

# Flourish in Your Elderly Years of Life!

➤ = next PowerPoint Slide

## ➤ Intro: tone = positive (assume doing)

- **no one knows** how long live, but must prepare for latter years
  - **joke: pic**, not move as fast when you get old, but can be better than ever in many other ways
- **lesson:** Flourish in the Elderly Years of Life

## ➤ Elderly years often accompanied with severe trials – negative

- **Solomon, wisdom: - Ec. 12:1-8 vanity of latter life**
  - **vs. 1b** when you get old, the **days are evil**, you'll have **no delight in them**
  - **vs. 2** when you get old, **days are comparably gloomy and dark** — **pain, loneliness, sickness, loss of physical ability, not see the usefulness of life, want to die**
    - **illus.: grandmama**, wanted to go and be with God for several years, happy for her when she died
  - **vs. 3-4 life isn't fun** when you grow old, as it was when you were young
    - **illus.: in hospital**, nursing home, unable to drive, led around by others, not do what you want
  - **vs. 5** when you grow old you **won't be as strong and brave**
    - **illus.: weak and feeble**, mind not as sharp as before, afraid to go places alone, afraid to do new things
  - **vs. 6-7** when you are old, **life is fragile** - smallest thing can result in the end of life
    - **illus.: old person break hip**, often results in death — Pop
  - **vs. 8** when you get old, **life will be vain as compared to the days of your youth**
    - **if wasted the years of your youth** with sin, you will detest your old age when you have little physical and mental ability to work in the kingdom — **life so you'll have no regrets**

## ➤ - few things aged people deal with: – negative

- **chronic illness:**
  - **illus. Jacob:** blind, sick, bedridden (**Gen. 48**)
  - **pic: joke, mom:** you know you're old when take your pills, and too full to eat breakfast
- **loneliness:** live alone after death of spouse, kids and grand kids busy with life, can't get out with others
  - **illus. grandmama:** husband passed away, home alone, no one to talk to, very few visitors
- **dependance on others:** nursing home, not drive, can't walk far
- **fixed income:** not have \$ to do much, not feel well enough even if could afford it
- **mental impairedness:** medicine, age
- **death of friends and family:** someone has to be the last to go, loneliness, bury mate
  - **joke, obits:** you know you're getting old when **read the obits every day**
  - **joke, obits 1<sup>st</sup>:** you know you're really old when you **read the obits 1<sup>st</sup>**
- **pretty gloomy: What can we do to make the elderly years enjoyable?**

## ➤ Prepare when you are young, and there'll be many positives when you're elderly. – How?

- **Ec. 12:1 remember Creator in days of youth** – worship, study and learn, prepare for trials

## ➤ - 2 Pet. 1:5-8 (Bible drill) prepare yourself spiritually for trials ahead, before mental faculties deteriorate

- **illus.: time come when not have mental faculties**, must be strong before encounter trials

## ➤ - 1 Cor. 6:19-20 take care of your temple (body, mind)

- **saying: use it or lose it – don't stop**

- **illus. car:** never change oil (maintenance), put diesel in gasoline engine (diet), never drive (exercise)

## ➤ - 2 Tim. 4:7-8 no regrets

- **illus. hospital:** may come a time when **all you have are memories**, when physically incapacitated in bed
- **application: preparation is the key** to success in everything – key to success in later years of life
  - **spiritual, religious, physical, mental preparation**

➤ **How can the young help the elderly?**

- **Ja. 2:8** fulfill the royal law, love neighbor as self – help elderly
- - **Ja. 1:27a** help the poor and elderly while you're able
- - **Gal. 6:9-10** not lose heart, do good to all men, esp. those of the household of faith
- **sayings:** What goes around comes around. Visit and help the elderly when you're young, maybe someone will help you when you are old.
- - **What are some things you can do? – mostly social company**
  - **illus. pic:** young people paying social visit to elderly – **personal work, not work of church**
  - **call on phone:** help pass the time, not as lonely
    - **illus.: grandmama**, lady called almost everyday on break
    - **give example: one of the kids calling Tina** (use cell from audience)
  - **visit, especially take children:** social company, do things to help
    - **illus.: one grandmother** visited Irene and took grand kids last week
    - **illus.: young people going on date**, stop and visit elderly on way to movies
    - **give example: call Irene, ask if feel like company, go, not worry what to talk about** (use cell, pretend there - bird)
  - **send cards, notes, letters:** everyone like to get mail
    - **illus.: Beth and I got cards** from members last week, I read more than once
    - **give example what say in card to Polly** (pretend writing)
  - **do chores:** doesn't matter if they can do them or not
    - **chores most difficult chores for elderly:** anything with reaching or standing on something – light bulbs, trash, high cleaning, yard, take food
    - **illus.: one member's been helping Irene with her laundry, and taking food weekly**
  - **How long do you have to stay, talk on the phone?** 3 minutes +
    - **Who doesn't have a few minutes** to make a few short call, or visit? – **then too busy to be a Christian**
    - **saying:** Jesus wasn't too busy to die on the cross for you, so you better not be too busy to "die" (serve) for someone else!

➤ **How can the elderly help themselves?**

- **2 Cor. 5:7** get even closer to God, live by faith
- - **Phil. 1:21-24** don't give up on life before it's time to die
- - **illus. pic:** Beth's grandmother, 96, riding 4 wheeler – **stay active as long as possible (1 Cor. 6:19-20)**
- - **illus. pic:** elderly woman, arthritis, enjoying celebrating birthday – **enjoy life, celebrate old age**
- - **Col. 3:1-4** focus more on the spiritual, already died with Christ
- - **2 Cor. 5:1-4, 6-8** eagerly welcome the next phase of life, eternity – **be excited, positive, eager**
  - **Rom. 8:25** "But if we hope for what we do not see, with perseverance we wait eagerly for it."
  - **Phil. 3:20** "For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ;"
- - **2 Cor. 5:9** actively serve God – be active, reach out – **have a lot to give, that is needed**
  - **don't stop working for the Lord**
    - **illus.: elderly man in Evansville**, still buying and sending out tracks in his 90s, got younger to help
  - **visit, invite over, call, cards - esp. other aged people** – elderly as a group support each other
    - **illus.: Sue Love**, built large room on house to have pot lucks, invites people regularly so not alone
  - **teach as much as possible** – younger in church need it

- illus.: **Farrell Bassett**, conversational evangelism – **me**

➤ **Summary / Inv.**

- **PP summary**

- **inv.:** prepare, flourish, by being faithful Christian today

- **song #297, Prepare To Meet Thy God**