruin your life and that is also why couples must foster a love for the things of God.

If your wife is involved in church activities, the tendency for her to do ungodly things would be very limited. Most women do not want to stay idle and they will get busy with something. Encourage your wife's spirituality as much as you can.

Many years back when we started the Holy Ghost Christian Center ministry, a couple came to see me. When I saw the woman, the Lord told me something that was very bad though I didn't talk about it. The woman wasn't comfortable with me, but the man was so happy. I mean, we discussed so many things and we prayed together.

At home, he told his wife that he wanted to come and fellowship with me again, but she refused

immediately. When he asked why, she said "I don't like that pastor." The man was stunned and responded, "You must like the pastor!"

I knew why she didn't like me!

Demonic wives can be responsible for many things, including the death of a husband. I know a woman who has lost three men to death, because of what she carried. Be careful who you propose to or marry. And if you are already married, don't sleep around because you don't know where it will lead you!

So many things are hidden, may your eyes be opened in Jesus' name.

10. *Pride*

Many people especially men are proud. Sometimes pride can keep a man from seeing a doctor or a prophet when he ought to. Few men would agree to see a Prophet of God, because of their ego until it's too late whereas it is the opposite with a woman.

He can come up with all kinds of excuses:

"He's too young. What does he know?"

"I have two Master's degrees and that prophet never even went to university."

"I am a CEO, why should I submit my life to this prophet?"

Wisdom looks at the benefit of an action before it is taken. It's not about your ego or pride. There is pride in every man, and it can kill him before his time. Therefore you need divine wisdom to caution you and keep you humble.

A lot of men refuse to see a doctor. Sometimes a man could be living in pain or even dying yet denying that he needs help of any kind.

Many say that men don't cry. And when a man cries, he is shamed and heckled. "Why are you crying like a woman?" they say. It is all a lie! We do have emotions and if you want to live long don't be so proud that you deny what you're going through.

The biblical account of Naaman in 2 Kings 5 is very clear. He was a Commander-in-Chief. Every man wants to use his achievement to validate himself. Even God!

Genesis 1:1 says "In the beginning God created the Heavens and the earth." God introduced Himself by His achievement. With God, this could be appropriate as no one qualified to introduce Him in the beginning. Imagine a man that was not in existence at the beginning saying, Ladies and gentlemen, "Meet God who created the Heavens and the earth."

A successful professional can say "Meet my friend; he drives the latest Lexus edition". This is how men introduce themselves. So, achievements can make you proud. To avoid pride, you need God.

Naaman was very rich, a very important man but he had leprosy. His house-help, a young girl, told his wife about a prophet in Israel that would heal him if he could only head over there and submit himself.

I have a strong feeling that his wife did some "underground preparation" to make it happen. She must have served him his favorite meal and told delightful stories to raise his spirits and later in the privacy of their bedroom, she would have gently said something like this "Dear, I heard about a certain prophet and I want us to go there"

When they got to the prophet, Naaman's ego starts to show. First, he says he thought the prophet would meet him personally and call on His God to do a miracle. The prophet simply sent his servant to tell him to 'Go and wash in the River Jordan.' He felt affronted. If the prophet would not come out to see him then he wouldn't go. When the prophet's servant repeated the instruction to go and wash in the River Jordan, Naaman wanted a better river.

I met someone on the plane, a good and rich man. He lives in a place considered very exclusive in Lagos but fellowships weekly at a church in Igando, a far-flung suburb of the city. I was amazed at the distance, but he explained, "That was where God lifted me. I cannot leave that place." He could have stopped that commute and sent the prophet money instead, but he did not.

What would have happened to Naaman if he had let pride get in the way of his healing? Untimely death!

11. Stress, Pressure and Lack of Rest

Many people ignore the importance of rest, and this kills swiftly. I used to be like that, but I have learnt to rest.

God said to me one day, 'Amos, you have a long way to go but if you don't rest, I will lay you to rest. Do you think My work will suffer when you are no longer alive? I bury My servants, but I don't bury My work! I buried Moses on the Mount, but My work continued in the hands of Joshua.'

If a man is fired from his job someone else is employed to step into that role and continue the work; True or False? So, take time to rest! No matter how your employer loves you, if you died, they would not shut down their organization because you're gone.

Even the rumor of a terminal illness will have them making plans to replace you already. Trust me when I say that even the hint that you can no longer give 100% will have your boss reviewing resumes behind closed doors. So, take good care of yourself.

Women don't joke with rest. Years ago, I would stay for hours counseling people after church service. I still do it but I After I got married, my wife always reminded me to go home and rest. Rest was important to her. It wasn't about the hours of rest for her; it was more of making a habit of it. I have

realized that women don't joke with their lives. They take care of themselves. They spend enough time in the bathroom. They spend time working on themselves. On the other hand, men hardly rest; seeing time and tasks as things to dominate and conquer. If you don't rest, God can lay you to rest before your time. Not everyone that died was killed by the enemy. Some killed themselves.

Say this, 'I will not die before my time! I will fulfill my days!



A PACT FOR LIFE

"The everlasting covenant which God has made with Jesus, and through Jesus with all his beloved people, individually, is a strong ground of consolation amidst the trembling of human hope, the fluctuations of creature things, and the instability of all that earth calls good."

- Octavious Winslow



FOUR

COVENANT OF LONGEVITY

"With long life I will satisfy him and let him see my salvation."

Psalm 91:16

In indigenous Nollywood movies, especially the Yoruba culture where I am from in Lagos, Nigeria, there is a popular scene that is usually acted in movies centered on love, especially when one of the spouses is better off than the other. In a bid to prove their love and most importantly, prove their faithfulness to each other, they enter into a covenant. They make a promise under the oath never to leave each other no matter what come may.

In the history of the world, the first time that God ever went into a covenant that transcends generation was recorded in the book of Genesis chapter 17 and

God made it with a friend that He loved dearly –Father Abraham.

Every good thing we enjoy in the kingdom of God is on the premise of covenant starting from Abraham as seen above, down to Isaac, Jacob and the nation of Israel. How did we get access to these blessings when they were originally for the Jews? The bible says in Galatians 3:13-14, that the blessings God pronounced on Abraham has now come to the gentiles through Christ Jesus who became sin for us. This is why today, we sing "Abraham blessings are mine". However, like Abraham, we are expected to walk with and be a friend of God in covenant to walk in the same promise of longevity as pronounced upon Him by God in the scripture below.

"Now as for you, you shall go to your fathers in peace; you shall be buried at a good old age." Genesis 15:15. Did you see that? A **good** old age, not just an old age but a good one at that! Do you know what that means? It means an age where destiny is fulfilled, the peace of God is evident and all the good things of life have been enjoyed!

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It is obvious from the scriptures that it is the will of God that every man and woman He created should live long and be buried at a good old age. Prophet Zechariah declared about 2500 years ago:

"Thus says the LORD of hosts: 'Old men and old women shall again sit in the streets of Jerusalem, Each one with his staff in his hand because of great age." Zech. 8:4

Bible scholars have always referred to Psalm 91 as the Psalm of longevity and protection. I'd like to give you a minute to boldly invoke its key verses now in prayer:

Psalm 91:1-5, 14, &16

"He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress; My God, in Him I will trust." Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, nor of the arrow that flies by day...

