

13 September 2020

To all members of the St James Traditional Services

A Weekly Word of Encouragement: Old but being Restored

Psalm 71 – a long psalm, but focus on the last half (v.14-24)

When I am old (v.9, 18) – What do you think about old age?

Some answers: “I hope to die before then”; “Not for the faint hearted”; “I don’t recommend it”. David doesn’t agree – read his psalm!

Old age brings many challenges: health issues, loneliness, beauty fading; strength diminished; feeling useless, cast aside (v.9-11)

Reminiscing is part of getting older: looking back and reflecting on the many things God has taught us in the midst of many (often bitter) troubles (v.16, 17, 20).

How can we praise God in advanced years, like David does (v.22, 23)?

1. Recall God’s sustaining presence from your birth, through your youth, to the present day (v.5, 6, 17)
2. Reflect on God’s character: the way to worship God is to remind ourselves of who He is and what He is like: righteous, attentive, a secure refuge, dependable and trustworthy; Saviour, powerful, comforter, faithful – and more from this psalm – reflect on Him.
3. Ask God to use you – to tell others about Him, to share your testimony (v.18)
4. Live in Hope – (v.5, 14). We may be getting older, but God is in the work of Restoration. “You will restore my life” (v.20). God knows the end as well as the beginning – eventually making all things new, including our bodies. The best is yet ahead!

Prayer

Lord, do not let advancing age increase discontent or anxiety in me. Let me always find my security in belonging to You and enjoying You. Continue to enable me to point others to You, and may I never lose sight of the glory ahead. Amen.

Remember

- keep praying daily
- keep reading God's Word
- keep in touch with one another. If any of you would like me to share Holy Communion, just call 0438 455 493.

With Christian love,

Robert