



GROWING OLD


A close-up photograph showing a young child's hand on the left and an elderly person's hand on the right, both resting on a white fabric surface. The child's hand is smooth and pinkish, while the elderly hand is wrinkled and aged. The hands are clasped together in a gentle grip. A semi-transparent rectangular box with a thin black border is centered over the hands, containing the text "Aging Gracefully?".

Aging Gracefully?

A close-up photograph of a dandelion seed head against a clear blue sky. The seed head is the central focus, showing its intricate structure of many small seeds attached to a central point. Some seeds are blowing away, creating a sense of movement. The background is a solid, bright blue sky. The image has a torn paper effect on the left and right edges.

When Youth Is Gone

Ecclesiastes 12:1-7



9 Do not cast me away
when I am old; do not
forsake me when my
strength is gone.

Psalm 71

Tips on Embracing & Enjoying your Senior Years

Help! I'm Growing Old



chuah tong-ik

How does
hope prevail
when
bodies fail?



What Bible
verse can you
append to
these images?





The Hope of The Elderly



3 'Listen to me, you descendants of Jacob, all the remnant of the people of Israel, you whom I have upheld since your birth, and have carried since you were born. 4 Even to your old age and grey hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

(Isaiah 46)



God's Enduring Love & Care

I AM HE

הוּא

I WILL BE THE SAME



I HAVE MADE YOU

I WILL CARRY YOU

I WILL SUSTAIN YOU

I WILL RESCUE YOU



FOR YOU CREATED MY INMOST BEING;

YOU KNIT ME TOGETHER IN MY MOTHER'S WOMB.

I PRAISE YOU BECAUSE I AM FEARFULLY AND WONDERFULLY MADE;

YOUR WORKS ARE WONDERFUL, I KNOW THAT FULL WELL.

Psalm 139: 13-14 NIV

I Have Made You!

“
you are of more value
than many sparrows
”

LUKE 12:7



God will carry you

Isaiah 46:4



“I can’t carry
it for you
but I can
carry you.”

Striking Contrast

1 Bel bows down, Nebo stoops low;
their idols are borne by beasts of
burden. The images that are
carried about are burdensome, a
burden for the weary. 2 They
stoop and bow down together;
unable to rescue the burden, they
themselves go off into captivity.

Isaiah 46



PROVISION &
PROTECTION

I HAVE
MADE YOU

I WILL CARRY YOU...
I WILL SUSTAIN YOU...

I WILL

RESCUE
YOU

Isaiah 46:4





**THE HONOUR
OF THE
ELDERLY**

**The glory of young
men is their
strength: and the
beauty of old men
is the grey head.**

- Proverbs 20:29 (KJV) -



Stand up in the presence of the aged, show respect for the elderly and revere your God.

I AM THE LORD.

Leviticus 19:32

5 In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility towards one another, because, 'God opposes the proud but shows favour to the humble.'

(1 Peter 5)

1 Do not rebuke an older man harshly, but exhort him as if he were your father. Treat younger men as brothers, 2 older women as mothers, and younger women as sisters, with absolute purity.

(1 Timothy 5)



