

Aiming to Please the Lord . . .

“For this slight momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. For we know that if the tent, which is our earthly home, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. For in this tent we groan, longing to put on our heavenly dwelling, if indeed by putting it on we may not be found naked. For while we are still in this tent, we groan, being burdened—not that we would be unclothed, but that we would be further clothed, so that what is mortal may be swallowed up by life. He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee. So we are always of good courage. We know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight. Yes, we are of good courage, and we would rather be away from the body and at home with the Lord. So whether we are at home or away, we make it our aim to please him. For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil.” (2 Corinthians 4:17–5:10)

*“Life is more precious to me than ever before,
and time is my most valuable commodity.
I haven’t the time to be critical, negative,
unappreciative, or bored.
I don’t think in terms of “limited time.”
My goal is to be in the center of His will
—on His timetable—
for the future belongs to the Lord.”*

—Ruth Ray Hunt, age 74

Q: “Is affection important to an elderly person?”

Everyone needs as much embracing, hugging, kissing, and touching as possible.

*“Greet one another with the kiss of love.”
(1 Peter 5:14)*

Q: “Should I insist that elderly loved ones leave their homes?”

Honor their desires to remain at home unless it is absolutely necessary that they leave.

*“Honor your father and mother’ (this is the first commandment with a promise),
that it may go well with you
and that you may live long in the land.”
(Ephesians 6:2–3)*

Q: “Should I direct the decision making of elderly loved ones?”

Allow them to make their own decisions as long as possible.

*“You shall stand up before the gray head
and honor the face of an old man.”
(Leviticus 19:32)*

Q: “What should I do to help prepare for the future?”

Secure insurance and legal advice well in advance.

*“Without counsel plans fail,
but with many advisers they succeed.”
(Proverbs 15:22)*

Negative Feelings Accompanying Aging

- Lonely
- Unwanted
- Forgotten
- Helpless
- Useless
- Fearful
- Hopeless

Negative Attitudes Accompanying Aging

- Critical
- Pessimistic
- Dogmatic
- Negative
- Bitter
- Stubborn
- Ungrateful

*“My spirit is broken; my days are extinct;
the graveyard is ready for me.”
(Job 17:1)*

Looking at Losses

Aging involves many forms of loss, and if there is an unbalanced focus on what “once was,” there is no spiritual growth. Maturity cannot bloom in the infertile soil of prolonged grief and depression. Consider the trees—they do not mourn the loss of leaf and limb, for this is God’s way to newer and greater heights.

- Loss of health
- Loss of income
- Loss of home
- Loss of independence
- Loss of dreams
- Loss of loved ones
- Loss of control
- Loss of hope

Key Verse to Memorize

*“Even to your old age I am he, and to gray hairs
I will carry you. I have made, and I will bear;
I will carry and will save.”
(Isaiah 46:4)*

Key Passage to Read and Reread

2 Corinthians 4:17–5:10

Aging Gracefully

Accentuate the Positive—Your feelings are determined by the way you think. As you begin to guard the thoughts that come into your mind, your own attitudes concerning your circumstances will begin to change. (Philippians 4:8)

Get on the Highway to Health—“Old habits die hard,” but good health often depends on developing new habits that reduce the possibility of diseases associated with aging. (3 John 2)

- Maintain a well-balanced diet.
- Get routine, medical checkups.
- Exercise regularly.

Initiate Involvement—God’s purpose is for you to be involved in the lives of others . . . and the world around you is full of many who are starved for someone who sincerely cares. (2 Corinthians 9:6)

- Visit the homebound or shut-ins.
- Be available to others with time and assistance.

Notice the Roses—Give yourself permission to “slow down and smell the roses.” (1 Corinthians 14:33)

Grow in Grace—Growing in grace simply means that you are growing in your awareness of the abiding presence of Christ within you. (2 Peter 3:18)

Walking in Wisdom

Winter

Winter's storehouse holds a wealth of wisdom—
You have a greater understanding of the real values in life. (Proverbs 15:31)

Winter thrives on its deeper roots—
You love on a deeper level, and your relationships are more meaningful. (Jeremiah 17:8)

Winter opens the door to new life—
You are an example to others of how to live a godly life. (Titus 2:7–8)

Winter knows it is here for only a season—
You loosen your hold on the things of this world. (Philippians 3:20)

Winter hears the call to eternal life—
You are beginning to rest in the knowledge of your eternal life with Christ. (John 10:27–28)

Winter rests in its hope for the future—
You no longer have a fear of death. (1 Corinthians 15:55)

Related Topics . . .

- Caregiving:
A Privilege, Not a Prison
- Chronic Illness:
God's Peace in the Midst of Pain
- Euthanasia:
The Myth of Mercy Killing
- Loneliness:
How to Be Alone but Not Lonely
- Midlife Crisis:
Facing the Fork in the Road
- Widowhood:
Wisdom in a Wilderness

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Aging:
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