... "Because he has set his love upon me, therefore I will deliver him; I will set him on high, because he has known my name.

.... With long life I will satisfy him, and show him my salvation."

There are number of days allotted to everyone by God within which each one is expected to fulfill his or her destiny. It is the intention of God that we grow old to see our children's children (Genesis 25:8). Remember, the scripture records that Abraham died at a good old age, which also means there is a bad age. So, what are the conditions for a good old age?

CONDITIONS FOR LONGEVITY

A covenant must have conditions before it can be enforced. I will be x-raying some verses from the Psalm of protection – Psalm 91, and other relevant scriptures to point out some of the basic requirements for long life, as ordained by God.

1. Find out the Secret

"He that dwelleth in the Secret Place of the Most High shall abide under the shadow of the Almighty." Psalm 91:1.

Anything of value is rarely seen in the open. The bible talks about the hidden riches of God in Isaiah 45:3 – "I will give you the treasures of darkness and hidden riches of

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secret places, That you may know that I, the LORD, Who call you by your name, Am the God of Israel." (NKJV) Also, the scripture talks about how Moses drew near to where God was, in the darkness (Exodus 19:16-18).

There are secrets to longevity, which can only be revealed to you in what the bible calls *The Secret Place* where the Omniscient God lives. This is where you get divine leading, have your steps ordered so that you do not tread the path of destruction.

2. Speak Long Life

"I will say of the LORD, He is my refuge and my fortress: My God: in Him will I trust." Psalm 91:2

Joyce Meyer said in one of her books "The Word is medicine, when you apply it properly. If we know how to apply medicine in the natural, we should learn to do so spiritually" Scripture says "Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof." Proverbs 18:21.

I dare say – what you say is what you get.

Do you know one of the things the devil takes pleasure in? Confessing negative words! And, allowing the negative situations around you influence what you say about yourself. Just as angels have been assigned by God to us—the heir of salvation, the devil has his demons assigned to make sure that every negative word(s) is fulfilled.

This begs the question; from here on, what are you going to do? Speak negative words concerning your situation, health, finance, etc.? Or speak God's word which is your truth?

3. Trust God

"...He is my refuge and my fortress: My God; in Him will I trust." Psalm 91:2

As human being, your first point of contact for trust is to trust in *what you can do*. This is why your first call of action would not be to reach out to your doctor when you feel the slightest sign of sickness, you'd rather get back to work, believing that it would pass and that your body would pick up again after a few hours.

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You see, for most of us, independence is our greatest strength. However, spiritually? It is our biggest weakness. We often forget that the real show of strength is not in lifting heavy weight of gym equipment or being tough, it is in our total dependency on God. This is one trait I believe the women have. The scripture talks about God's strength being made available in our weaknesses. The great Apostle Paul had a thorn in His flesh and in his human *strength*, he kept doing what he didn't want to do and could not do what he genuinely wanted to do. Isn't that ironic?

Do you truly want to live long? Quit doing it by yourself and displaying strength when it is only going to fail you at the end. Trust God for your longevity. Your life is not in the hands of men – doctors, lawyers, and the government but in God's hands. Many of us attend churches today yet we don't trust God. Some trust Him but not completely. His Hands can save to the uttermost, so you need to trust Him with your life.

4. Live above Fear

"Thou shalt not be afraid for the terror by night; or for the arrow that flies by day." Psalm 91:5

In Chapter two, I talked about how fear affects your covenant of longevity. Here, I want you to know that there are angels watching over you – you, my friend, are a child of God. No, this isn't cliché, it is your status! And, this position places you above fear! How do I know this? The scripture says in Ephesians 2:6 that you are now seated with Christ. Where? In heavenly places! I know you have bills to pay, a promotion at work and a home to raise, but hey, you don't have to be worried sick about how that is going to be done because of the situations that besets you. Dear man, **RISE AND LIVE ABOVE FEAR!** I admonish you to live in the consciousness of this reality. Whenever you feel afraid, speak God's Word –it is your truth! Let it dwell richly in you.

Lastly, do not live your life based on the pronouncement of any prophet or pastor, rather let the Holy Spirit lead you.

5. **Love God**

"Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name." Psalm 91:14

COVENANT OF LONGEVITY

I am certain that you have once experienced what the teenagers call *first love*. I have too. Love comes with a very powerful emotion. I've got to admit that although I have counseled women who did unbelievable things for the men they loved; it comes as a shock and surprise to me when I hear about men who have done crazy things and even thought of suicide because of a woman. In my 50 + years on earth, I can undoubtedly say that three things make a man bend to his knees—Money, Power and Women.

As much as love come with a powerful emotion, that is not what it is. If love were just a powerful emotion, then we would all be dead and God would have had another set of humans created. So, what then is love? John 3:16 "God loved the world so much that He gave His only son to die that anyone who believes in Him would have everlasting life." What does that say?

A decision – God gave.

Sacrifice -to die.

Commitment – anyone who believes in Him would have everlasting life. This means, God is committed to making sure that the package of eternal life gets to the very last person on earth.

Love is many things but merely emotions. It is a decision, the willingness to sacrifice certain pleasures, to stay committed, etc. You have to put aside your hard guy stuff as it is said in Nigeria parlance and truly love God. It is time to love God not for what He gives or can give to you, but for who He is to you. Just as you would go the extra mile to make sure your job or businesses expand is the same way you should go the extra mile to please Him. Don't let your love for him wax cold (don't let it die out). Fan the flame by spending time with Him. Abraham loved the Lord, Noah did, Enoch did, Methuselah did, the apostles did - you have a crowd cheering you on this journey.

Your love for God will count in the day of trouble.

6. **Don't Over-Work Yourself**

"But Jacob said to him, "My lord knows that the children are weak, and the flocks and herds which are nursing are with me. And if the men should drive them hard one day, all the flock will die." Genesis 33:13

We love it –the overdrive, the adrenaline that comes with closing one deal to another, the feeling of doing something, never idle, busy securing the bag and all

COVENANT OF LONGEVITY

of that. It's great! I am not a man of mediocrity myself. But, don't drive yourself into the ground. Know your limit and don't exceed it. You must know when to rest; overworking can cut your life short.

7. Eat Well

Gen. 2:17 "But of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

At the beginning of man's time, God gave Adam a dietary regulation. This is to show that what you eat determines how long you live. You are expected to pay sufficient attention to your diet to know what is best for your health and your body. It's not every time you grab a quick snack.