**The hoary head
is a crown of
glory, if it
be found in
the way of
righteousness.**

- Proverbs 16:31 (KJV) -

heartlight.org

13 Better a poor but wise
youth than an old but foolish
king who no longer knows
how to heed a warning.

Ecclesiastes 4

The Work of The Elderly

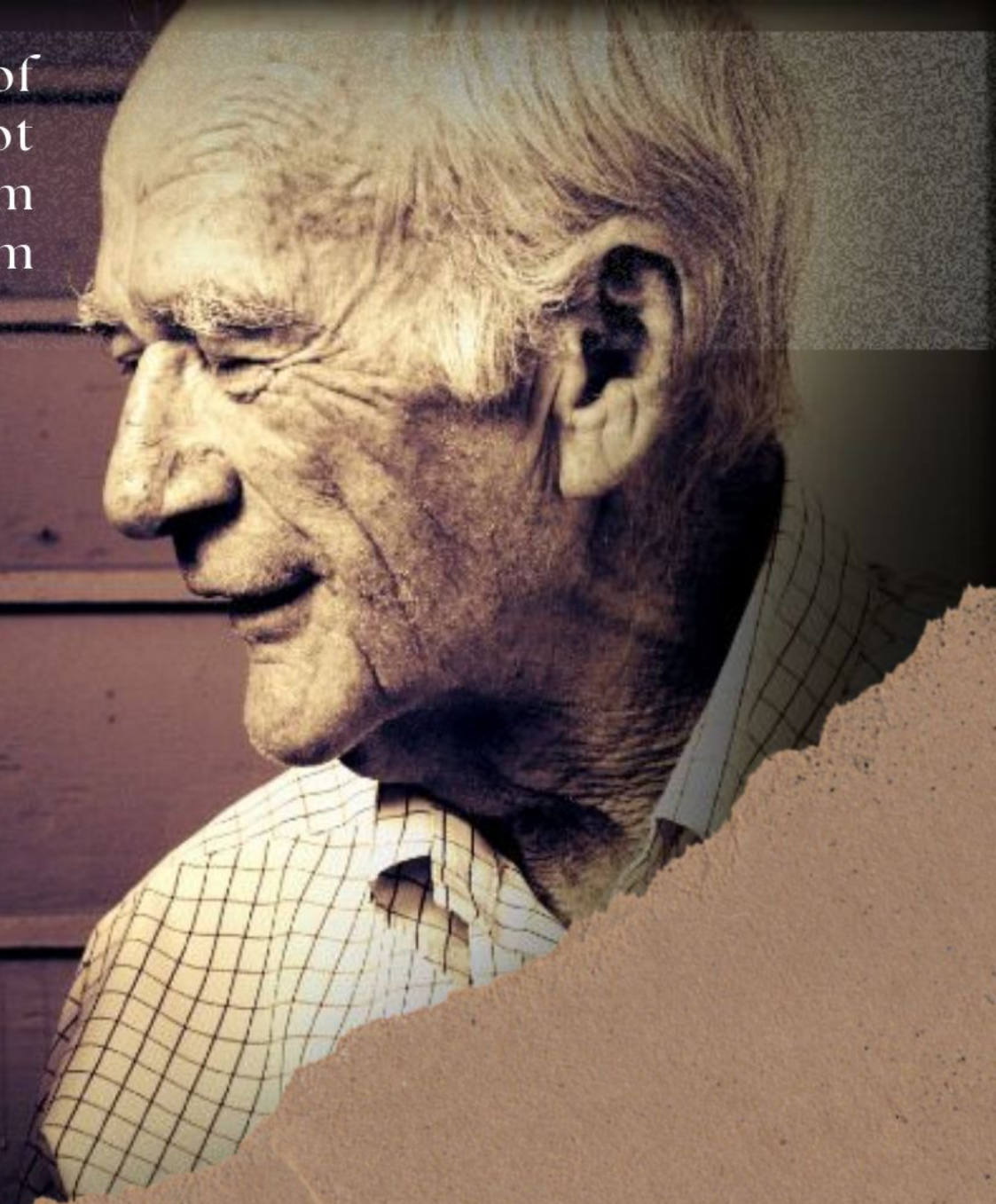


A scenic mountain landscape with a central text overlay. The background features a range of mountains under a blue sky with light clouds. The foreground is filled with a thick layer of mist or fog, partially obscuring the lower slopes of the mountains. The text is centered within a semi-transparent rectangular box.

GIVE ME THIS MOUNTAIN

FAITHFUL TO THE END

15 My mouth will tell of your righteous deeds, of your saving acts all day long – though I know not how to relate them all. 16 I will come and proclaim your mighty acts, Sovereign Lord; I will proclaim your righteous deeds, yours alone.



17 Since my youth, God, you have taught me, and to this day I declare your marvellous deeds. 18 Even when I am old and grey, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.
(Psalm 71)



