

Living Word Christian Church

May - Older American Month

Each year May is designated as “Older American Month.” These scriptures have been compiled to benefit and assist you in preparing yourself and in being strengthened as you age.

Aging is a Process!

It’s happening to everyone, and it’s happening all the time.

(Gen. 2:17 – “Dying, you shall surely die.”)

Ps. 37:25

Titus 2:1-6

Jn. 21:18

Pv. 20:29

1 Ptr. 5:5

Philemon 9

It Culminates in Death

Heb. 9:27 – “It’s appointed unto all men once to die....”

But Death Need Not Be Feared and Agonized Over

Death is an enemy – that will be destroyed.

1 Cor. 15:26

1 Cor. 15:50-54

Rom. 8:38-39

And Something Far Better Awaits Us

Ecc. 12:7

Phil. 1:21,23

Lk. 23:43

Jn. 14:1-3

Ps. 73:24

Jn. 11:25

Rev. 14:13

Ps. 49:15

2 Cor. 5:6,8

2 Cor. 4:16 – “...for though our outward man is perishing (slowly decaying), yet our inward man is renewed day by day.”

Don’t Wait to Get Old – Start Preparing Now!

A. Prepare Naturally

Exercise regularly – keep yourself in shape. Improve your diet – eat healthy.

Make funeral and burial plans, fill out advanced directives, and update your will, etc.

Take nutritional supplements and medications as necessary. Drink plenty of clear water.

Get ample sleep and rest. Do whatever you can to reduce stress in your life.

B. Prepare Spiritually

I. Make sure you are right with God and walking with Him daily.

Jn. 3:16

Eph. 2:8-9

1 Jn. 5:1

Jn. 1:12

Gal. 3:26

Rom. 10:9-10

Rev. 3:20

Rom. 10:13

II. Regularly fellowship with other believers.

Heb. 10:25

Acts 4:23, 31

Acts 2:46-47

Luke 4:16

III. Develop a regular prayer life.

Mt. 6:5-15

Phil. 4:6

1 Thess. 5:17

Mk. 11:24-25

IV. Worship and praise the Lord regularly.

Ps. 150:6

Ps. 33:1-3

Ps. 34:1

Ps. 113:1-4

Ps. 100:4

1 Thess. 5:18

(Continued on back)

V. Regularly receive God's Word.

1 Ptr. 2:2	2 Tim. 2:15	Jn. 5:39	Ps. 1:1-3
Ps. 112:1	Ps. 119:97	Acts 17:11	Mk. 4:20

VI. Forgive everyone of everything! Hold no anger, strife, bitterness, or resentment in your heart.

Col. 3:13	Mt. 18:21-35	Mk. 11:24-25	Eph. 4:32
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VII. Do your very best to obey all of the Lord's commandments.

1 Sam. 15:22	Rom. 2:13	Mt. 7:24-25	Jms. 1:22
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VIII. Meditate these scriptures about:

- a. Heaven – Rev. 4, 5, 21, 22; Ez. 1:25-28
- b. Eternal Life – Phil. 1:23; 2 Cor. 5:8; Rev. 14:13
- c. Health, Strength, Long Life (listed below)

Health

3 Jn. 2
Pv. 3:24
Pv. 4:20-22
Is. 53:4-5
(1 Ptr. 2:24)
(Mt. 8:17)
Ps. 42:11
Jer. 30:17
Jer. 33:6

Strength

Micah 3:8
Phil. 4:13
Joel 3:10
2 Cor. 12:9
Deut. 33:25

Long Life

Ps. 91:16
Eph. 6:3
1 Ptr. 3:10
(Ps. 34:12)
Pv. 22:6
Pv. 3:2
Pv. 3:16
Pv. 4:10
Pv. 28:16
Pv. 10:27

Know What the Bible Says About:

Abraham	Gen. 25:6	Joshua	Josh. 24:29
Isaac	Gen. 35:29	Gideon	Judges 8:32
Jacob	Gen. 49:33	Elisha	2 Kings 13:20-21
Joseph	Gen 50:25-26	Job	Job 42:12-17
Moses	Deut. 34:7	David	1 Chron. 29:28

More of God's Word to Bless Your Life

Is. 46:4	1 Kings 12:13-14
Ps. 37:25	Pv. 13:22
Joel 2:28 (Acts 2:17)	Ps. 92:14
Lk. 1:36	Is. 40:28-31

Remember that Moses, at 120 years of age, said, "My natural strength has not diminished nor has my eyesight dimmed." (Deut. 34:7)

Remember that Abraham, BECAUSE HE BELIEVED GOD, was still used in the Lord's plan when he was 100 years old – and his wife Sarah was 90. (Rom. 4:16-21, Gen. 18, Gen. 21)

And remember that Caleb said, "This day I am 85 years old, and I am yet as strong as I was at 40...as my strength was then, so my strength is today. Now, therefore, give me this mountain...." (Josh. 14:10-12)