A common phenomenon is being a 'pregnant man' in other words, having a pot belly. If you know that eating late would make your stomach protrude, you should watch it. Eat well to live well

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8. Partake in the Holy Communion Regularly

"I am the living bread which came down from heaven. If anyone

eats of this bread, he will live forever; and the bread that I shall give is my flesh, which I shall give for the life of the world. The Jews therefore quarreled among themselves, saying, "How can this Man give us His flesh to eat?" Then Jesus said to them, "Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For My flesh is food indeed, and my blood is drink indeed." John 6:51-55

I have observed that not everybody partakes of the Holy Communion when we serve it in church. Are you one of them? Don't be ignorant of the spiritual blessings in it; the Holy Communion preserves your body and serves as immunity against every form of diseases, if you believe.

I'd like to emphasize that longevity is your covenant right as a Christian man. Right now, I pray for you, every threat, internal or external, working against your longevity is cancelled in Jesus Name. You will live to fulfill your days and fulfill your purpose on the earth, amen.



MAKE IT WORK

"Infuse your life with action"

-Unknown



FIVE

ENFORCING THE COVENANT OF LONGEVITY

They shall not build, and another inhabit; they shall not plant, and another eat: for as the days of a tree are the days of my people, and mine elect shall long enjoy the work of their hands. - Isaiah 65:22

Now that you know longevity is a covenant right and the conditions attached to activating the covenant. How do you enforce it?

■ Honour Your Parents

"Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you." Exodus 20:12

The world has truly turned upside down with the blinded umbrella of "freedom" that the youth carry about like a placard. Honor is not cliché. Honor is a

great key that opens doors and in this context, it is a key to enforce the covenant of longevity —whether they are your biological parents or spiritual parents or simply a parent figure, regardless of how successful and wealthy you are, it is important to honor your parents. Send them gifts and money and take good care of them. If you don't take care of them, your children may not take care of you too. It's a law that reciprocates. Don't get too buried in work that you neglect or forget them.

■ Flee from Sin

"See, you have been made well. Sin no more, lest a worse thing come upon you." John 5:14

I am not oblivious of the various temptations that we face as men. As a pastor for over 30 years, you best believe that I have seen a lot. Asides from the temptation to be wealthier by getting involved in certain illegal or dishonorable activities, the most common and susceptible to men is the temptation that has to do with the opposite gender.

I have had women come to me as a pastor, expressing their desire for a sexual relationship. And, to be

ENFORCING THE COVENANT OF LONGEVITY

completely honest with you, some of them were more attractive in physical terms than my wife. But, just as I said above love –it is more than an emotion. Loving my wife till 'death do us part' is a decision that I made even before we tied the knots. I am a man with hormones too but with God's help and a deep love for Him, I have successfully fled from temptations. Do you know one more thing that made it easier for me to gain mastery and victory over sexual temptation? I told my wife about every single one of them! Dear husband and husband-to-be, don't conceal these things from your wife. Don't cut corners to be wealthy quickly. Guard your heart against the corruption of this world. Renew your mind daily with God's word –it is such a powerful tool that helps you when sin stands before you in all its deceptive glory.

A righteous life keeps your health intact. Sin breaks the hedge of your spiritual defense, giving the serpent leeway to bite. Anointing is useless when a person lives in sin. Sin displaced Lucifer (Satan) from his original position in Heaven, and so anyone living a sinful lifestyle can be found helpless and sick. To enforce the covenant of longevity, you must live right.

■ Use your tongue well

Joel 3:10 says "Beat your plowshares into swords, and your pruning-hooks into spears: let the weak say, 'I am strong'."

There is a need to reiterate this; what you say can determine your health and longevity. Don't confirm evil thoughts that the devil brings to mind. Instead, counter these negative thoughts with God's Word. Regardless of the circumstances surrounding you, speak of the great future you want to see, not your fears. Also speak positively about others as well.

■ Pay Your Tithes correctly and promptly

A tithe is a tenth of your gross income. Non-payment of tithe opens the door for the devourer to attack you. To a covenant child, tithing is not optional – you are commanded to pay, and not to give tithe. Tithing is a covenant responsibility. Don't spend it all without paying your Kingdom tax to avoid 'divine consequences'.

You enforce your covenant right to long life when you keep your side of the bargain. Longevity is a possibility that becomes a certainty when you fulfill your part of the covenant. Therefore, if you desire it, you must embrace its covenant demands.



DEFENSE MECHANISM

"The body's immune system is like any other system of the body. Each of them has their vital function for the human host."

- Anthony S. Fauci





What is Immunity?

The Encarta Dictionary defines immunity as a resistance to disease: a body's ability to resist a disease. It is an internal defense, whereby nothing can harm you. Do you know why some people – and you may have experienced it, go through attacks? It's simply because their immunity level is low. What keeps your defense walls strong and intact is the level of your immunity.

A. PHYSICAL IMMUNITY

"Now when Jesus had come into Peter's house, He saw his wife's mother lying sick with a fever. So He touched her hand, and the fever left her. And she arose and served them. When evening had come, they brought to Him many who were demon-

possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: "He Himself took our infirmities and bore our sicknesses." Matthew 8:14-17

There are two ways of building immunity and in this chapter, I'd like to start with the one which is close to home and one that I think is very important because it is one of the most neglected areas of an average man.

In many nations of the world, the polio vaccines are disseminated to babies and toddlers to build their immune system against polio and other illnesses like chicken pox. This means that even when they are exposed to certain environment or things that could make them vulnerable to get this illnesses, the probability of getting infected is at its barest minimal. It means when the immune system is destroyed, sickness gains access.

As you may already know, there is a deadly disease called HIV/AIDS, which makes the body vulnerable to life-threatening illnesses called opportunistic infections. The Human Immunodeficiency Virus (HIV) takes over certain immune system cells meant

for the defense of man against diseases, by making many copies of itself to attack those cells. It causes slow yet devastating damage to the immune system.

Again, as stated in preceding chapters, it is important to take care of your health and give no room for sickness. 2 Kings 13:14 "Elisha had become sick with the illness of which he would die. Then Joash the king of Israel came down to him, and wept over his face, and said, "O my father, my father, the chariots of Israel and their horsemen!" (NKJV)

If you want to be spiritually immune to spiritual attacks, your physical health has to be in good shape. Why is it wrong for you as a Christian to be constantly sick?

It is an abuse of our redemption by the Blood of Jesus.

When you get saved, you are given new life and your body no longer belongs to you but to God. You must yield your body to God as a holy sacrifice. Christianity is more than going to church or supporting the church with our funds; we are entitled to good health and a life without sickness.

3 John 2 "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

Sickness deprives people of their social status by alienating them from among their people.

In old Syria, Naaman's CV as a military top man was marred by the disease of leprosy (2 Kings 5:1). Miriam the elder sister of Moses was equivalent in public standing to what we call today a 'National Women's leader' and 'Choir Director' when Moses led the Israelites, but she had to leave the camp when she became leprous, ending her ministry. (Num. 12:10). I know that you care a lot about your social status and no man wants to be relegated to the background or demoted, hence to keep up with your status, avoid getting sick.

