

Celebrate as Age Advances

Those of us who have the privilege – and it *is* a privilege and an honor – of serving seniors are blessed, indeed.

Through the ministry to them for which we are called, we have the opportunity to show by our care and compassion the gratitude they deserve for lives of purpose and accomplishment – making our communities and our nation better.

We live in a society that seems mesmerized by youth, oftentimes to the neglect of respect toward our elderly.

Birthdays are, and should be, a celebration of life and the joy shared with loved ones. But as the years advance – and they do for all of us – many stop celebrating. As birthdays come and go, maybe there is a dinner involved, a few cards or some well wishes online. We move up one number, and it's business as usual.



Instead, we should really celebrate our years – shifting our focus from the fear of aging to the rich, full lives God is calling us into as the years go by.

I read about a beautiful, wrinkle-free woman who said, “Why grow old gracefully? I intend to fight it every step of the way.”

But what does God say about it all? If we listen to the One who created us, we will hear all about grace and goodness, not fear and resistance.

God reminds us more than once in His Word that growing older is an honor. “Gray hair is a glorious crown; it is found in the ways of righteousness” (Proverbs 16:31 CSB). The more years we live, the more experiences we’re given to learn from, and the more wisdom and perspective we gain to see life in new and beautiful ways.

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And while the media lead us to believe that youth somehow has more value, the truth is that we are treasured by God at every age. How can we lean into God as we age, trusting that every day matters, from our first to our last? Here are a few suggestions:

1. **Claim His promises.** Find specific promises in God's Word that will help bring you peace and assurance.
2. **Make healthy choices.** While the human body is not intended to live forever, we can still honor our Creator by making choices that bring us health and strength each day.
3. **Celebrate life every day.** Remember that every day in your life matters. It is a gift from God. Don't wait for some milestone to make it extra special.
4. **Smile at the grays.** God says they are splendid. Laugh at the future; remember who has it in His hands.



Assure the people you serve with this promise of God and claim it as your own as the years pass: *I will be the same until your old age, and I will bear you up when you turn gray. I have made you, and I will carry you; I will bear and rescue you* (Isaiah 46:4 CSB).

– Beecher Hunter