

**~LIFE-SPAN (15)**

**[English, natural life, lifetime, years, duration, existence]**

- Jesus pointedly asked who could increase his **life-span** by worry. In fact worry has been shown to have the opposite effect on men for being tense and anxious can shorten a man's life and lead to heart disease.
- Who of you by being anxious can add one cubit to his **life-span**?  
(**Matthew 6:27**)
- Who of you by being anxious can add a cubit to his **life-span**?  
(**Luke 12:25**)