

Aging Well

Week 3 in our series *Hot Topics*

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September 20, 2026

*Now that I am old and gray, do not abandon me, O God.
Let me proclaim Your power to this new generation,
Your mighty miracles to all who come after me. (Psalm 71:18)*

The Blessings of Aging

Showing Others the Reality of Eternal Life

- _____ (1 Peter 1:3-4)
- Acceptance of physical death _____ (1 Thessalonians 5:9-11)

Modeling a Transformed Life with God

- Three stages of growth: Construction, Deconstruction, Integration
- _____ of respect (Titus 2:2-3)
- The priority of _____ (Proverbs 17:6)

For the Young'uns: _____ for your elders (1 Timothy 5:1-8)

Remember!

The Daily Connections (Good Morning God, Spiritual Boost, Good Night Review) open our lives to God's love and direction and power.

Good Morning God should be the first thing we do every day when waking up. The *Spiritual Boost* connects us with God's words in the Bible during the day sometime when we have 10 minutes of quiet. Finally, we finish our day with *Good Night Review*, and this allows God's joy and forgiveness to come to us as we drift into sleep.

These three spiritual exercises take only 20 minutes each day, and you will be amazed at how they affect your life. Give it a try and see how you are fundamentally changed by time with God!

Here are suggested readings in the Bible for your **Spiritual Boosts** this week:

Day 1: Read 1 Peter 1:3-5

- ✳ What is your level of expectation about life after physical death?

Day 2: Read 1 Thessalonians 5:9-11

- ✳ Why do we need to encourage each other about eternal life?

Day 3: Read Proverbs 17:6

- ✳ How does *your* family compare to this description of a healthy one?

Day 4: Read 1 Timothy 5:1-8

- ✳ Are you caring for those in your family who need help?

Day 5: Write out a verse that impacted your heart this week. Read it as part of your Good Morning God time next week.