Stagnation

No matter how many times you stubbornly attend to work and what have you, one day, you will realize that you have used up every ounce of strength that you had left. What happens after? You stay bedridden for days. In life, one of the most terrible things to happen to you is to be inactive for a long time. To avoid having your daily activities suspended, you need to stay

healthy, it is not an option. John.5:5 recount the story of an invalid who remained in one spot for 38 years. If you really want to advance and pursue your purpose in life, you need to be healthy. Sickness will only hold you back.

Your family and friends need you

The death of Lazarus caused sorrow and weeping for his sisters Mary and Martha –including his friend, Jesus. It is another avenue for the devourer to waste destinies. Matter of fact, sickness and death are siblings.

Every sickness that has become "normal" in your life, by the reason of the revelation you are receiving now, I transfer the healing virtue of Christ to you for complete healing in the Name of Jesus. I declare that affliction shall not rise a second time. Your health shall return to its peak in Jesus name.

Immunize your blood to secure your life

Leviticus 17:11 says "The life of the flesh is in the blood."

Any disease that destroys your blood can kill you. Anytime you take the Holy Communion, you

immunize your blood. Blood is powerful and it has spiritual connotations. It carries life.

You must immunize your blood by the regular intake of the Holy Communion. What makes us powerful is the Blood of Jesus that was shed for us. No force in hell can withstand that. No matter the battle that is raging over your life, when the Blood is introduced, the enemy must be silenced.

When we take Communion, we are invoking the power in the Blood. Immunize your blood regularly against all satanic attacks. Joel 3:21 "For I will cleanse their blood [that] I have not cleansed: for the LORD dwelleth in Zion." (KJV)

Apply the Blood to everything that is important to you.

I say prophetically; you will not die before your time in Jesus name.

B. DIVINE IMMUNITY

"Behold, I have created the blacksmith who blows the coals in the fire, who brings forth an instrument for his work; and I have created the spoiler to destroy. No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the LORD, and their righteousness is from me," Says the LORD." (Isaiah 54:16-17)

Now, let's examine the subject of spiritual immunity and how it fortifies a believer against attack. I pray that the Lord renews your strength and brings you healing as you remain in His prophetic blessing in Jesus' Name!

God created a natural body mechanism to fight against foreign bodies that enter the human blood, but once a person's immunity is destroyed, a lot can go wrong. As it is biologically, so it is spiritually. There is a divine immunity that shields people from external attacks or the invasion of the devil and his demons.

Sadly, there are Christians with damaged spiritual immune systems, thereby giving the enemy access to

them. I believe that after an encounter with the truth of God's word in this book, no weapon formed or fashioned against you shall prosper.

To enjoy immunity, you need to understand your rights. As a citizen of a country, you have rights and the same applies to a covenant child of God. When you know your rights as a believer, no enemy can harass you and this changes your experience, completely!

To enjoy divine immunity, there are steps you need to follow:

Worship God Always

Create adequate time to worship God every day. Your prayer life and bible study must be consistent. The devil will try to wrestle your devotion time from you, especially because you are a man with so many responsibilities but you must not let him win. His usual tactics are distractions, sleep/drowsiness, and procrastination. Please don't give up your devotion time because you missed a few days. That's the devil's plan! Start your devotion again - why not restart today?

A lot of things happen when you spend time with God consistently. The Holy Spirit guides your every step, telling you where to go, and how to approach certain issues. The Holy Spirit eliminates fear and anxiety over your future because he will never steer you wrong!

Attend Church Regularly

Hebrews 10:25 says "Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: so much more as ye see the day approaching."

You've got to fellowship with God's people regularly. Power and corporate anointing is generated when God's people fellowship together. Don't be like some who consider it a chore or a social club as many amazing things happen when children of God assemble in His name.

Live a Life of Giving

Every creature of God survives by receiving from something that gives – this includes man. We breathe in oxygen from green plants, and release carbon dioxide which is what plants need to survive. The Oxygen we breathe in is released or otherwise given

by plants. Life is all about releasing/giving. You must give to live. You must give to receive. Every believer must learn to pay tithes and give good offerings. This is one way to maintain your spiritual immunity—tithes and offering.

I'd like to implore you not to join the folks who talk down on alms giving, tithing and offering. God does honor your giving! The scripture speaks of a woman who gave her last coin in the offering box and Jesus recognized her heart towards giving, I am so certain that the woman's life took a new turn afterwards. God promised to rebuke the devourer for our sake by the reason of paying our tithe—that is it! Divine immunity is a defense against the spiritual legal ground for lack and want.

Witness about Christ

There is divine immunity in being a witness. I know that the men are more adverse to evangelism unlike the women but hey, evangelism has gone beyond the streets.

One of my popular saying is "the pulpit is not only in the four walls of the church, it is in the market place".

You must learn to witness to others about Christ, in your office, your place of work. Reach out to your colleagues and show them in every way possible what Christ can do and has done for them. How else would they know you are a Christian when you do not profess with boldness, what you believe?

"And with great power gave the apostles witness of the resurrection of the Lord Jesus: and great grace was upon them all." Acts 4:33

Live a Clean and Consecrated Life

"The righteous also shall hold on His way, and he that hath clean hands shall be stronger and stronger." Job 17:9

Daniel was an exemplary leader while he was in a foreign land in Babylon. When his enemies plotted to eliminate him, they failed because his character was above reproach.

Daniel 6:4 "So the governors and satraps sought to find some charge against Daniel concerning the kingdom; but they could find no charge or fault, because he was faithful; nor was there any error or fault found in him."

Can you be vouched for like Daniel in your workplace and your place of worship?

Psalm 24:4 says, "He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully."

You must learn the ways of God and walk in them because His ways are not like ours.

Know Who You Are

It is important that you know who you are because the issues of this life will challenge your identity. To win in such seasons, you must know your identity in Christ. The angel met Jacob and said, "Who are you?" He replied, "I am Jacob!"

The angel said "No, that is not your name. Your name is Israel."

The devil will ask you this question regularly – "who are you?" Knowing who you are in Christ is the first step to overcoming the enemy and his assault.

"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

.... Nay, in all these things we are more than conquerors through him that loved us. "Romans 8:1, 37

Be rest assured that your life is hidden in God, where no evil can break through!

"For ye are dead, and your life is hid with Christ in God." Colossians 3:3

Scriptural Armor

The following are scriptural validation for your divine immunity:

"And said, if thou will diligently hearken to the voice of the LORD thy God, and wilt do that which is right in His sight, and wilt give ear to His commandment, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." Exodus 15:26

"And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee." Deuteronomy 7:15

"But unto you that fear My Name shall the Sun of

righteousness arise with healing in his wings; and ye shall go forth and grow up as calves of the stall." - Malachi 4:2

"For thus saith the LORD of hosts; after the glory hath He sent me unto the nations which spoiled you." Zechariah 2:8

'Bless the LORD, O my soul: and all that is within me bless His Holy Name. Bless the LORD, O my soul, and forget not all His benefits: Who forgiveth all thine iniquities; who healeth all thine diseases." Psalm 103:1-3

"But He was wounded for our transgressions; He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed."

Isaiah 53:5

ROBBERS OF SPIRITUAL IMMUNITY

1. Revenge or repaying evil for evil

Examine the following scriptures and have a quick heart check

"Recompense to no man evil for evil. Provide things honest in the sight of all men." Romans 12:17

"See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men." 1 Thessalonians 5:15

"Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing." 1 Peter 3:9

As humans, it is natural that when people do us wrong, we want to react or retaliate almost immediately and other times, we wait for the perfect opportunity to serve them their medicine. But, here is the scripture saying not to pay them back in their currency. It is not enough to probably go for 100 days of fasting, check the loopholes that let-in satanic attacks.

Do not repay evil for evil. Your good must overcome their evil. This is what Jesus would do. Be like Jesus.

2. Refusal to take responsibility for your faults

As Christians, we must be quick to admit our faults. That was one of the factors that distinguished David from others in the sight of God. Also, you would

notice that he died at a very old age. God's hedge of protection was all around him because he always found his way back once he missed it. Learn to admit your wrongs.

There are people, especially men, who don't believe they can do wrong. The desire to maintain ego has caused many men dearly—to some men, apologies are beneath them. If you are like this, you are breaking down your spiritual defense by your actions. Do not give the devil the slightest chance to get you.

3. Failure to Forgive Those that Hurt You

Matthew 6:14, 15 says

"For if ye forgive men their trespasses, your heavenly Father will also forgive you. But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."

The first thing the blood of Jesus procured for us was forgiveness of sins which made us to be easily reconciled with the Father. When you forgive people, you are properly positioned but when you don't, you end up being against God's will. Let me emphasize that people will do hurtful things, but you must be quick to forgive.

A certain woman suffered from a terminal illness. She approached a man of God for prayers, and he said to her "God wants to heal you now..."

"Yes!" she interjected rather excitedly

The man of God calmly continued with his sentence 'But there is somebody in your life who offended you and you vowed to never forgive. The Lord says if you forgive him, you will be healed now."

"Never!" She declined vehemently. "Do you know what this man did to me?" she asked and went further to explain the story.

It was her ex-husband.

"I married him when he was nobody when he had nothing. I stayed with him, and we built together. We built a big house, bought good cars. After he became rich, his mistress, a little girl the same age as my daughter moved in and I was forced out of the main house and into the Guest/Boys quarters with our kids while he and his mistress stayed in the main house. How do I forgive that?"

Then, the pastor said "I can't pray for you either. Will you choose death instead of forgiveness today"? She walked to the back of the church, wept for a long time and returned to the pastor saying she was ready to forgive. And then, the pastor prayed for her. And the Lord healed her.

Justifiably so, she had every right to be hurt. Actions like that are hard to forgive and forget but when the Lord asks us to forgive, it is for our sakes. Refusal to forgive can destroy your spiritual immunity.

4. Refusal to Serve God

"And ye shall serve the LORD your God, and He shall bless thy bread, and thy water; and I will take sickness away from the midst of thee." - Exodus 23:25

Again, serving the Lord is deeper than attending a local church. It means being involved with kingdom assignments with pure motives to carry out God's instructions.

I have met men who think that giving money is the highest form of service to God. They'd send a huge sum of money through their wives to support God's

work —this itself is a fabulous gesture because there are men who do not even give at all. However, giving isn't the only act of service God expects you to partake in, no! Getting involved is. Money is only a little part of the main deal. Serving God means to see to the success of the things of God. Your service to God affects your entire life.

The bible speaks of King Solomon who gave a lot of things to build God's temple and made sure that everything was put in perfect order for the worship of our God. That very night, the Lord appeared to him, gave him a blank cheque and changed the trajectory of his life!

On a final note, "He will take away sickness from you..." Immunity against sickness is one of the benefits that you reap for serving God. You become untouchable, a danger zone to the enemy. Don't use God, serve Him; and He will keep you.

5. Failure to Make God Your Priority

In this kingdom, we do not own the lives that we live, it belongs to God. So, when you refuse to make God

your priority, your immunity will break down. As a man, your job should not come first, God should.

Matthew 6:33 says, "Seek ye first the Kingdom of God and its righteousness, and all these things shall be added unto thee."

He must be number One in everything you do – including your finances.

Beyond reading these words, it is important to work towards avoiding these pitfalls—this is what makes the whole difference. I pray that your immunity remains strong against the attacks of the enemy in Jesus' Name.



LIVE ACCORDING TO DESIGN

"There is a life uniquely designed by God for each and every man."

- Dr. Amos Fenwa.



SEVEN

BEING A RESPONSIBLE PARENT

The Father's Role

Congratulations on your safe landing to the last chapter of this book. You can consider this a bonus chapter. I chose to write about this because it is not only important for us to live long but it is imperative that our lives count for impact.

You might be reading this and you are not even married, yet. However, I believe this is the question every man should ask himself, each time he thinks of having children in the future or joining the prestigious role of fatherhood.

Nobody was born a father. Fatherhood is a role and position you aspire and take on with preparation and continued commitment. You are not just responsible

to your family; you are also responsible to God who is the perfect example of a father.

God recognized and commended Abraham for his willingness and ability to perform his fatherly role. God said "For I know him, that he will command his children and his household after him, and they shall keep the way of the LORD, to do justice and judgment; that the LORD may bring upon Abraham that which he hath spoken of him." - Genesis 18:19

God was referring to the hands-on way Abraham managed his household, making sure they lived according to the ways of the Lord. He trained even strangers living under his roof.

We also see this in the life of Isaac, his son, who continued the tradition.

"Then his father Isaac said to him, "Come near now and kiss me, my son." And he came near and kissed him; and he smelled the smell of his clothing, and blessed him and said: "Surely, the smell of my son Is like the smell of a field Which the LORD has blessed. Therefore may God give you of the dew of heaven, of the fatness of the earth, and plenty of grain and wine." - Gen. 27:26-28

The role of a father in guiding the family cannot be overemphasized. A father wields great influence in molding the destiny of his children.

"Now his father Zacharias was filled with the Holy Spirit, and prophesied, saying: "Blessed is the Lord God of Israel, For He has visited and redeemed His people, And has raised up a horn of salvation for us In the house of His servant David." - Luke 1:67-69

Who is a Father?

- He is the foundation of humans. (Genesis 2:9)
- He gives leadership in the family. (Colossians 3:18-19)
- He is someone who cares for people around him.
- He is the head, provider, defense, and a rock for the family. (Ephesians 5:22-32)
- He is a model to emulate. He must place himself in an enviable position. (Ephesians 6:4)

In today's world as it has been in time immemorial, many fathers have a hard time not performing to expectations because they have never had their roles defined, so they live by hearsay, replicating their own fathers. Unlike the women who are exposed to the

responsibilities saddled with being a mother from getting assigned tasks from a young age, there are only a few men raised with the mentality of fatherhood.

First of all, to be a good father, you must be a man in every sense of the word. A man isn't just someone who has six packs, hairy chest, moustache and beards or got a rod in between his thighs. It is much more than that. The same goes for being a Father, it goes beyond the ability to impregnate a woman.

