

Processing Aging with Faith

Psalm 71

Prayer of an Elderly Man for Rescue.

In You, LORD, I have taken refuge;

Let me never be put to shame.

² In Your righteousness rescue me and save me;

Extend Your ear to me and help me.

³ Be to me a rock of dwelling to which I may continually come;

You have given the commandment to save me,

For You are my rock and my fortress.

⁴ Save me, my God, from the hand of the wicked,

From the grasp of the wrongdoer and the ruthless,

⁵ For You are my hope;

Lord God, *You are* my confidence from my youth.

⁶ I have leaned on you since *my* birth;

You are He who took me from my mother's womb;

My praise is continually of You.

⁷ I have become a marvel to many,

For You are my strong refuge.

⁸ My mouth is filled with Your praise

And with Your glory all day long.

⁹ Do not cast me away at the time of *my* old age;

Do not abandon me when my strength fails.

¹⁰ For my enemies have spoken against me;

And those who watch for my life have consulted together,

¹¹ Saying, "God has abandoned him;

Pursue and seize him, for there is no one to save *him*."

¹² God, do not be far from me;

My God, hurry to my aid!

¹³ May those who are enemies of my soul be put to shame *and* consumed;
May they be covered with disgrace and dishonor, who seek to injure me.

¹⁴ But as for me, I will wait continually,
And will praise You yet more and more.

¹⁵ My mouth shall tell of Your righteousness
And of Your salvation all day long;
For I do not know the art of writing.

¹⁶ I will come with the mighty deeds of the Lord God;
I will make mention of Your righteousness, Yours alone.

¹⁷ God, You have taught me from my youth,
And I still declare Your wondrous deeds.

¹⁸ And even when *I am* old and gray, God, do not abandon me,
Until I declare Your strength to *this* generation,
Your power to all who are to come.

¹⁹ ¶ For Your righteousness, God, *reaches* to the heavens,
You who have done great things;
God, who is like You?

²⁰ You who have shown me many troubles and distresses
Will revive me again,
And will bring me up again from the depths of the earth.

²¹ May You increase my greatness
And turn *to* comfort me.

²² I will also praise You with a harp,
And Your truth, my God;
I will sing praises to You with the lyre,
Holy One of Israel.

²³ My lips will shout for joy when I sing praises to You;
And my soul, which You have redeemed.

²⁴ My tongue also will tell of Your righteousness all day long;
For they are put to shame, for they are humiliated who seek my harm.

Resolutions on Growing Old with God

By John Piper

I do not want to be a grumpy old man. Murmuring dishonors God who promises to work all things together for our good. Complaining puts out the light of our Christian witness. And a critical, anxious spirit dries up joy and peace. That is not the way I want to grow old. Looking at this man's approach to old age I have formed some resolutions:

1) I will remember with _____ and _____ the thousands of times I have _____ on God since my youth.

"For you, O LORD, are my hope, my trust, O LORD, from my youth, upon you I have leaned from my birth" (v. 5). "O God from my youth you have taught me, and I still proclaim your wondrous deeds" (v. 17).

2) I will take _____ in God rather than taking _____ at my troubles.

"In you, O LORD, I take refuge" (v. 1).

3) I will speak to God _____ and _____ (not _____ and _____) of all his greatness until there is no room in my mouth for _____.

"My praise is continually of you" (v. 6). "I will praise you yet more and more" (v. 14).

4) I will _____ (doggedly) and not give in to _____, even in the nursing home, and even if I outlive all my friends.

"I will hope continually" (v. 14).

5) I will find people to _____ about God's wonderful acts of salvation, and never run out, because they are _____.

"My mouth will tell of your righteous acts, of your deeds of salvation all the day, for their number is past my knowledge" (v. 15). "I will proclaim your might to the next generation" (v. 18).

6) I will _____ that there are great things about God above my _____, and _____ enough I will know these too.

"Your power and your righteousness reach the high heavens" (v. 18).

7) I will count all my _____ and _____ as a gift from God and a path to glory.

"You who have made me see many sore troubles will revive me again" (v. 20).

8) I will resist _____ of old people, and play and sing and shout with joy (whether I look dignified or not).

"I will also praise you with the *harp* for your faithfulness, O my God; I will *sing* praises to you with the lyre, O Holy One of Israel" (v. 22). "My lips will *shout* for joy, when I sing praises to thee" (v. 23).

1) I will remember with wonder and thanks the thousands of times I have leaned on God since my youth.

“For you, O LORD, are my hope, my trust, O LORD, from my youth, upon you I have leaned from my birth” (v. 5). “O God from my youth you have taught me, and I still proclaim your wondrous deeds” (v. 17).

2) I will take refuge in God rather than taking offense at my troubles.

“In you, O LORD, I take refuge” (v. 1).

3) I will speak to God more and more (not less and less) of all his greatness until there is no room in my mouth for murmuring.

“My praise is continually of you” (v. 6). “I will praise you yet more and more” (v. 14).

4) I will hope (doggedly) and not give in to despair, even in the nursing home, and even if I outlive all my friends.

“I will hope continually” (v. 14).

5) I will find people to tell about God’s wonderful acts of salvation, and never run out, because they are innumerable.

“My mouth will tell of your righteous acts, of your deeds of salvation all the day, for their number is past my knowledge” (v. 15). “I will proclaim your might to the next generation” (v. 18).

6) I will remember that there are great things about God above my imagination, and soon enough I will know these too.

“Your power and your righteousness reach the high heavens” (v. 18).

7) I will count all my pain and troubles as a gift from God and a path to glory.

“You who have made me see many sore troubles will revive me again” (v. 20).

8) I will resist stereotypes of old people, and play and sing and shout with joy (whether I look dignified or not).

“I will also praise you with the *harp* for your faithfulness, O my God; I will *sing* praises to you with the lyre, O Holy One of Israel” (v. 22). “My lips will *shout* for joy, when I sing praises to thee” (v. 23).