

Ecclesiastes 12

- ¹ Remember now your Creator in the days of your youth,
Before the difficult days come,
And the years draw near when you say,
"I have no pleasure in them": (Loss of dreams; motivation)
- ² While the sun and the light,
The moon and the stars,
Are not darkened,
And the clouds do not return after the rain; (Days run together; memory issues)
- ³ In the day when the keepers of the house tremble, (hands)
And the strong men bow down; (legs)
When the grinders cease because they are few, (teeth)
And those that look through the windows grow dim; (eyes)
- ⁴ When the doors are shut in the streets,
And the sound of grinding is low; (hearing)
When one rises up at the sound of a bird, (Less sleep)
And all the daughters of music are brought low.
- ⁵ Also they are afraid of height, (Fear of accidents; falling)
And of terrors in the way; (Anxiety about not being able to defend ones self)
When the almond tree blossoms, (White hair)

- A word of encouragement for the aging.

Isaiah 46:4 *Even to your old age, I am He,
And even to gray hairs I will carry you!
I have made, and I will bear;
Even I will carry, and will deliver you.*

What kinds of hopes and fears do people have as they are aging?

Exercise 1: Imagine yourself as an older person:

What do you like most about yourself? What do you like least about yourself?

Exercise 2: Hopes and Fears When You Are Old

[Physically] Hopes:

Fears:

[Mentally] Hopes:

Fears:

[Emotionally] Hopes:

Fears:

[Socially] Hopes:

Fears:

[Spiritually] Hopes:

Fears:

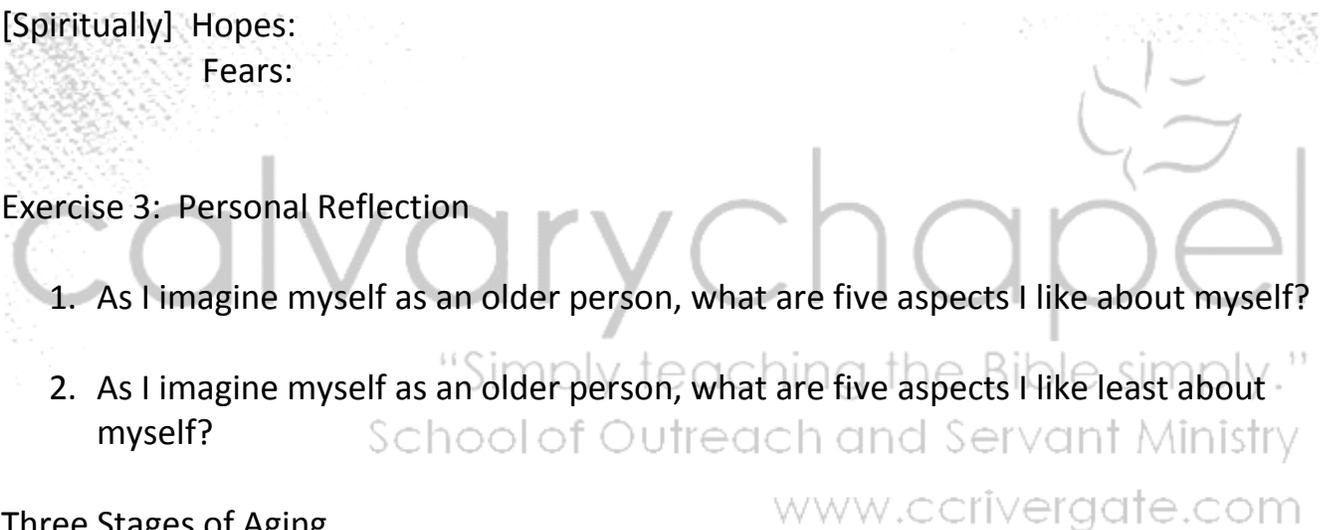
Exercise 3: Personal Reflection

1. As I imagine myself as an older person, what are five aspects I like about myself?
2. As I imagine myself as an older person, what are five aspects I like least about myself?

Three Stages of Aging

Losses experienced by people in older years: (All of these losses have the experience of grief attached to them.)

Gains experienced by people in their older years:



Four Myths about Aging: (These myths to stereotyping and treating aging with prejudice.)

Myth 1: That most people will become senile, meaning confusion and major lapses of memory, when they are older.

Truth:

Myth 2: You can't teach an old dog new tricks: This is the belief that when people are older they cannot learn, change, or grow as a person.

Truth:

Myth 3: Chronological age: Because people are of an older age they are "over the hill", and unable to participate or serve others.

Truth:

Myth 4: Older persons choose to isolate themselves; that older persons do not welcome the involvement of others in their lives.

Truth:

Ministry to people who are experiencing losses due to aging:

1. Feelings: Be available to listen and pray with them about their difficult feelings due to losses experienced.
2. Listening: Signals that you are listening. "I hear what you are saying."
Attending skills:
3. Distinctively Christian caregiving:
4. Telecare:
5. Community resources: