According to Scripture, Noah lived a total of 950 years—600 years before the flood and another 350 years afterward.

Genesis 9:28–29 (NKJV) says:

> *“And Noah lived after the flood three hundred and fifty years. So all the days of Noah were nine hundred and fifty years; and he died.”*

This extraordinary lifespan was not unusual before the flood. The genealogies in Genesis 5 show that many of the patriarchs lived for several centuries Adam lived 930 years, Methuselah 969, and so on. These long lifespans are understood by many theologians as part of God’s original design, before the effects of widespread sin brought degeneration and judgment upon the earth.

However, after the flood, God placed a clear limit on human life. In Genesis 6:3 (NKJV), God declared:

> *“And the Lord said, ‘My Spirit shall not strive with man*

> *forever, for he is indeed flesh; yet his days shall be one hundred and twenty years.’”*

Though this statement appears before the flood, it is generally interpreted as a divine decree concerning the *future* limitation of human life expectancy. Following the flood, we observe a gradual decline in ages across generations (as seen in Genesis 11).

What Does This Mean Theologically?

Noah’s long life reminds us of the contrast between the pre-flood and post-flood world. Before the flood, creation was closer to its original, less-corrupted state. Afterward, humanity bore even more clearly the consequences of sin. According to Romans 6:23 (NKJV):

> *“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.”*

This passage reinforces the biblical truth that death and the shortening of life is ultimately the result of sin. The flood was not

just a natural catastrophe; it was an act of divine judgment on a world filled with violence and corruption (Genesis 6:5–13). Yet in Noah, we see a man who “walked with God” (Genesis 6:9), and his preservation shows the grace of God extended toward the righteous.

What Truly Prolongs Life?

Today, we often associate long life with diet, exercise, and genetics. While these play a role, Scripture teaches that the fear of the Lord is the key to a fulfilled and prolonged life.

Proverbs 10:27 (NKJV) says:

> *“The fear of the Lord prolongs days, but the years of the wicked will be shortened.”*

Proverbs 3:1–2 (NKJV) likewise says:

> *“My son, do not forget my law, but let your heart keep my commands; for length of days and long life and peace they*

> *will add to you.”*

So, true longevity is not merely about physical health it’s deeply spiritual. If we desire to live full, meaningful lives, we must honor God, walk in His ways, and turn away from sin. Living in disobedience invites both spiritual and physical consequences.

May the Lord help us.

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