

Aging with Grace - Flourishing in an Anti-Aging Culture

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Growing in Grace Principles ~ Chapter 1

- God reveals himself to us in his word. Our flourishing happens in proportion to time spent getting to know him through his word. An ever-growing knowledge of God produces a more mature, God-centered perspective on our identity and purpose, which are the same in every season of life. (Page 33)
- As we move through the various seasons of life, the steady rhythm of weekly corporate worship is one way we regularly stop and unite our voices with others to give thanks to the Lord for his amazing grace. This helps to develop the grace of gratitude, which is a means and evidence of flourishing. (Page 34)
- Our bodies change as we age; so do our spirits. We must guard against our hearts becoming brittle and bitter by praying for grace to abide in Christ and bear the fruit of steadfast love and faithfulness to others, even when it is costly. (Page 36)
- There are many things we can no longer do as we age, but age does not keep us from fulfilling our purpose to glorify and enjoy God. An ever-growing knowledge of God's undeserved love - his grace - changes our motivation: "The love of Christ controls us" (2 Cor. 5:14). When our prayer is that his love for us will increasingly compel us to stop living for ourselves and to live for his glory, we will age with grace. (Page 39)
- The more we know the triune God, the more we rejoice in our identity as his child and our purpose to glorify him. This knowledge results in worship that are transformative. God makes us glad. God fills us with joy. And this gladness and joy, this wonder and praise, do not diminish with age; they increase until we take our place in heaven. (Page 40)

Growing in Grace Principles ~ Chapter 3



- Old age, when life becomes quieter and slower, is prime time to reflect on the power of the gospel to change us. It is also a time when we are tempted to think small - to think about our aches and pains, our disappointment, and unrealized expectations. Will we be good stewards of our old age? Even as physical strength diminishes, will we pursue our destiny - knowing God? We are never too old to look up and be transformed from beast to beauty, without Botox or anti-aging cream. (Page 67)



- As long as we live in this world, we are prone to look down. The rhythm of Sabbath and daily worship recalibrate our minds and hearts in the present moment to remember our destiny and destination while “waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ” (Titus 2:13) when we will experience the ultimate change - glorification. (Page 69)
- Repenting women who find rest in Jesus become life-giving women who flourish as gatherers. When our heart is Christ’s home, we can become homey places for troubled hearts to find refuge, even if we are confined to a hospital bed. Pray for grace to cultivate a welcoming place for the discouraged and lonely. Aging with grace increases our capacity for this gathering ministry. (Page 71)
- Jesus reminds us of the importance of covenant community when he says, “Where two or three are gathered in my name, there I am among them” (Matt. 18:20). A temptation of old age is to withdraw, but we flourish when we gather with God’s people because he is there. (Page 73)

Growing in Grace Principles ~ Chapter 5



- Our justification is an act of God’s free grace. The physical and mental decline of aging does not decrease the power of his grace to reverse the effects of the fall and to make us flourish spiritually. God has spoken, and he will do it. (Page 97)
- Even when our bodies become bent with age, the spirit of the Christian who dies to self and follows Christ grows upright. Like the date palm, she becomes sweeter in old age. And like the full-grown cedar of Lebanon, her presence provides a canopy of gospel refreshment for others. (Page 101)
- As life slows down, we can become controlling and critical, or we can reflect on God’s sovereign love that chose and planted us in his house. The more we live in the light of the reality of his presence, the more we flourish as his Spirit fills us with sap to nurture and encourage others to flourish. (Page 106)
- Life-takers leave a legacy that defiles many. Life-givers leave a legacy that blesses many as they bear “fruit in keeping with repentance” (Matt. 3:8) and the fruit of the Spirit: “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control” (Gal. 5:22-23). (Page 108)



Growing in Grace Principles ~ Chapter 7

- There is no age, sin, or suffering that negates the prayer promise of Hebrews 4:14-16: “Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, . . . Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.” If we are in Christ, we have access to the inner place behind the curtain where we find grace to grow and flourish in every relationship and situation. (Page 136)
- Thinking biblically means thinking big and long- thinking big thoughts about God and praying for spiritual eyes to see his long story of redemption being written in our lives. (Page 138)
- Going behind the curtain where Jesus is, and remembering his covenant faithfulness and love, ignites hope and fuels praise - elements of flourishing. (Page 139)
- We flourish in old age when we look back and praise the Lord that all things worked together according to his purpose to make us more like Jesus, and nothing ever separated us from his love (Rom. 8:28-39). This long view of the redemptive story God is writing in our lives equips us to help the younger generation see the beauty and significance of each part of their story. (Page 141)
- When we put down the pen, stop trying to write our story or the stories of others, and wholeheartedly trust the author of our story to write his gospel story in our lives, we begin to see the mundane and the miserable moments and essential sentences that eventually become a majestic story of grace, because the plot of dirt where we die is also the place where we flourish. (Page 146)
- We flourish when we bow in submission and gratitude to the one “who was delivered up for our transgression and raised for our justification” (Rom. 4:25) and look with expectation to the appointed day of our glorification. (Page 149)

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