

# Aging with Joy, Finishing with Grace

## 1. LIGHTEN UP

- a. We don't stop laughing because we grow old; we grow old because we stop laughing

## 2. USE IT OR LOSE IT

- a. **Ecclesiastes 3:1, 4** *There is a time for everything...a time to weep and a time to laugh*
- b. Three essentials for a long, full life
  - i. Involvement
  - ii. Optimism
  - iii. Faith

## 3. EXERCISE FAITH IN THE GRACE OF GOD

- a. **Isaiah 40:27-31** *Why do you complain, Jacob? Why do you say, Israel, "My way is hidden from the Lord; my cause is disregarded by my God"? <sup>28</sup> Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. <sup>29</sup> He gives strength to the weary and increases the power of the weak. <sup>30</sup> Even youths grow tired and weary, and young men stumble and fall; <sup>31</sup> but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

b. Three ways that God helps us

i. Miracle

ii. Collaboration

iii. Endurance

c. **1 John 5:4** *This is the victory that overcomes the world—even our faith*