Personally, I believe that if more men would spend time getting to know God and building a relationship with Him, they would be better dads. Reading tons of book and having a mentor or role model is great but nothing beats learning from the best father there is – God. He said of His only begotten Son in Matthew 3:17 – "And suddenly a voice came from heaven, saying," This is My beloved Son, in whom I am well pleased." (NKJV)

There are several challenges, one of which is, having nobody to train or mentor them on the role of a father. This, in my opinion is one of the major challenges faced by a man on his way to being a responsible father.

Another phenomenon is having unavailable or absentee fathers. They are always not around when the child is growing living the children to fend for themselves. Every field requires some level of training – doctors, lawyers, teachers, singers, even pastors! I am certain that you would not agree to be driven around by someone who has zero knowledge on driving.

God created us to be multi-dimensional and this is why we are loaded with potentials. Every human has the potential to become an engineer, a doctor, a designer, an artist and everything they set their minds to be. But, every potential requires unlocking. Every man has the potential to be a responsible and loving father but without the right knowledge or training, his family might never see him take up this role gracefully.

WHAT MAKES AN IRRESPONSIBLE FATHER?

Ignorance

John 1:19-20 "Now this is the testimony of John, when the Jews sent priests and Levites from Jerusalem to ask him," Who are you?" He confessed, and did not deny, but confessed, "I am not the Christ."

I mentioned above, that one of the ways to gracefully taking up the role of fatherhood is to fully understand what it means to be a man. I have discovered that one of the struggles of a person is the struggle of identity.

In the Garden of Eden, the devil contended with the identity that was custom made for Adam and Eve. The identity of innocence, purity, love and life; he made them exchange it for the identity of a cast out through the bite of an apple. If only Adam and Eve knew who they were, the power that came with their identity and how the Lord saw them, they would not have traded their identity for an apple.

The same rule applies to you, you will never become what you are designed to be if you lose your identity or never discover it. I've got to tell you this; the reason some men find it hard to enjoy breakthrough today, is because they are too busy copying somebody else and hiding in the shadows of others.

O ye man, step out!

Negligence

Prov. 22:6 "Train up a child in the way he should go, And

when he is old he will not depart from it."

Yes, I get it. You are busy. You are trying to make ends meet. You have bills to pay. Do not also forget that you also have a home to build and a future to mold! Training your child is the seed you plant today that is responsible for the fruit you'd bear in your sons, someday. Because you were neglected by your father and it caused you some trauma, it is not an avenue to give them the same treatment you got. Truth be told, they don't deserve it as much as you didn't.

Not having the right mentor

John 5:19 "Then Jesus answered and said to them, "Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner."

You need a role model to mirror. Christ followed the pattern His heavenly Father and raised men who copied Him too. Acts 11:26 "And when he had found him, he brought him to Antioch. So it was that for a whole year they assembled with the church and taught a great many people. And the disciples were first called Christians in Antioch." (NKJV)

Jesus was not just doing things without a pattern to follow but raised ordinary men who mentored others. Choose a mentor who can positively impact your life.

Failure to provide adequately for his home

1 Tim. 5:8 "But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever."

As a father, you owe it as a duty to meet the needs of your immediate family. There is no excuse whatsoever to abandon your home and be distributing seeds to 'Baby Mamas' all over the places.

Sexual Pressure

1 Tim. 7:2 "Nevertheless, because of sexual immorality, let each man have his own wife, and let each woman have her own husband."

This is a huge temptation amongst us and I talked about it in the preceding chapters. Maintaining a harem of women other than your wife will hamper your role as a responsible father. You are stronger than your sexual desires. You are stronger than the urges. Do you have friends who indulge in extra

marital affairs? Cut them off. Sow good seeds in your marriage and most importantly in the future of your children.

Robin Williams once said concerning sexual pressure; that "God gave man both a sexual organ and a brain but unfortunately not enough blood flows to both parts at the same time."

In essence, as a man you must learn to manage your sexual urge. Do not allow your erection to lead you in the wrong direction.

Join the team of good and exemplary Fathers

1. **Change is constant**: This is a true saying. However, I'd like to admonish that you do not join the bandwagon of men who copy the lifestyles of their fathers, the old ways of doing things and more so, friends who follow new trends. I believe that there is a need to review the things you do and the way that you do them if you want a better result.

Go ahead and ask yourself this question—will the old ways bring the results I desire? Would following the trend bring the results I desire? If your answer is no,

then you are saddled with the responsibility to find new and better ways. Your first and best go-to is God, the Father of all fathers. This would require you to pray for help and direction from the Holy Spirit and seeking out a certified family counselor. It is a necessary investment if you really want to improve your home and brag in the confidence that you gave fatherhood your all.

- 2. **Be a right model** Do not just copy anyone or anything because God has made you unique. Be associated with men who have traits of true fatherhood and exemplary character plus leadership in their homes.
- 3. Cancel culture A father must learn to be closer to his children. In some cultures, men are not encouraged to develop close relationships with their children; they don't have heart to heart conversations or take them out for bonding activities that creates great memories. Dear man, cancel culture and create a safe environment for your family to be comfortable in. As the child of God that you are, you can always go into the presence of God because it is your safe haven. Be the same for your family.

4. **Create time**—The possibility of having a tight schedule cannot be ruled out but it is important that, regardless of your tight schedule, you must create time for your family.

DIFFERENT TYPES OF FATHERS

Absentee Fathers: I call them *the sperm donors*. They are saddled with meetings that are more important than their children. What they share is the DNA. No bond. No relationship. Do you belong to this group? Ask for mercy.

Midnight Fathers: They are better described as 'one who sleeps here but does not live here'. They are night crawlers in need of somewhere to keep their clothes and property without long-term commitment. Their children hardly see them and grow up, not knowing much about them.

Cash Fathers: They prioritize money over making time for their children. They think "If only I can provide for my family." and see this as their sole duty and what earns them the title of father, but the role of a father goes beyond that. Children need our

attention as well and may grow up to resent even the richest of fathers when they don't get this attention.

Father's Playing Wifely Roles: They are jobless and always at home. A woman may not submit and respect such a husband until there is an edge in his favor. That's why a man must work to take care of his family.

Alpha Fathers (Polygamists): They see women as commodities to be gathered and used anyhow. They also see women as sexual objects for procreation and servitude. You should manage and control your sexual urges else they will overwhelm you.

Good Fathers: They respect their wives in the presence of their children. They display and connect with a gentle spirit while communicating and praying with the children. They show their children the God they worship. You must learn to play with your children and correct them.

Are you indeed a good father? If you find yourself described among the class of bad fathers described above, it isn't too late to change. The fact that you are

alive is a sign that God is giving you another chance to do better.

May God grant you the grace to be a good father in Jesus name. Stay blessed!

The Mother's Role

For a child to come to this world, it takes two to tango. Just like we have seen the roles of the father, the mother's purpose and role need to be well understood too.

