

## **SOUL VIGOR**

**Request:** I have heard you teach about believer's reaching old age with soul vigor. Could you explain soul vigor?

We were introduced to this doctrinal concept while studying the life of Abraham. The statement about soul vigor was made at Abraham's funeral.

"And these are all the years of **Abraham's life** that he lived, one hundred and seventy-five years. And Abraham breathed his last and died in an ripe old age, an old man and **satisfied with life**; and he was gathered to his people." (Gen.25:7-8)

Abraham's life at 175 years is described by "an ripe old age, an old man and satisfied with life."

The Hebrew word for satisfied with life is *sabea*. The NAS translated correctly it means to have the capacity for life as God intended it. Others translated this Hebrew word as contented or full years or SOUL VIGOR.

**The Hebrew word *sabea* introduces the believer to doctrinal of benefits of spiritual maturity in life and death. This lesson will study FIVE aspects of SOUL VIGOR.**

### **1. The Hebrew *sabea* was used to describe the believer developing the capacity for life as God intended it.**

It is one thing to reach "an ripe old age, an old man" and another thing to reach it "satisfied with life or with soul vigor."

Let me mention four other believers the bible says had soul vigor.

- Isaac had it (Gen.35: 28-29).
- Job had it (Job 42:17)
- Gideon had it (Judges 8:32)
- David had it (1 Chron.23:1; 29:28)

### **2. The reason we tagged this doctrine soul vigor rather than life vigor is because in all these cases these believers maintained it to and through dying grace.**

Again let me use Abraham to represent this group of believers and this doctrinal concept.

"And Abraham **breathed his last and died** in a ripe old age, an old man and satisfied with life; and he was gathered to his people." (Gen.25:8)

They faced death the same way they faced life – victorious! "For to me, to live is Christ, and to die is gain." (Phil.1: 21)

### **3. David best describes the attitude of experiencing SOUL VIGOR when he explained to King Saul why he would defeat Goliath.**

"When a lion or a bear came out and took a lamb from the flock, *I went out after him and attacked him*, and rescued it from his mouth; and *when he rose up against me, I seized him by his beard and struck him and killed*

him.” (1 Sam.17:34-35) “The **Lord who delivered me** from the paw of the lion and from the paw of the bear, He will deliver me from the hand of the Philistines.” (17:37)

In case you think this was just youthful behavior and not soul vigor, let me introduce you to *an aged Caleb with the same soul vigor*.

“And now behold, the *Lord has let me live*, just as He spoke, these forty-five years, from the time that the Lord spoke this word to Moses, when Israel walked in the wilderness; and *now behold, I am eighty-five years old today. I am still as strong today as I was in the day of Moses sent me out; as my strength is now, for war and for going out and coming in. Now then, give me this hill country* about which the Lord spoke on that day, for you heard on that day that *Anakim were there, with great fortified cities*; perhaps the Lord will be with me, and I shall drive them out as the Lord has spoken.” (Joshua 14:10-12; Num.13)

**4. At the third conference on the Abraham covenant, the Lord introduce the doctrine of SOUL VIGOR to Abraham (Gen.12:1-3; 13:14-17; 15:1-21).**

*“And as for you, you shall go to your fathers in peace (dying grace), you shall be buried at a good old age (sabea).”* (Gen.15:15)

The Bible records that the doctrine of soul vigor was passed on to spiritual advancing believers as previously indicated.

The question that should be asked at this point is how does the believer get soul vigor in life and keep it until death?

**5. Soul vigor is the benefit of reaching spiritual maturity and maintaining it until dying grace. It is an energetic force of growth and strength in the Christian Way of Life (CWL).**

- Spiritual maturity begins once the born again believer is personally secured in his grace salvation (1 Pet.2: 2; Heb.5: 13).
- Spiritual maturity continues by the baby believer inhaling and exhaling grace milk BD (2 Tim.3: 16-17; Phil.4: 11-13) contentment in life.
- Soul vigor of spiritual maturity is when the spiritual advancing believer is consistently inhaling and exhaling grace meat BD by the faith cycle (Heb.5: 14) read.

An example of soul vigor operating in an aged Abraham is the way the offering of Isaac is described by James (2:21-24/ faith cycle). Soul vigor is the doctrine behind the Heroes of Faith Cycle (Heb.11).

You might see a believer assumed to have soul vigor get dementia (impairment of mental powers). Actually it is the impairment of the consciousness of soul (awareness of one's own existence in time).

**“Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.”**  
(2 Cor.4: 16-18)