

'Growing Old Gracefully'

"My life passes as swiftly as the evening shadows." Psalm 102:11

"Human life is like a breath." Psalm 39:5

"Your life is like the morning fog – it's here a little while, then it's gone." James 4:14

1. Learn to _____

"Being cheerful keeps you healthy. It is slow death to be gloomy all the time." Prov 17:22
_____... and don't take life so seriously.

"A cheerful heart brings a smile to your face" Proverbs 5:13

"There's a time... to weep and a time to laugh." Ecclesiastes 3:1,4

Learn to laugh at _____.

Gerontophobia is an irrational _____ of old people and of growing old.

"I have told you these things so that you will be filled with my joy." John 15:11

Stay _____ and He will give you purpose and meaning, a reason to get up every morning.

"Until now you have not asked for anything in my name; ask and you will receive, so that your happiness may be complete." John 16:24

Praying will _____ your heart and _____ your burden.

Prayer is _____ to God about anything in your heart at any time of day.

"Now I am coming to you. I told them many things while I was with them in this world so they would be filled with my joy." John 17:13

_____ go together.

"Don't be sad, because the joy of the Lord is your strength." Nehemiah 8:10

2. Learn to _____ yourself

"God is faithful and reliable. If we confess our sins, he forgives them and cleanses us from everything we've done wrong." 1John 1:9

God's an expert as _____ your life and using it for His purpose.

"You will have mercy on us again; you will conquer our sins. You will throw away all our sins into the deepest part of the sea." Micah 7:19

"Restore to me the joy of your salvation and make me willing to obey you. Then I will teach your ways." Psalm 51:12-13

3. _____ with purpose

"Now that I am old and gray, do not abandon me, O God. Let me proclaim your power to this new generation" Psalm 71:18

"The Lord will guide you continually, giving you water when you are dry and restoring your strength." Isaiah 58:11