Genesis 3:20 "And Adam called his wife's name Eve, because she was the mother of all living." (NKJV)

Eve, the first female in human history was hand made by God in such a unique way that she became the mother of all living. In other words motherhood is connected to being alive. To survive in early life, you must survive in your first accommodation which is your mother's womb. Not many children are lucky to come out of that chamber alive.

Some potential mothers have committed abortion of the baby they carried, thereby cutting short a destiny.

Oftentimes, men have pressured or threatened their girlfriends or adulteresses to commit such acts. May God forgive them! Also some mothers-to- be suffered miscarriage unexpectedly due to health conditions or demonic attack. In the same vein many women endured delayed pregnancy for more than a decade. Altogether, we see that giving birth to a child is labouring (right from the labour ward) and entails greater involvement of a mother. This is contained even in the scriptures.

Genesis 3:16 "To the woman He said: "I will greatly multiply your sorrow and your conception; In pain you shall bring forth children; Your desire shall be for your husband, And he shall rule over you." (NKJV)

A mother is not just by becoming the carrier of pregnancy for nine months and delivering a baby but living up to the challenge of nurturing that baby, caring for his or her wellbeing till he or she attains adulthood.

When the child is born, the mother becomes the first friend and companion. It is an irreplaceable function at the early stage of life bonding between a mother

and the child. And such is usually sustained through life in such a way that in old age the children tend to support and care for their Mum far more than their Dad.

Who is a real Mother?

- She was the mother of all living. (Genesis 3:20)
- She is the first nurse and nurturer of a baby. (Exodus 2:9)
- She is the first teacher of a child. (Proverbs 31:1)
- She watches over the affairs of her household. (Proverbs 31:27)
- She keeps herself busy with her merchandise, career building and not a busybody. (1 Timothy 5:13)
- She relates well with her daughter-in-law and looks out for their welfare. (Ruth 3:1)

HEALTH RISKS THAT WOMEN ENCOUNTER

The challenge of the modern women is that it's becoming hard to strike a balance between eking out a living independently and raising children. The olden image of full time housewife is no longer tenable. So they have mingled with male folks for survival.

Not unexpectedly, there are fallouts which have led to a world where some women are so successful they believe they don't have to live under a man's roof. We have the women lib movement everywhere. Women take on roles previously considered exclusive for men with increased risks over their lives.

Nowhere is the development more pronounced than the health conditions of our women. They faced many terminal diseases like cancer of the breast, cervix and uterus. When the stability of marriage is threatened there is the sudden development of high blood pressure. Single mothers have to fend for the children, doing multiple jobs, having to suffer neglect and discrimination in the workplace. All these are a harbinger of short life syndrome for majority of women.

Unlike the man, a woman especially from the African cultural angle is deliberately raised for marriage. Education for many born over 40 years ago was not given priority. And this is a factor that produces a large population of ignorant old women who could not mentor their children in modern ways of living. We practice genital mutilation; child marriage and

unhygienic lifestyle which combined together hamper longevity among a large number of womenfolk. By the grace of God, this trend shall be reversed.

According to The International Council on Women's Health Issues (ICOWHI), an international nonprofit association dedicated to the goal of promoting health, health care, and well-being of women and girls throughout the world; women work two-thirds of the world's working hours, they earn only 10% of the world's income. This represents less than 1% of the world's property and illustrates the inequity experienced by women. When people earn less income they generally have less cash and time to take good care of themselves thereby having the risk of untimely death.

One more area in which women suffer so much is domestic violence and sex abuse. Rape and murder of young girls, mature women and even old women especially in armed conflict areas have been on the increase globally.

HOW TO IMPROVE WOMEN HEALTH STATUS

There's one thing that do help women to manage stress and life pressure far better than men, which is their networking ability. They forge relationships easily and become quite expressive. They openly discuss problems they are facing with newly found friends. This helps them to emit what could have been bottled up. They are more emotional and this assist in healing better when they express it.

William Pollack, PhD, assistant clinical professor of psychiatry at Harvard Medical School, agrees: "Men are more prone to suicide because they're less likely to openly show depression and have somebody else recognize it early enough to treat it, or to have themselves recognize that they're in trouble."

So let's look at how a woman could enjoy better health status.

Seven Ways A Woman Could Enjoy Healthy Life

1. Happy relationships

When the love life of a woman is in harmony,

everything tends to work out fine. Marriage is better when the woman is at peace with her spouse. Money is not a determinant of happiness but having time with a wife could take away unwanted troubles at home. It is better to understand your woman's love language in order to let her enjoy life.

2. Check your health history

Issues like diabetes, high blood pressure and obesity; the three common health challenges women go through apart from breast cancer, could be hereditary. However, an early detection could put the woman in advantage if she manages it quickly. Doctors also advise that if symptoms of cancer are noticed in the early stage, help can be offered.

3. Maintain healthy diet

You are what you eat is a popular slang, but it is true. It amazes me how some ladies will keep busy gulping cups upon cups of Ice Cream, handful of cakes, fatty meat and thereafter complain of excess fat. You have a choice; you either eat right or live with the consequences of eating junk food.

4. Exercise moderately

If you desire to live long then you should do everything in your power to ensure you maintain good health as long as possible. And you can achieve this with regular but moderate physical and mental exercises. The way many live perpetually on their phones is not helpful to healthy living. Take time to exercise your brain too beyond phone chats, blogging and IG engagement.

5. Sleep right

Women have delicate body parts which they usually nourish jealously. Thank God for that. However, they are not made for excessive physical activities like men. On top of that is the monthly flow that drains energy because the bible says there's life in the blood. For this reason, it is a good thing when a woman plans to have a good sleep regime to allow the body rest, rejuvenate and perform better.

6. Go for Spiritual Depth

Women occupy prominent position when it comes to following God but oftentimes, they don't go deep. That is why they easily fall for the gimmicks of false prophets. Tell a woman to fast for 40 days because of

her husband, she will do it but not so for a man. I would rather encourage the woman to deepen her knowledge in the word of God and have a better relationship with her Maker.

7. Maximize Sexual Satisfaction in Marriage

Sex is biblically ordained for marriage for the good of the couple. However, many married women are dying in silence because their husbands don't care a hoot if the women are satisfied sexually. My advice is not to look outside but for the woman to consult a marriage counsellor who will guide her on how to discuss such delicate matter with her husband.

Genesis 30:16 "So that evening, as Jacob was coming home from the fields, Leah went out to meet him." You must come and sleep with me tonight!" she said. "I have paid for you with some mandrakes that my son found." So that night he slept with Leah." (NLT)

I believe all things being equal, every man or woman desires to have a good life and live long. God also purposed that His children should be satisfied with long life. Therefore make every effort to fulfill this good desire which is the goal of this book.

I pray that the grace to live a long and fulfilled life shall rest upon you.

Remain blessed!