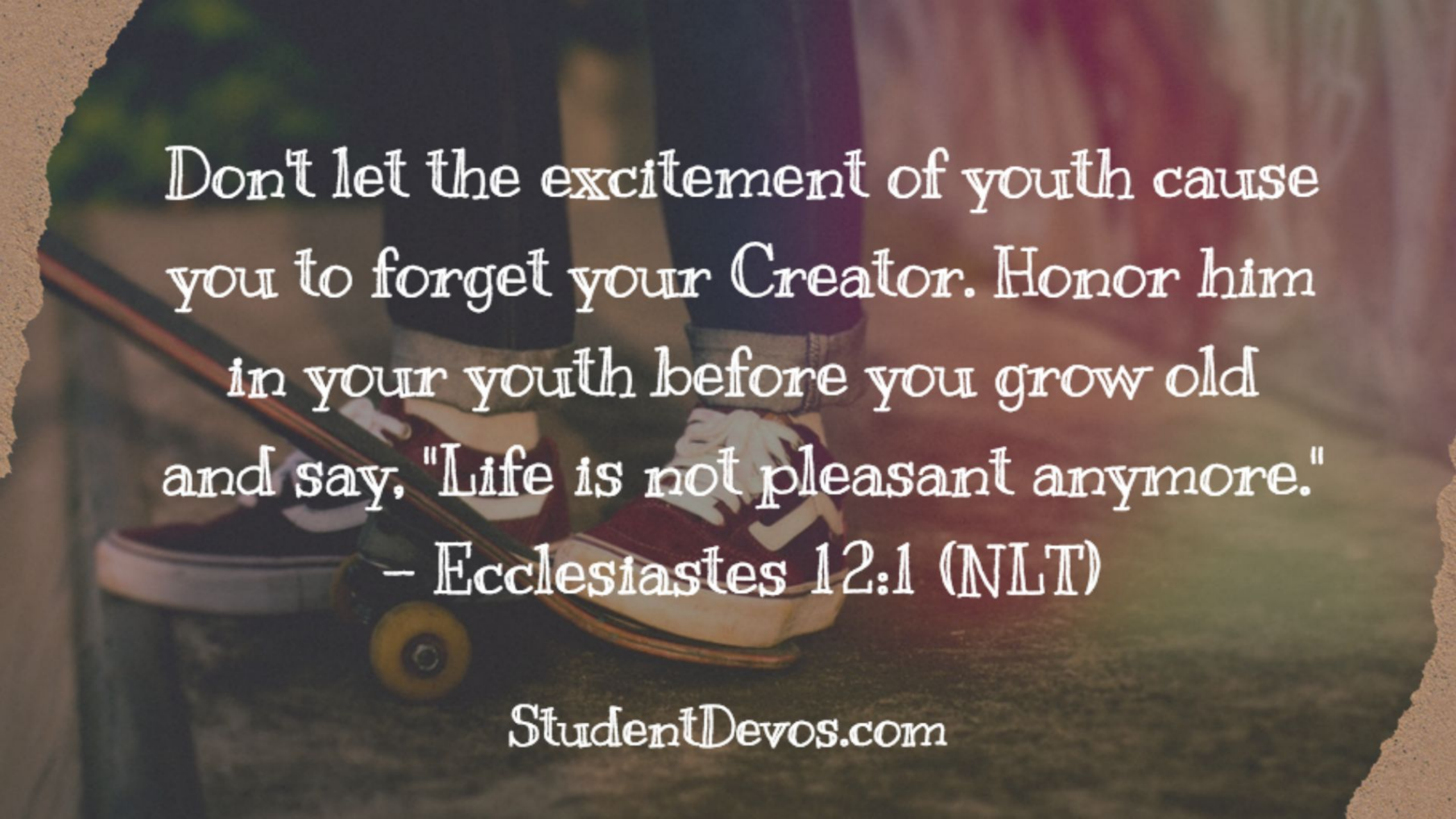


25 I was young and now I am old,
yet I have never seen the righteous
forsaken or their children begging
bread. 26 They are always generous
and lend freely; their children will
be a blessing.

Psalm 37

33 But seek first his kingdom and
his righteousness, and all these
things will be given to you as well.

Matthew 6

A close-up photograph of a person's feet on a skateboard. The person is wearing dark pants, white socks, and red and white sneakers. The skateboard has yellow wheels. The background is a blurred outdoor setting with green grass and a wooden fence. The image has a torn paper edge effect on the left and right sides.

Don't let the excitement of youth cause you to forget your Creator. Honor him in your youth before you grow old and say, "Life is not pleasant anymore."
– Ecclesiastes 12:1 (NLT)

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So teach us to number
our days that we may
get a heart of wisdom.

PSALM 90:12