

How to live all your years.

My friend's heart beat strongly. His blood efficiently flowed. All his vital organs worked normally. His mind processed information. He traveled and talked and even performed intricate surgeries. Still, he was only an ambulatory cadaver. He died before any disease killed him—long before.

A graduate of one of the leading medical schools, he pioneered in performing certain types of operations. He could have succeeded in any number of professions. After some years, he contracted a serious health problem, and he died ostensibly from that disease. Yet, years before that malady manifested itself, he had already died. How do I know this?

Coroners and medical examiners list causes of death—things like cancer, heart disease, and accidental injuries. But an illness kills many bright, healthy people who drive, work, attend school, and actively play sports. The same condition affects them that killed my friend before a medical examiner certified him dead. They're mobile. but virtually deceased—from anger and hate.

Hate destroys our insides. Though we might walk, work, and play for a while, our lives are history. We'd just as well begin making funeral arrangements. We're almost horizontal. Unresolved anger that evolves into loathing is a first danger sign of this condition.

Here's the irony. Doctors are unable to cure some cancers and heart ailments. Yet we can remedy hate at almost any stage of its development. How? Mercy helps heal us. We forgive as Jesus did. We pray for our enemies. We let God judge people. "Do not let the sun go down while you are still angry," says Ephesians 4:26. Neglect this biblical advice and you might be dead earlier than your time—maybe long before.