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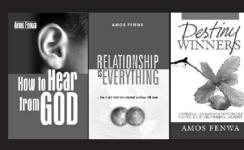
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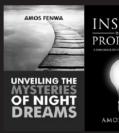
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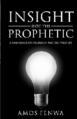
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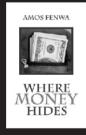
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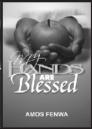








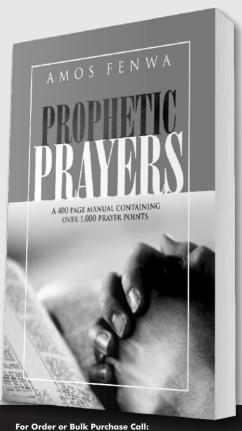




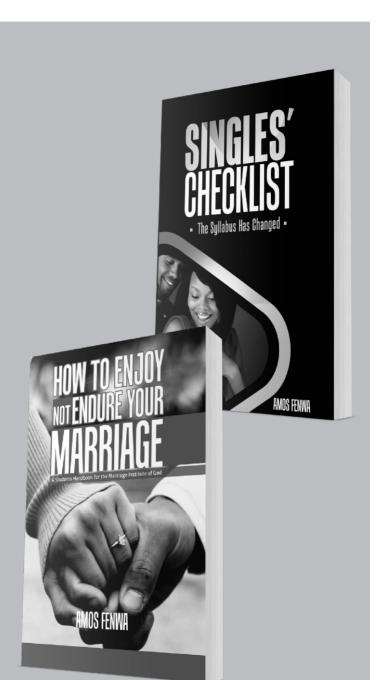


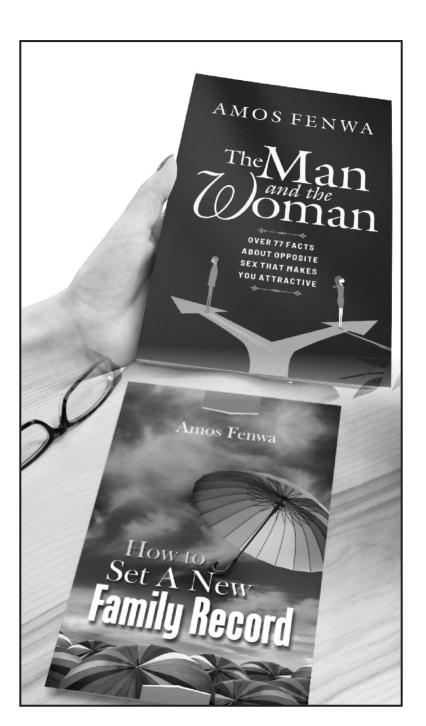


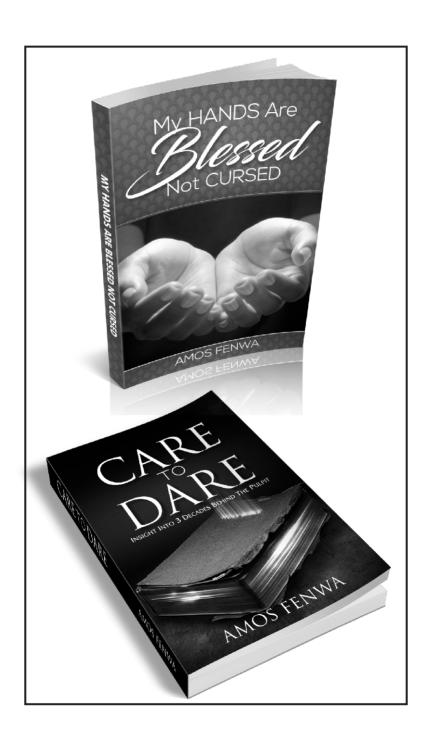
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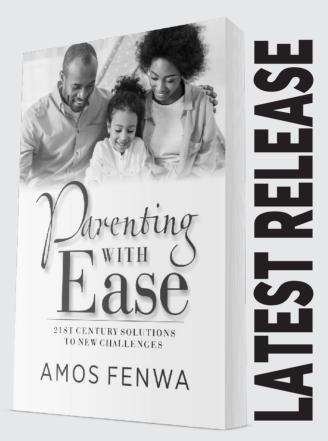


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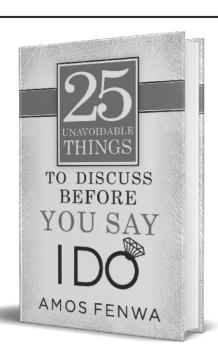


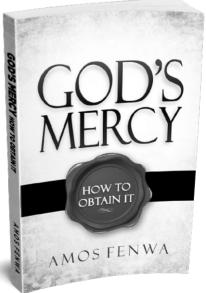
'Train up a child in the way he should go: and when he is old, he will not depart from it.' - Proverbs 22:6

The word of the Lord is clear and straightforward regarding bringing up our children and preparing them to continue the next godly generation. But as simple as this appears to be, the whole world is enmeshed in the challenge of raising children in the best way possible for them to live a righteous and heavenly minded life while fulfilling their God ordained role here on earth.

This book was inspired to help parents make conscious efforts that will direct their energy and resources towards bringing out the very best in their children. Here you will discover:

- Four styles of parenting
- Parenting as a calling
- Principles of parenting
- Design a family vision
- Seven wrong ways of parenting







SECRETS TO A LONG AND FULFILLING LIFE

t is important to note that premature death is not just about dying early; it is also the inability to fulfill one's destiny. And God promised to bless us with long life.

The whole world is usually engulfed in frequent news that showcase high incidence of fear, terror, natural disasters, unimaginable destruction of lives through war and communal conflicts; sicknesses and diseases, suicides, pandemics, accidents and many more.

However, in the midst of all these, we need to have the assurance that God still has plan for us to live long in peace and to fulfill our individually ordained destinies.

What are the scriptural principles laid by God for every human to enjoy longevity? This book answers this question as it provides you with deep scriptural insights to a long and purposeful life.

Read it regularly as you recognize God's purpose for your life, then align with it and live the life that God has designed for you.

ABOUT THE AUTHOR

ver the years, Dr. Amos Fenwa has distinguished himself as a man of God with a very clear vision to raise a people of value-added lives destined to make positive impact in their generation.

His penchant for waiting for God's word always in his life and ministry has endeared him to many hearts, building trust and hope in the Lord for people who have come in contact with him, through his numerous publications, television outreach, speaking engagements and evangelistic ministrations worldwide.



Dr. Amos Fenwa has been a fulltime worker in God's vineyard close to three decades now, during which he founded the HOLYGHOST CHRISTIAN CENTRE, with headquarters in Lagos, Nigeria. As the Senior Pastor and General Overseer, he superintends the network of branches of the church and other affiliate ministries both within and

He is the President of HOLYGHOST LEADERSHIP INSTITUTE, a refreshing platform for inculcating productive, ministerial, and leadership skills for more competence in people.

Recently, his alma-mater - Trinity College of Ministerial Arts, Aba, an affiliate of University of Calabar honoured him with a Doctorate in Theology as an outstanding ex-student. Dr. Fenwa is a contented family man, happily married to his beloved wife - Esther, and they are blessed with children.

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